



MY EQUATION WITH MY CATS IS BEAUTIFUL BUT COMPLICATED: SAIEE MANJREKAR P7

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Don't have any more strength: Vinesh

I don't have any more strength now. Goodbye wrestling 2001-2024. I shall be indebted to you all. Forgive (me)

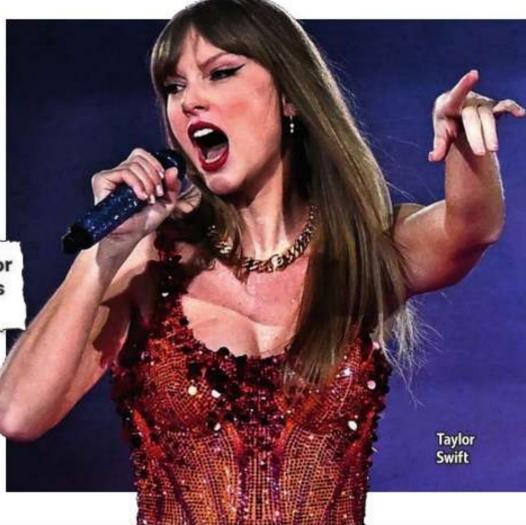
After a heartbreaking disqualification at the Paris Olympics, Vinesh Phogat announced her retirement from wrestling. For more, see **P2**

Taylor Swift's Eras tour off after ISIS threat

8 AUGUST 2024
ISIS plot to attack Taylor Swift's Vienna concerts thwarted: Report

Taylor Swift's Eras Tour has been cancelled in Austria after officials announced the arrest of two men whom they accused of plotting a terrorist attack in Vienna, with one of them focusing on several stadium shows the singer had planned for this week. Both suspects had been radicalised online, police said, adding the 19-year-old had sworn allegiance to ISIS' new leader last month.

CONTINUED ON P9



SANJAY DUTT: HOW COULD THEY CANCEL MY UK VISA AFTER ISSUING IT?

The actor, who was unable to travel to the UK for a shoot, believes what the authorities did was wrong

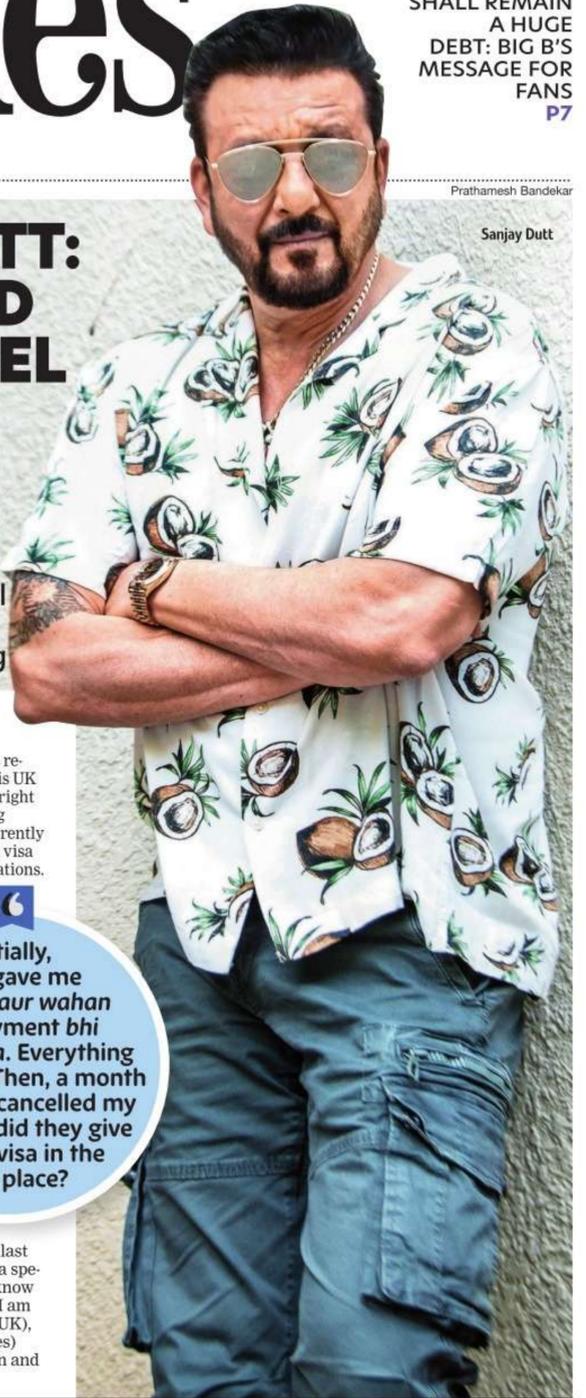
Vinay MR Mishra

It was recently reported that Sanjay Dutt was replaced in the movie *Son of Sardaar 2* after his UK visa was rejected by the British authorities, right before the cast and crew took off for its shooting schedule. The movie starring Ajay Devgn is currently being shot in Scotland. Apparently, Sanjay's UK visa application was denied due to his past incarcerations.

Meanwhile, there has been buzz that the actor might now be seen in a special appearance in the film, which will be shot when the team returns to India. In a chat with us, Sanjay said, "I think what the UK authorities did was not right. Initially, they gave me the visa *aur wahan sab payment bhi hogaya tha*. Everything was ready. Then, a month later, they cancelled my visa! I gave them all the required documents. Why did they give me the visa in the first place? And why did it take them one month to remember their laws?"

Sanjay was replaced by Ravi Kishan at the last minute. When asked about the possibility of a special appearance in the film, he said, "I don't know about that." He further added, "I don't think I am missing out on anything (by not going to the UK), but I do believe that what they (UK authorities) have done is wrong. I am a law-abiding citizen and I respect every country's law."

Initially, they gave me the visa *aur wahan sab payment bhi hogaya tha*. Everything was ready. Then, a month later, they cancelled my visa! Why did they give me the visa in the first place?



Prathamesh Bandekar

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Kushti mere se jeet gayi, main haar gayi: Vinesh

It's 'alvida kushti' as Vinesh Phogat announced her retirement after the Olympics heartbreak. Will she will change her mind? Four years is a long time in sports



Vinesh made her Olympic debut as a 21-year-old at the 2016 Rio Olympics. She also represented India at the Tokyo Olympics in 2020 in the 53 kg category

Talk of the town

Vinesh Phogat @Phogat_Vinesh
मैं कुश्ती मेरे से जीत गई मैं हार गई माफ़ करना आपका सपना मेरी हिम्मत सब टूट चुके इससे ज्यादा ताकत नहीं रही अब। अलविदा कुश्ती 2001-2024 आप सबकी हमेशा ऋणी रहूँगी माफ़ी

It hurts, and hence, she has decided this: Mahabir Phogat

In an interview with ANI, wrestler and Vinesh's uncle, Mahabir Phogat, said, "Olympic Gold medal was confirmed this time, but she got disqualified. It hurts, and hence, she has decided this. Once she is back, we all will try to make her understand if she is ready to contest in the next Olympics."

