

Esha Verma's old post calling Rupali Ganguly 'psychotic' went viral, prompting her father to negate the claims. But Esha says it's her truth



(L-R) Ashwin K Verma, Esha Verma and Rupali Ganguly

My father and his wife may deny these claims, but I believe their response is rooted in fear of the truth finally surfacing. I love my father deeply and from his life, and that disconnection has been incredibly painful. Watching her rise in the entertainment world with a public image so far from reality has only added to the hurt, especially as she plays a character who champions the very values she disregarded in real life. I know I'm risking a lot by speaking up, but if my voice is finally heard, that's enough.

This is probably the beginning of another long battle, but it feels like the start of justice. I wouldn't wish the pain of a broken family on anyone, especially in circumstances like mine. Every child deserves mental health support and a loving, consistent presence from their parents. If sharing my story can help even one person feel seen or supported, I'm here for that. It's never acceptable to build happiness on the heartbreak of others.

There's a darker side to this story, one I'm not ready to share yet, as it's a lot to process with everything now unfolding. For now, I hope people can understand the impact this has had on me and approach it with respect.

Ashwin K Verma @AshwinKVerma
A sincere reflection on recent remarks.

I do have two daughters from previous relationships, something Rupali and I have always been open about that I care a great deal about. I understand that my younger daughter still holds a lot of hurt about the dissolution of her parent's relationship as divorce is a difficult experience that can

Ashwin's X post denying claims that his divorce was due to an affair with Rupali; (top) Esha's latest post on Instagram Story

RUPALI GANGULY'S STEPDAUGHTER SAYS ACTOR THREATENED HER

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On Sunday, a Reddit post went viral after a user shared snippets of an old Facebook comment made by Esha Verma, the daughter of businessman Ashwin K Verma. In the comment, Esha accused actor Rupali Ganguly of having an affair with her father while he was still married to her mother, describing Rupali as "cruel-hearted". The post quickly made waves online, leading Ashwin to issue a statement on X denying the claims. In response, Esha posted on Instagram (see top right), saying, "There's a darker side to this story... All I ask for is compassion as it unfolds."

As we reach out to her, Esha reiterates, "My parents got married in 1997 and didn't divorce till 2008. We have documentation to show that... Rupali has posed as if they (she

and Ashwin) were friends and in love earlier than that. There are pictures of (Rupali) as an actor in the commercials my father directed. That's where the affair began; he would film for three months at a time and come home (to New Jersey) for a short time. We didn't know about it then, but Rupali pretty much knew about all of us."

Ashwin and Rupali got married in 2013. Esha's post from 2021 with Rupali and Ashwin has also raised questions. The 26-year-old explains, "I posted that picture because I wanted to show he is my dad. He doesn't acknowledge it; there are only pics of him with Rupali and their son on his account, but nowhere is a picture of me and my sister. They say they are a happy family, it's like we are non-existent."

Esha wanted to keep contact with her father, but says, "Rupali threatened my mother. If I spoke to him on call, she'd scream in the background. She

even cornered me when I went to visit him in Mumbai. She told me, 'You will regret if you ever do this again or say you want your parents to meet'. I was always afraid to go to India and couldn't stay longer than two days with him."

The last message she got from her dad was a WhatsApp text telling her to take down the 2020 post, after which she deleted the app. She adds, "Rupali has no contact with me. The biggest risk is my father wouldn't want me in his life at all, so it's not much of a difference. I'm going to lose more than I gain from this. But this is my truth."

We reached out to Rupali and her team for a reaction, but didn't get a response till the time of going to press.