All the times Vinesh struck gold

- 2014: Commonwealth Games
- 2018: Asian Games
- 2018: Commonwealth Games
- 2021: Asian Championships
- 2022: Commonwealth Games

Bajrang Punia @BajrangPunia
Vinesh, you have not lost, you have been defeated, for us you will always be a winner, you are not only the daughter of India but also the pride of India

geeta phogat @geeta_phogat
Sister @Phogat_Vinesh we will always be indebted to you for what you have done for the country. Your passion and struggle will be remembered for centuries. You are a role model for all girls. Your saying goodbye to wrestling like this is very sad for the whole family and the whole country

Sakshee Malikh @SakshiMalik
Vinesh, you did not lose, every daughter for whom you fought and won has lost. This is the defeat of the whole country of India. The country is with you. Salute to her struggle and passion as a player @Phogat_Vinesh

vidushak
जीत-हार अपनी जगह, आपकी हिम्मत अपनी जगह, और उससे भी सुंदर ये काव्यात्मक - और काव्य की सारी पीढ़ी और समर्पण का भाव लिए - संदेश।
आज शायद ये सोचना मुश्किल होगा लेकिन आपकी जीत जितनी यादगार होती, विधि का ये निर्णय भी उतना ही याद रखा जाएगा।
ये देश आपकी हिम्मत की मिसालें देगा।

POV Vinesh's loss feels personal to us all

Could it be a coincidence that the Greeks gave us both the Olympics and the idea of a tragic hero? Aristotle, for instance, was a great believer in the spirit of sportsmanship. He argued, by proving one's mettle against a worthy opponent in the sporting arena, we could become the best version of ourselves. A tragic hero, on the other hand, was a person who in spite of being noble, gifted and charismatic enough to draw our empathy and adulation, would run out of luck at the most crucial moment. If this reminds you of a feisty woman's dramatic rise and tragic fall at the Olympics, you are not the only one.



A lot is being said about the 100 gms that destroyed Vinesh Phogat's hopes of silencing her detractors once and for all. Some details are chilling - a night-long effort that included drawing blood, going without food and water and even trying to sweat out the excess weight in a sauna. But for Phogat, who has taken more body blows - both literally and otherwise - than most Indian athletes we know and got back on her feet every single time, it was a tryst with destiny that was perhaps not meant to happen.

Pictures have emerged of Vinesh in her hospital room, recovering from dehydration after the punishing efforts to qualify for the final. Pictures have also emerged of her in pain - in Tokyo, in Rio and then at the Jantar Mantar protests that set her on course to seek redemption in Paris. We see her; we see a bit of ourselves. And it feels personal.

Vinesh's story is more than just a missed opportunity. It needs to be told, and retold till it makes its way into school text books, inspiring young girls to stand up for what they believe is right. To tackle patriarchy headlong, Phogat style.

It should make its way to the big screen, where we will watch, eyes wide open, as she appears, larger-than-life, pinning her opponents down on the wrestling mat, in her relentless quest for making this intensely physical sport and the system that controls it, safe for every young female aspirant out there. And no, the script should have no room for any A-list male star to draw people to the theatres.

There are more than 15,000 athletes participating in the Olympics this year. Half of them are women. History will remember only those who reach the podium, the victorious.

Maybe, just this once, we should make an exception for an exceptional athlete. A woman whose luck may have run out when she needed it the most. But a woman who stood up for herself and those who looked up to her. Who fought, not just for a medal, but for a cause much larger than a podium finish.

Had the ancient Greeks been around, they would have put her on a pedestal and given her wings.

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

LEISURE

Level: Medium SUDOKU CHALLENGE

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

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

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

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)

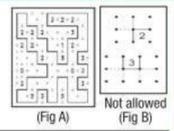
Example

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

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

1	2	3	4	5	6	7	8	9	10	11	12	13	
14					15					16			
17					18					19			
				20					21	22			
23	24	25			26	27	28			29			
30					31				32				
33					34				35				
36					37				38	39	40	41	42
					43	44	45	46		47			
48	49	50	51						52		53		
54									55			56	
57									58			59	60
61									62	63	64		
68									69			70	
71									72			73	

By Michèle Govier 09/08/2024

ACROSS

- Birthstones for some Scorpios
- Consumes, in a way
- Revenue sources for freemium apps
- Jubilant cry
- "Dominicana" novelist Cruz
- Matcha, e.g.
- Ingest lather while getting one's mouth washed out with soap?
- Clever one
- Show the way
- Cry at the end of a performance
- Tourney game
- French beans?
- Seed coating
- TikTok upload
- Loudly promote trips to Istanbul?
- Sterling silver, e.g.
- Theater boxes
- Virtual animal in an early 2000s fad
- Insist
- Luster
- Proportion
- Successfully elude director Scorsese?
- Sound off
- Sufficient, in
- Long
- Tiniest amount
- Kerfuffles
- Late sign
- Crossed (out)
- Brainpower nos.
- Say "Holy nightmare, Batman!"?
- Pool need
- Omar of Congress
- Accustom (to)
- Apple TV+ role for Jason
- "Jurassic Park" dinosaur, e.g.
- Double birdie, which

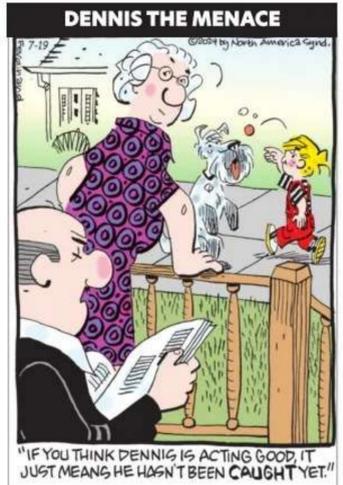
can also be found at 17-, 31-, 48- and 62-Across?

DOWN

- Pained cries
- Print maker
- "I've got it!"
- Sticky treat, in more ways than one
- Only
- Unfair treatment
- Word with tight or loose
- Long
- Sold off
- Observed
- On the job
- Sweetie pie
- With wisdom
- Solemn recitation
- Sonata, for one
- Create a PDF, perhaps
- "Legally Blonde" blonde
- Actor Ventimiglia
- Number of hearts for a Time Lord
- ER graph

Thursday's Puzzle Solved

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



SPELLATHON

Today's Ratings:
10-average | 11-good | 13-outstanding

	R			
X		B		E
G				O
		A		

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.



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

ARIES: You will be able to seize any opportunities that presents itself and take the correct decision about either accepting or refusing. This day promises of new levels of understanding in your relationships, though disagreements and friction may pave the way. Re-evaluate your investments.

TAURUS: Your nearest and dearest are in no way short of affection for you. Don't be caught in your old ways and routines. Responsibilities will be heavy but you will feel more focused and productive. Take charge of your health, you may feel at times that there is a bit too much to keep track of!

GEMINI: Careful management and a touch of creativity will contribute to success at the end of the day.

LEO: You are at a big turning point. You will feel a growing sense of responsibility. Things are hectic and you need to stay physically grounded. Don't forget to maintain your exercise routine.

VIRGO: You should be encountering minimum resistance to the implementations of your ideas. It is time for you to really go for your desires. Nervousness or irritability due to aggravations and the stress of increased demands at work is possible now.

LIBRA: You could be feeling overwhelmed by all the work you are getting. Time to refresh and rejuvenate yourself and do the things you most enjoy doing. You do something to take

cessful ventures and possible recognition. In order to really know what others are feeling, you need to observe more than speculate. This is your day, as your own natural spirit is in the air. Certain casual discussions lead to interesting ideas.

CANCER: You will be able to change something. Keeping in touch with the ones you love. It will really help ease any tensions you might be feeling. Don't hesitate to take a look at how much energy you have left

at the end of the day.

SCORPIO: You are ready to get started making something change. Your mind is serious and you are able to concentrate on work that requires patience, attention to detail, and precision. It is time to make some decisions.

SAGITTARIUS: You could make some important connections. You need to decide to make any decisions. You have a terrific new idea that you should implement. You have a business strategy; it is going to be successful so implement it. This is a good time for relaxing recreation.

CAPRICORN: You need to communicate carefully today. It is really important for you to listen to your body and give yourself some extra time to rest. You look forward to a highly charged day.

AQUARIUS: Take advantage of all your energy and all your good looks to make a deal of some kind. Humour and optimism will work in your favour. It is difficult for you to move ahead or find purpose in your work.

PISCES: Get to be in charge of your own schedule. Happiness and a desire to share your fortune and joy with others is the mood now. You may engage in interesting and informative discussions. Don't let your emotions overpower you.

SOLUTIONS TO GAMES/PUZZLES

TIMES SUDOKU

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

LOOP THE LOOP

TIMES HITORI

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

SPELLATHON

grab, robe
bare, boxer, bear, berg, boar, borax.

SCRAMBLE

recognition - Abraham Lincoln
Answer: Don't worry when you are not recognized, but strive to be worthy of it

Words: Coveit, Ionic, fennel, clingy

SCRAMBLE

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

CVEOR

CNIO

TENNER

ILNYCG

Don't worry when you are not recognized, but strive to be worthy of it - Abraham Lincoln (11)

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

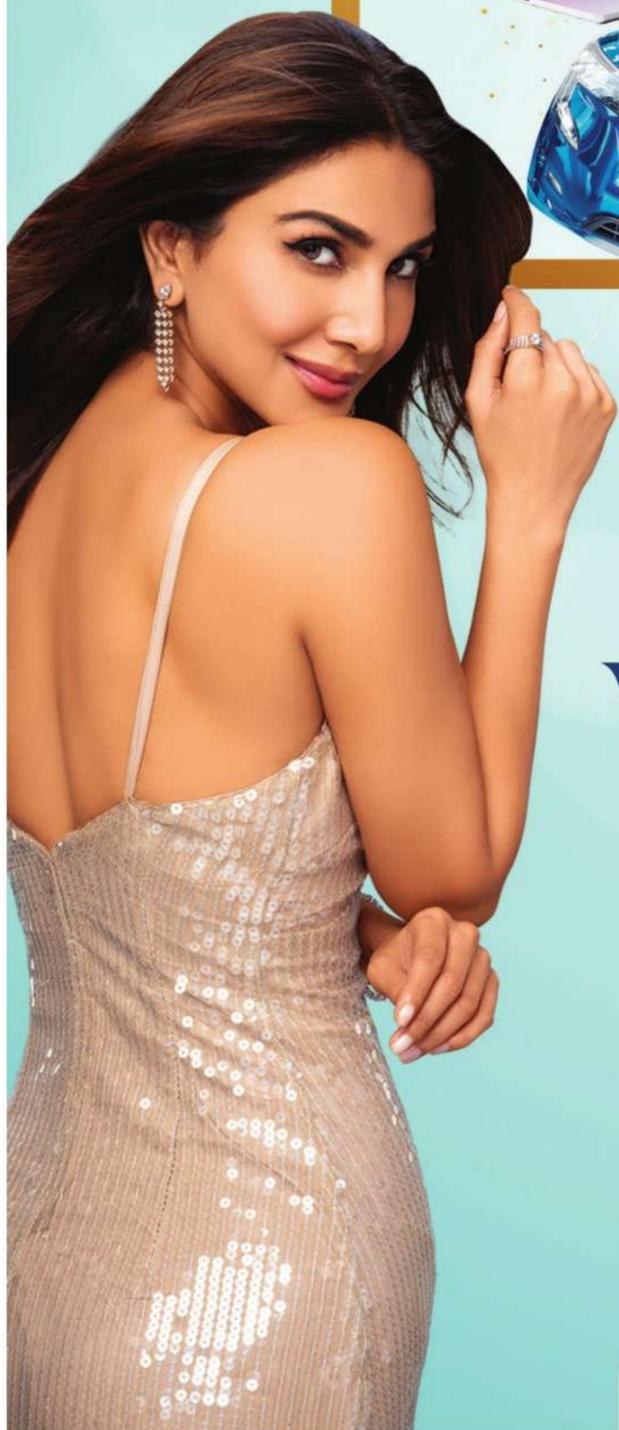


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A journey for the senses

While travel broadens the mind, it invigorates our senses of sight, sound, smell, taste, and touch unlike any other encounter. Here are some places that give way to memorable escapades

AROUND THE WORLD IN FIVE SENSES

- Try exfoliating scrubs and deep massages at hammams in Istanbul, Turkey
- Sign up for a sushi-making class and explore the bustling food markets in Tokyo, Japan
- Listen to the therapeutic sounds of Thai gongs and singing bowl therapies in Chiang Mai, Thailand
- Breathe in the fragrance of lavender fields and essential oil workshops in Provence, France
- Marvel at the lush green landscape and cascading waterfalls in Coorg, India

Saundarya Jain
@timesofindia.com

Long after we've left a destination, its sights, sounds, and essence remain with us. But what is it about these experiences that serve as everlasting souvenirs? From scenic landscapes and architecture that dazzle our sight to the sounds of nature and lively markets, the aroma of street food, and the feel of local handlooms — travel imprints on our senses, enabling us to become one with the place.

WINTER WONDERLAND IN THE HIMALAYAS
Shruti Hariharan, a content manager, describes her winter visit to Sissu in Himachal Pradesh as a feast for the senses. "The

moment I exited the Atal Tunnel coming from Manali, I was mesmerised by the frozen landscape, bathed in shades of blue and white. I could hear the gentle flow of Sissu Lake and the distant whoosh of paragliders catching the wind. Jet skiing across the snow was thrilling, but nothing compared to the simple joy of moulding and playing with the icy snow and marveling at the intricate shapes of snowflakes," she recalls. To comfort a cup of tea drew Hariharan to the food stalls, providing a delicious and satisfying end to her trip.

vides the perfect multisensory experience, make your way to Morocco, recommends Kashish Bhatia, the founder of a travel agency. From the golden sands of the Sahara to the grand Atlas Mountains, Morocco offers breathtaking visuals. "Expect a riot of colours at the architectural landmarks and ornate palaces across Rabat, Marrakesh, and Fez. The aroma of spices in bustling souks will delight your senses while the calls of street vendors and traditional music add to the vibrance. Dedicate some time to admiring the carpets, ceramics, and metalwork for sale. Let your taste buds

feast on freshly baked bread, kebabs, traditional cuisine, and fresh mint tea, a signature Moroccan drink served generously everywhere," says Bhatia.

THE MAGIC OF MOROCCO
If you're looking for a destination that pro-

line-thumping helicopter ride over the Twelve Apostles for a spectacular view of the natural landmark and the ocean.

GET YOUR FILL OF THE PHILIPPINES
Caramoan Island, El Nido, Palawan and more—the Philippines is home to many stunning islands. So, when Ashish Pandit, a functional consultant for an IT major, travelled to Manila on an official trip, he escaped to the beautiful island of Boracay for an extended weekend. "Upon reaching my beachside hotel, I visited the world-famous White Beach—a spectacle that I vividly remember even now. I befriended a local who persuaded me to go diving at

Bulabog Beach. After being trained by certified instructors, a boat took us to the diving site where I felt like a bundle of nerves." On entering the water and slowly venturing deeper, Pandit's anxiety subsided as he felt transported to a different world, mesmerised by the fishes, colourful corals, and big-sized turtles. He remarks, "The experience seemed like a Bollywood movie come to life." Hence, he decided to revisit the sensations of scuba diving in the marine world with a trip to Bali, Indonesia. So, which sensory experience will you seek next to create lasting memories of your own?

Nandinee Keluskar
Response.Mumbai@timesgroup.com

Exploring the streets of a foreign country is an exhilarating part of travel. And with some destinations, this experience kicks into high gear, thanks to their public transport systems. Keep things moving as you hop aboard these exceptional modes of

The commute of happiness

Want to experience the world in a whole new way? Try these unusual modes of local transportation that will do more than just take you from point A to point B

many's engineering innovation from over a century ago," says Ankita Shreeram, a travel blogger who lives in Germany. It's a vital part of the city's fabric, carrying over 80,000 passengers daily along a 13-kilometre track parallel to the Wupper River, offering a breathtaking aerial view of the picturesque Wupper Valley. More than a mere tourist attraction, it stands as a vital cultural and historical landmark. Step into its special imperial carriage for a nostalgic experience, featuring period-costumed attendants, plush seats, gold curtains, and authentic decor.

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gondola ride," says John O'Sullivan, founder of a tour company. O'Sullivan, who has led numerous European tours, vouches for these traditional, handcrafted wooden boats, which are favoured by tourists seeking an authentic Venetian experience while exploring the city's attractions. Gondolas have been a part of Venice's rich history since the 11th century, once serving as the primary means of transport for Venetian nobility. "For couples in search of a romantic experience, a gondola ride offers the perfect opportunity to create a memorable, movie-like moment as they glide under the city's historic bridges and alongside its charming architecture," notes O'Sullivan.

YOUR COCO CARRIAGE AWAITS
Fun, fast, and convenient, the coco taxi is Cuba's answer to the Indian auto rickshaw. These three-wheeled vehicles, seen on the streets of Havana and Varadero, resemble hollowed-out coconuts painted in vibrant yellow. They offer a cheaper and speedier alternative to traditional taxis, making them a favourite among tourists. Interestingly, locals use black coco taxis that have a different tariff, while the bright yellow ones cater specifically to tourists. These unusual yet memorable modes of transport prove right what Ralph Waldo Emerson, the philosopher, once said, "It's not the destination, it's the journey."

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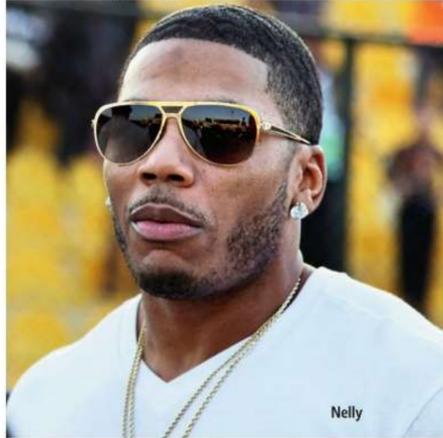
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Rapper Nelly gets arrested for suspected drug possession



Nelly

I am 100 per cent confident this case will go nowhere. And we will be asking for an inquiry into this officer's conduct
— Scott Rosenblum, Nelly's lawyer

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Rapper Nelly was arrested on Wednesday at a St Louis-area casino, and the Missouri Highway Patrol said an officer found four illegal ecstasy pills on him. The rapper's attorney said an "overzealous" officer targeted him and conducted an improper search. The arrest occurred about 4.45am, and Nelly, 49, was held and then released by police in Maryland Heights, Missouri, the patrol said in a brief online report. The St Louis suburb is home to the Hollywood Casino and Hotel, and Nelly's attorney, Scott Rosenblum said in a statement that the rapper, who grew up in the area, visits it frequently.

Nelly's attorney called what the officer found "alleged ecstasy" and said the officer did not have probable cause to justify searching him. Nelly wasn't notified of the warrant and did not know about it, Rosenblum said. "I am 100 per cent confident this case will go nowhere," Rosenblum said. "And we will be asking for an inquiry into this officer's conduct." The Highway Patrol's report provided no details about the arrest. Rosenblum said that in similar circumstances, "any other citizen would have been told to address it and allowed to go on their way."

Pics: @anushkasen0408

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experts have a remedy for that, too. "If you cannot spare a few minutes at home, try practising it in the office during your lunch break. Begin with a breathing exercise (pranayama) and some basic stretches. Once you feel the difference, you will manage to fit yoga into your daily routine," assures Jhula Barua, a yoga and alternative therapy expert.

THE POWER OF CONSISTENCY
Mahajan suggests that ideally, one should practise yoga for an hour each day. However, if there's limited time in your schedule, opt for 15-minute sessions spread throughout the day. "Once you start, your energy levels will go up, your concentration will improve, and you'll start feeling a sense of contentment. This will certainly have a positive effect on your personal as well as professional life," she points out. Feng shui expert Ritu helps one remain motivated to attend the session. "However, unless you do it regularly, it's difficult to connect with the practice. So, make it a part of your lifestyle," suggests Kapoor, a mother of two.

POSES TO PRACTISE
Yoga consists of 84 basic asanas. Over time, these asanas have evolved and now number over 100. While the difficulty level of each of these poses differs, experts suggest starting with the basic poses and

BENEFITS OF YOGA

- Improves posture
- Increases flexibility
- Builds muscle strength
- Boosts metabolism
- Helps in lowering blood sugar
- Increases blood flow

ately," says Duru Shah, a yoga teacher. Though the positive effects of yoga are many, experts and instructors warn against certain poses if you have specific health concerns or conditions. "You'll have to skip selective asanas if you have knee injuries or ankle problems. If you have high blood pressure or are pregnant, avoid asanas that put pressure on your stomach. Instead, opt for prenatal yoga, which focuses on strengthening your lower body

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A sedentary lifestyle has several implications for one's health. Coupled with high levels of work pressure, the consequences get worse. With increasing responsibilities and competition, people find it difficult to juggle their professional and personal lives and compromise their health.

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Simple asanas for a better life

By bringing together physical and mental disciplines, yoga helps achieve a peaceful mind and an agile body

Kapoor couldn't agree more. "I have been practising yoga for over 12 years now. It helps me connect with my inner self and provides me with the energy to perform better. If you're a working professional, find time for yoga, as it has a deeply revitalising effect," says Kapoor, who prefers to practise it in a group. According to her, doing yoga in a group works better as it building intensity over time. "To begin with, we recommend the child's pose (balasana), downward-facing dog pose (adho mukha svanasana), and the plank pose (phalakasana). Yoga is a very slow form of exercise; so moving at the right pace and maintaining the correct posture are important. If you find any pose challenging, are short of breath, or feel pain during a stretch, stop immediately," adds Shah. This form of exercise is often used as complementary therapy to treat several health concerns such as high blood pressure, arthritis, diabetes, and stress-related disorders. "Yoga greatly helps people who are recovering from health conditions. However, do not consider this as an alternative to medical solutions and treatment,"

cautions Shah. It rarely matters if you are young or old, overweight or underweight. As a form of exercise, yoga has the power to calm the mind and strengthen the body. "Don't be intimidated by online videos or consider yoga as difficult. Yoga is for everyone. All you need to do is start learning it under the supervision of a qualified professional and see how it benefits your body and mind," affirms Jayeti Gandhi, a yoga practitioner.

and flexibility while building muscle and increasing stamina. So, as per your preference and fitness needs, you can choose from a range of styles in yoga.

■ **Power yoga:** A vigorous, fitness-based approach to yoga, it emphasises strength

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'My equation with my cats is beautiful but complicated'

Vinay MR Mishra

Saiee Manjrekar loves being a cat mom to two fur babies - Ella and Bella. On International Cat Day yesterday, the actress spoke to BT about how her feline friends changed her as a person.

'WHEN I FEEL LOW, MY CATS SNEAK INTO MY ROOM AND JUST SIT WITH ME TILL I FEEL BETTER'

Saiee says, "I love them, and my equation and relation with them is beautiful but probably the most complicated relationship I have. On days when I'm happy and want to cuddle them, they won't give me a second

glance. But then there are days when I'm feeling a little low and sitting in my room, they sneak into my room and just sit with me until I feel better."

'BEING A CAT MOM TEACHES YOU A LOT ABOUT SELFLESS LOVE'

Saiee, who previously had dogs as pets, became a cat mom in 2021. She says, "The most interesting part of being a cat mom is learning to love unconditionally and not expecting anything in return. Being a cat mom teaches you a lot about selfless love and that's a beautiful feeling."

'The general belief is that cats are cold and not too emotional, but they are there for you when you need them. They can be warm and loving, too'



'Ella and Bella are the real owners of my house'

Saiee, who dotes on her two cats, says, "Ella and Bella are the real owners of my house. If they are hungry at a certain time, they have to be given food immediately. If they are napping, you can't dare disturb them in my house. It's important to celebrate them because they're there when you need them the most. The general belief is that cats are cold and not too emotional, but they are there for you when you need them. They can be warm and loving, too."

Pics: @saieemanjrekar



This love shall remain a huge debt: Big B's message for fans

Amitabh Bachchan, who was recently seen in *Kalki 2898 AD*, meets his fans at his Juhu residence every Sunday when he is in town.



This has become a ritual over the years, and fans gather in large numbers for a glimpse of the actor. The actor took to social media to share some pictures of the recent meet-up and wrote, "This love shall remain a huge debt that I can never repay." In the pictures, the actor can be seen wearing a hoodie which he paired with black pants and headgear.



Amitabh Bachchan; (inset) greeting fans outside his bungalow

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Divya Kaushik

Most of us got our first glimpse of India's handloom traditions from the stacks of neatly folded saris and *odhanis* in our mothers' and grandmothers' trunks and almirahs.

These handwoven and hand-embroidered treasures were stored carefully to last generations. Over the years, those fabrics stood the test of time. We put together some stories of cherished handloom pieces to commemorate National Handloom Day, which was celebrated recently (August 7).

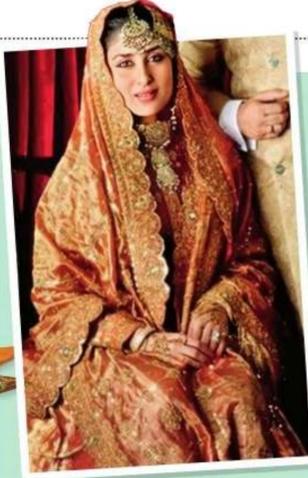
To be dressed in one of my mother's zari saris on my wedding day has been on my wish list: Donal Bisht

My love for saris began when I was a young girl. My mother's sari collection has not just her wedding saris, but those flowy chiffon, georgette or handpainted *mulmul* ones. I would go shopping sometimes and would wonder why none of them were like what my mother has! Some of those saris are almost 35 years old now. The *zari* saris that my mother has are all handwoven and she tells me that real gold was used in those *zaris*. Whenever I have to dress up for any occasion, I always prefer wearing something from my mother's wardrobe. Handloom has its own charm that can't be replicated. To be dressed in one of my mother's *zari* and silk saris on my wedding day has been on my wish list.

Ajay Kumar Gautam



Donal Bisht poses for us in her mother's sari



WHEN CELEBS EMBRACED HANDLOOM HERITAGE

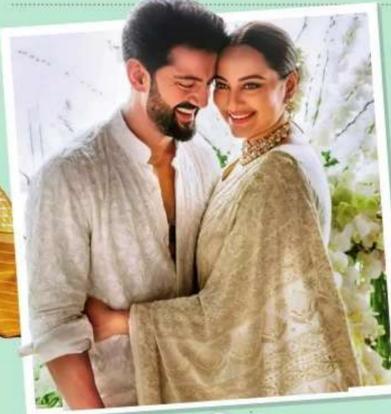


KAREENA'S ROYAL WEDDING OUTFIT

Kareena Kapoor Khan's wedding *sharara* was an heirloom Bhopali *joda*, which was also worn by her mother-in-law Sharmila Tagore on her wedding day. It originally belonged to Tagore's mother-in-law, Begum of Bhopal Sajida Sultan. The piece was revived and restyled for Kareena.

SONAM BORROWS MOM SUNITA'S 35-YEAR-OLD GHARCHOLA

Earlier this year, Sonam Kapoor attended a wedding in a 35-year-old *gharchola* that belongs to her mother Sunita Kapoor. An important part of Gujarati weddings, *gharchola* is gifted by the mother-in-law to welcome the bride to the family.



SONAKSHI WORE HER MOTHER'S WEDDING SARI

For her wedding, Sonakshi Sinha opted for a simple look and rewore her mother's wedding sari - an ivory drape with intricate embroidery. "I wanted to wear my mother's sari and her jewellery, which is exactly what I did," Sonakshi said.

YAMI DRAPED MOM'S SARI FOR BIG DAY

Yami Gautam shared that for her big day, she wanted to do things her way. "It was going to be my mother's sari because of the way I feel about it and connect with that emotion," she said.



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'MY TREASURED BANARASI SARI, CRAFTED 90 YEARS AGO, WAS PASSED DOWN GENERATIONS'

Fashion designer Archana Jaju shares, "As I unwrap the delicate folds of the Banarasi sari I have in my wardrobe, I am filled with nostalgia. This exquisite piece has been passed down through generations, from my grandmother to my mother, and now to me. Its intricate patterns, woven with love and care, tell a story of tradition, culture and family legacy. This particular piece, crafted 90 years ago, is a testament to the skill and dedication of the artisans who created it. What makes it truly special is the emotional value attached to it. It has been a silent witness to countless family gatherings & celebrations. It's a connection to my heritage, a reminder of the strong women who came before me. I feel their love, their strength, and their legacy woven into every thread."



'I TREASURE MY GRANDMA'S JAMDANIS AND MY MOTHER'S ZARIS SARIS'

Khushi Shah, an entrepreneur, tells us, "As a child, I saw my grandmother always dressed in *jamdanis*, looking effortlessly graceful. Now I have some of those *jamdanis* and I love dressing up in them. I owe my love for handloom to both my grandmother and mother, who have some of the best handloom pieces one would ever find. My mother has a real gold *zari* sari, which she got from Varanasi. I have never seen that kind of pattern in *zari* work. My grandmother's *jamdanis* and my mother's *zaris* saris are the most treasured part of my wardrobe. Most Banarasis we see now are from powerloom, and they don't look the same as the ones that were handwoven years ago."



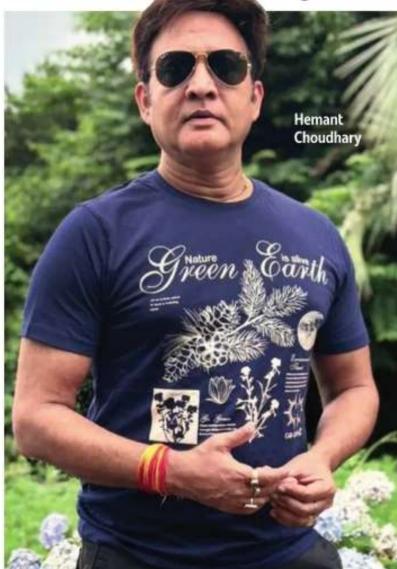
'WEARING A SARI FROM MY GRANDMOM'S TROUSSEAU ON MY WEDDING DAY'

Fashion influencer Rupali Hasija tells us, "One heirloom piece that's really close to my heart is from my grandmother's wedding trousseau. It's a beautiful *zari* silk sari in the most gorgeous grey and gold colour; she used to keep it for special occasions. Before my *dadi* passed away she gave that sari to my mother and my mother wore it with just as much love. Ever since I was a child, I used to admire it so much and I told my mother I will wear it for my wedding one day. And now, with my big day fast approaching, I can't wait to wear it myself. It's a piece that will always be close to my heart."



The felicitation in a foreign land came as a surprise, says Hemant Choudhary

Hemant Choudhary loves to travel, but this time around, he has returned home not just with beautiful pictures from his international trip, but with special memories, too. The actor was in South Korea recently for a work-cum-holiday trip. Recounting an incident that really moved him, he says, "I was in a hotel in Jeju and one evening, adjacent to the reception, I was sitting on a couch and waiting for my coffee when I saw a bundle of US dollars lying nearby. I picked it up, went to the reception and handed it over to them. The next morning



Hemant Choudhary

I never thought returning a bundle of US dollars that was lying around would get me so much appreciation

when I was going for breakfast, around 20 to 30 people gathered and started clapping as soon as they saw me. They started appreciating my gesture. I was taken aback at first, but then it felt nice. The hotel's general manager gifted me a bottle of wine and as a goodwill gesture, they also gave me a 50% discount on my bills. I surely wasn't expecting any of this. Yes, the bundle of notes amounted to something substantial, but I didn't expect this kind of felicitation in a foreign land." On the work front, Hemant, who has acted in a number of TV shows, is now focusing

on web shows and films. Television, however, will always remain an integral part of his work. He says, "TV gives actors a lot of visibility. During this trip, when I was in Seoul, there were some people from Nepal working in a restaurant who came up to me and said they were watching me in *Doree*. They watch Indian TV shows online. So that's the kind of reach television has."

— Hasti Doshi

'In showbiz, one has to face challenges head-on'

Shruti Anand's *Mehndi Wala Ghar* is going off air today and the actress is understandably dejected. She says, "I'm feeling sad because we invested so much in the show. We gave it our all, so it is disheartening that it came to an end in just eight months. But I feel blessed to have been part of this show because the cast and crew have all become like one big family." Talking about the unpredictability in the TV industry today, Shruti says, "We have to accept the fact that the entertainment industry is unpredictable and constantly evolving. You never know what opportunities or challenges come your way. So, it's essential to always be prepared. Whether it's a new project, a sudden change in plans or an unexpected setback, we have to be ready to face it head-on and make the most of it." Meanwhile, the actress is excited about her movie debut. She shares, "I've completed the shoot for the film *Jaiprakash Ki Pratibha* and I'm looking forward to its release."



@shrutianandofficial

Shruti Anand

Taylor's tour off after threat



Taylor Swift

CONTINUED FROM 1

As a result, three shows, which expected a crowd of nearly 200,000 fans, have been called off. As per reports, "chemical substances" possibly linked to bomb-making were discovered in a search of the Austrian citizen's home. The police also said "specific preparatory measures have been undertaken" to target Swift's concerts.

The second suspect was arrested in Vienna. Police did not give their age or gender, citing an ongoing investigation that appeared to be widening in scope.



Taylor is set to return to North America in October for the final leg of her tour. However, the Vienna cancellations have cast a shadow over what has otherwise been a highly successful tour

Taylor's "greatest fear"

In a 2019 article for *Elle*, Taylor discussed her anxiety about performing live in the wake of the 2017 ISIS bombing at an Ariana Grande concert in Manchester and the mass shooting at Las Vegas' Route 91 Harvest Music Festival. She wrote, "After the Manchester Arena bombing and the Vegas concert shooting, I was completely terrified to go on tour this time because I didn't know how we were going to keep three million fans safe over seven months... We have to live bravely in order to truly feel alive, and that means not being ruled by our greatest fears."

After the Manchester Arena bombing and the Vegas concert shooting, I was terrified to go on tour because I didn't know how we were going to keep 3 million fans safe

Knife-stabbing at a Taylor Swift-themed dance class

The singer's fandom became the target of a violent attack in England last week, when three children died, five were critically injured and three others were hurt in a knife attack in Southport during a Taylor Swift-themed dance class. A 17-year-old boy was arrested in connection with the incident. "The loss of life and innocence, and the horrendous trauma inflicted on everyone who was there... These were just little kids at a dance class. I am at a complete loss for how to ever convey my sympathies," Taylor wrote in a post.

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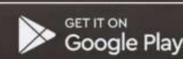
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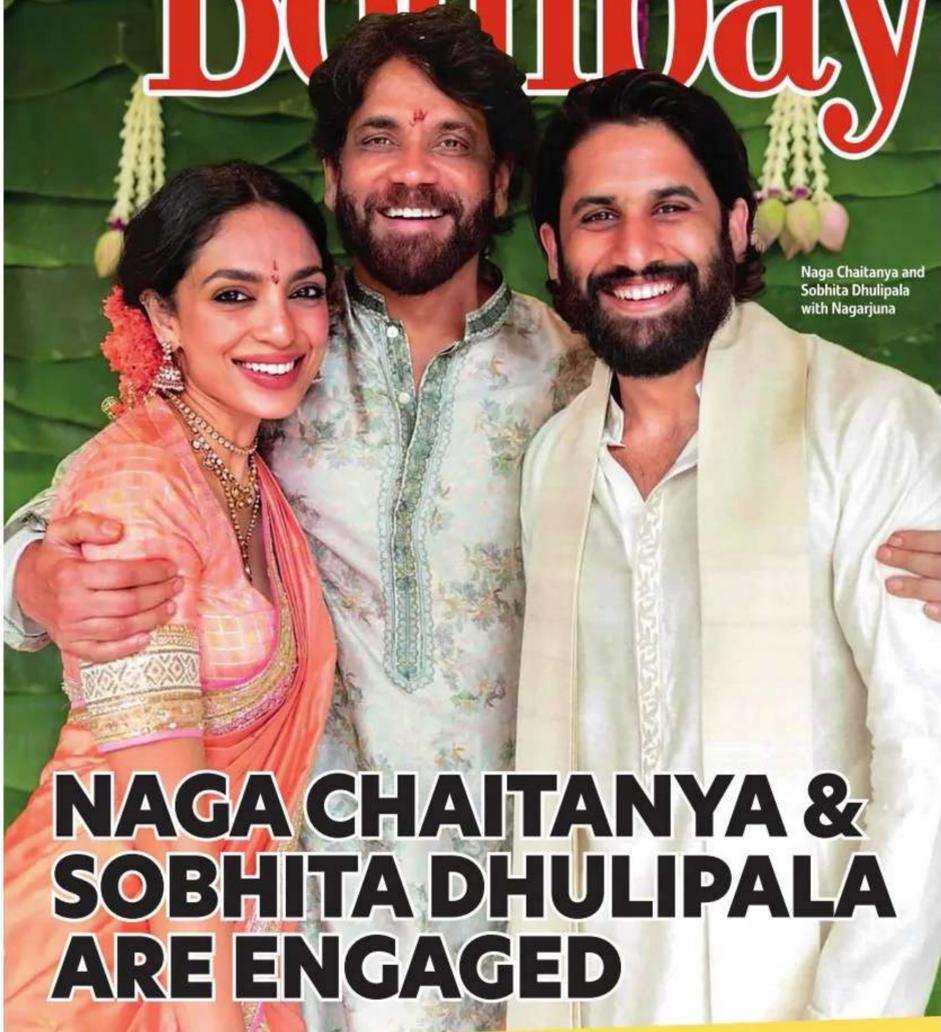
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Naga Chaitanya and Sobhita Dhulipala with Nagarjuna



NAGA CHAITANYA & SOBHITA DHULIPALA ARE ENGAGED

We are overjoyed to welcome her into our family, says Nagarjuna

Naga Chaitanya and Sobhita Dhulipala, who were rumoured to have been dating since 2022, are taking their relationship to the next level. The couple got engaged in a traditional ceremony on Thursday morning in the presence of close friends and family members.

The engagement ceremony took place at Nagarjuna's house, as per sources close to the Akkineni family. "We are delighted to announce the engagement of our son, Naga

Chaitanya, to Sobhita Dhulipala, which took place this morning at 9:42 am!! We are overjoyed to welcome her into our family. Congratulations to the happy couple! Wishing them a lifetime of love and happiness. God bless! 8.8.8 A beginning of infinite love. Sobhitad chayakkineni @chay_akkineni (sic)," wrote Nagarjuna on X, along with pictures featuring him with his son Chay and to-be daughter-in-law Sobhita.

CONTINUED ON ▸ FLAP INSIDE

We are delighted to announce the engagement of our son, Naga Chaitanya to Sobhita Dhulipala, which took place this morning. Congratulations to the happy couple. Wishing them a lifetime of love and happiness

— Nagarjuna



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WHY WOMEN SHOP FROM THE MEN'S SECTION



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Many female shoppers often go to the men's section in clothing stores to look for more comfortable clothes, better fits and deep pockets

Divya Kaushik

Many female shoppers are riffling through the men's section in clothing stores to look for basics like tees, hoodies and shirts. A store manager at a high street retail brand in a mall tells us, "Many women shoppers pick clothes from the men's section and check with us about availability in their size. Some days back, a girl selected three jackets and five tees from the men's section and asked us for the smallest size available in those as she wanted it for herself." From apparel to accessories, women are scanning the men's section to find clothes that "look better, and are cool and more comfortable."

One of my clients wanted buttoned hoodies and some cool tees for herself. I found better options for those in menswear and she liked them all
- Nidhi Sharma, stylist

I think athleisure collection for men is better than womenswear. The good thing is that most shorts (or any bottom) picked from the men's section come with pockets and that's still not the case with most brands in womenswear
- Donna Masih, model and trainer

@krystledsouza



During her recent visit to Coorg, Krystle Dsouza found a comfy hoodie from the men's section to beat the cold

Deepika Padukone's loose blazer and pants look can easily be found in the men's section

Want to replicate Alia Bhatt's oversized athleisure attire? Head to the men's section

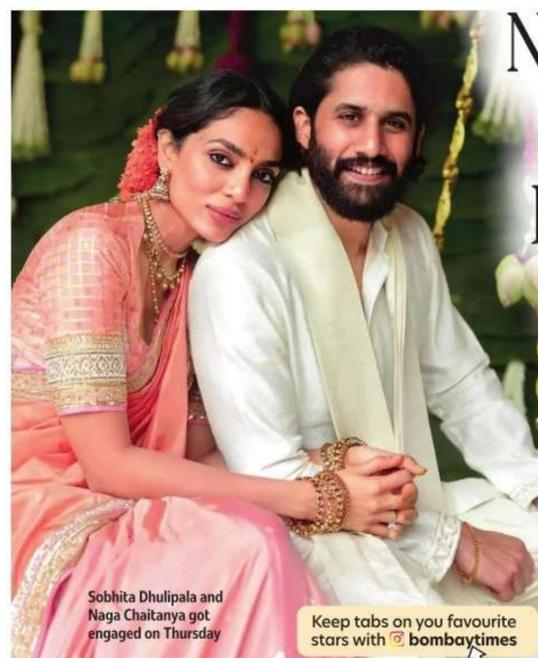


'Don't want to dress up in a fitted shirt every day'

Says Prachi Sharma, a communications professional, "I think women's clothing and designs come with weird fits, you have to try multiple clothes in different sizes just to find one top that looks good on you. While I may dress up in fitted, cropped tops occasionally, I can't wear them every day. So, whenever I want to have a stress-free shopping experience, I just shop from the men's section." Adds Suhani Seth, software engineer, "As a plus size shopper, if I look for a shirt for officewear, most brands will carry fitted options. But I don't want to dress up in a fitted shirt every day. There are days when I just want to be in loose-fit collared shirts and those I find in the men's section."

Whenever I want to buy button-down shirts, long tees, hoodies and sweatshirts, I go to the men's section. I mostly find everything I am looking for without even going to women's section

- Dhvani Desai, marketing professional



Naga Chaitanya and Sobhita Dhulipala to tie the knot soon

CONTINUED FROM FRONT FLAP

Sobhita wore a stunning peach-coloured sari adorned with minimal jewellery that included traditional *jhankas* and gold bangles. She completed her look with *kanakambaram* flowers in her hair. Chay chose a classic white *sherwani* for the occasion which he teamed up with a gold bracelet. The couple is set to tie the knot soon, and wedding preparations are on in full swing, as per sources.

Ahead of the engagement, Chay removed all past posts featuring his actress ex-wife, Samantha Ruth Prabhu, from Instagram. He has always remained tight-lipped about the details of his divorce from Sam.

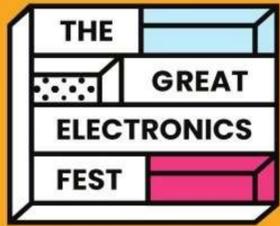
Sobhita Dhulipala and Naga Chaitanya got engaged on Thursday

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T & C APPLY

Gulki Joshi finds love

Gulki Joshi

Shooting for a daily soap often leaves actors with barely any time to focus on their personal life. So, when the first season of *Maddam Sir*, in which she portrayed Haseena Malik, ended after a three-year run, Gulki Joshi seized the opportunity to travel. Not only that, she also found love. The actress shares, "During this break, I had plenty of time to meet people and even found love (smiles)."

She further adds, "I am dating someone who is not from the industry and I think that's one of the reasons why we clicked. I am not ready to go public about it yet because it's still new, *aur nazar lag jaati hai*."

Gulki met her beau through a dating app. She shares, "I joined a dating app despite some people advising me against it. I thought, *kuchh kharaab hua toh bol doongi fake profile hai, bohot time hai life mein, kya hi hoga* (laughs!). Fortunately, the only guy I ended up liking was someone who didn't follow TV and knew nothing about my professional life. He initially thought I was exaggerating about myself until I showed him a few of my episodes. I think that's what drew me to him - he liked me as a person before the actor. It's been around nine months now. Earlier, it was about the newness, the adventure and the butterflies-in-the-stomach feeling. However, for the first time, I feel emotionally secure. *Ladkiyon ke liye sabse important wohi hota hai*."

I am dating someone who is not from the industry and I think that's one of the reasons why we clicked. For the first time, I feel emotionally secure

— Neha Maheshwri



Navya Singh: Why are trans actors offered only cameos?

From recognising her true identity at the age of 13 to overcoming stereotypes about the trans community, Navya Singh's journey has been remarkable. Last seen as Anuradha, a trans woman professor, in the recently concluded TV show *Krishna Mohini*, she shares, "For the first time, I got to live my real life on screen. It was a blessing to play a character that felt authentic and wasn't showcased in a stereotypical way. Often, trans women are cast in negative roles, with their image and voice altered to emphasise their identity. My femininity has been the biggest challenge in finding work in the industry, as I didn't fit the typical mould. That's probably why I faced numerous rejections."

Navya points out the lack of acting opportunities for the trans community. The model-actress, who has also been part of *Savdhaan India* and hosted *Project Angels*, says, "How often are we auditioned for roles? We just need a fair chance to prove our potential. *Log camera ke saamne kaam kar kar ke hi nikharate hain. Aap hamein saal mein ek baar mauka dene ke baad mat bolo ki hum capable nahi hain*."

— Neha Maheshwri



@naavyaasingh

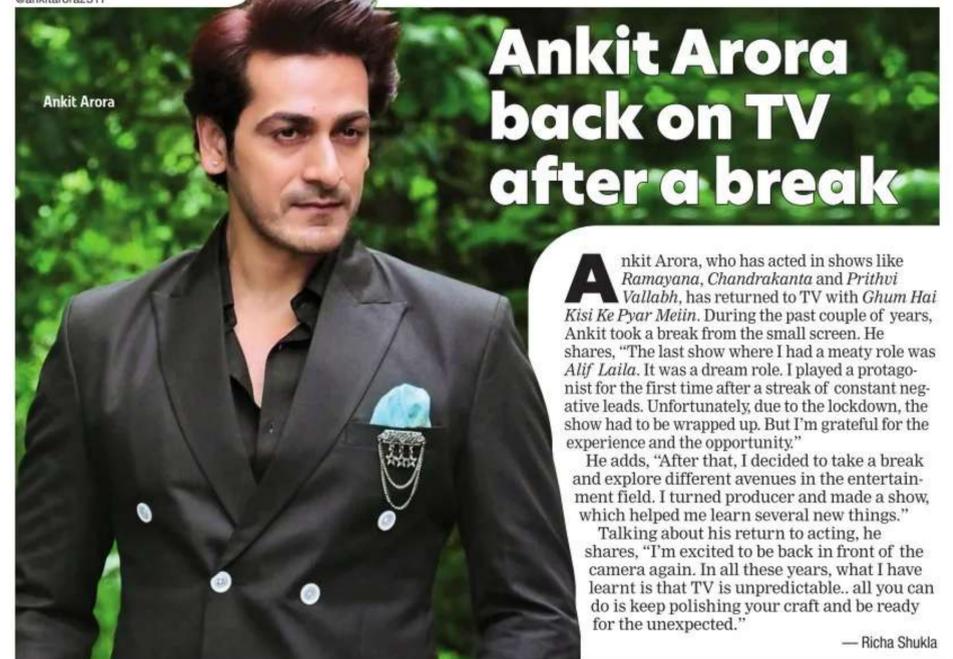
Navya Singh and (inset) in a still from *Krishna Mohini*

'At 13, I told my mother about my desire to transition into a woman'

Hailing from a conservative Punjabi family in a village in Bihar, Navya recalls, "I am the eldest of three. At 13, I confided in my mother about my identity and desire to transition into a woman. Initially, my father wasn't supportive, but he eventually came around. After moving to Mumbai in 2009, I underwent sex reassignment surgery. *Apni identity ke liye struggle*

karna, apne astiva ke liye ladna, logon ki buraaiyan jhelna, unki galat nazre aur taane sunna, and reaching so far, has been quite a challenging journey. Many people scared my parents by saying I must be begging at signals... they endured a lot. I am blessed to be among those whose parents accept them for who they are."

@ankitarora2317



Ankit Arora

Ankit Arora back on TV after a break

Ankit Arora, who has acted in shows like *Ramayana*, *Chandrakanta* and *Prithvi Vallabh*, has returned to TV with *Ghum Hai Kisi Ke Pyar Mein*. During the past couple of years, Ankit took a break from the small screen. He shares, "The last show where I had a meaty role was *Alif Laila*. It was a dream role. I played a protagonist for the first time after a streak of constant negative leads. Unfortunately, due to the lockdown, the show had to be wrapped up. But I'm grateful for the experience and the opportunity."

He adds, "After that, I decided to take a break and explore different avenues in the entertainment field. I turned producer and made a show, which helped me learn several new things."

Talking about his return to acting, he shares, "I'm excited to be back in front of the camera again. In all these years, what I have learnt is that TV is unpredictable.. all you can do is keep polishing your craft and be ready for the unexpected."

— Richa Shukla