Esha Verma
This is absolutely pathetic. Does anyone know the real story of Rupali Ganguly? She has had an affair with Ashwin K Verma for twelve years while he was in his second marriage. Ashwin has two daughters from his previous marriages. She is nothing but a cruel-hearted woman who has done nothing but tried to separate me and my sister, his own daughters from their father. He used to live in California and then New Jersey for around 13-14 years before moving to Mumbai. The two have one son, not two. I'm speaking out because she claims all over the media that she has a happy marriage with my dad, when in reality she's controlling and psychotic towards him. Whenever I try to call my father, she starts yelling and screaming death threats to myself and my mother. It's not fair that she ruined lives of Ashwin's real family and has been publicizing that they have a true love marriage when she's destroyed others to get what she wants. Honestly, she's conducted acts very

A snippet of a Facebook comment left by Esha Verma in 2020, which surfaced on Reddit
PHOTOS: INSTAGRAM AND X



People are making predictions based on the shape of my belly... One day they say it's a boy, and the next, it's a girl.

SONNALLI A SAJNANI, Actor

I'm not scared, I'm excited: Sonnalli A Sajnani is all set to embrace motherhood

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In less than a month, actor Sonnalli A Sajnani will welcome her first child with husband, hotelier Ashesh Sajnani. Calling the pregnancy journey "super smooth with literally no complaints whatsoever", it suddenly hit her that "there's going to be an entirely different human being" in the family!

She tells us, "I was scrolling through my gallery to show my friend a picture and a photo from

my last scan came up. It just hit me: that's my baby's face! As an outsider, I would think, 'Yeah, I'm sure it's great,' but when you feel it, there are no words to describe it."

Feeling "extremely confident" about the birthing process, Sonnalli is "not scared" and "actually quite excited". "I'm focused on setting up the nursery, keeping comfort as the top priority," the 35-year-old shares, adding, "You have to feel happy, even if things don't go the way you want to. I want to enjoy every moment, surrounding myself with positive vibes and people."

The actor, who featured in JNU:

Jahangir National University and Jo Tera Hai Woh Mera Hai this year, adds that her husband has been "incredible": "We're having fun together, sending each other funny kid reels." But the one thing that drives him "a little crazy" is a guessing game about the gender of their baby. "Towards the end, people are making predictions based on the shape of my belly... One day they say it's a boy, and the next, it's a girl. I find it fun, even if it gets a bit overwhelming. But it's cute how random people try to predict (the gender) when I step out," she ends.

Social media buzzes over NZ's epic 3-0 victory over India



'Call for introspection'
SACHIN TENDULKAR
Losing 3-0 at home is a tough pill to swallow, and it calls for introspection. Was it lack of preparation, was it poor shot selection, or was it lack of match practice? @ShubmanGill showed resilience in the first innings, and @Rishabh Pant17 was brilliant in both innings- his footwork made a challenging surface look like a different one altogether. He was simply superb. Full credit to New Zealand for their consistent performance throughout the series. Winning 3-0 in India is as good a result as it can get (sic).

VIRENDER SEHWAG
While as supporters it's imperative to support the team but this has been a terrible performance from our team. The skill to play spin certainly needs an upgrade and certain experimentations are good for the shorter format but in Test cricket doing some needless experimentations just for the sake of it was indeed poor. Congratulations to Tom Latham and his @blackcapsnz boys on doing what is a dream for every visiting team and no other could conquer in this way (sic).

IRRFAN PATHAN
This is embarrassing display by team India at home. Lot to ponder over by the decision makers. Well done New Zealand on such a terrific performance (sic).

HARBHAJAN SINGH
"This entire series has been quite disappointing for all of us. When NZ came here, expectation was that the result would be 3-0 and India would win the series. I can only say that they outplayed us... The captain definitely has responsibility and at the same time, the team is also as responsible as the captain..." he told ANI.



PHOTO BY INDRANIL MUKHERJEE / AFP

"It is tough. It tells you nothing is easy in life. One day, you are on high; the other day, you are not. Something like this will be a very low point in my career. I fully take the responsibility of this as a captain. I have not been at my best," Rohit Sharma, captain, told media post the match.



STOP PRESS

Actor Shah Rukh Khan revealed that he has quit smoking. While attending an event celebrating his 59th birthday on Saturday, he said, "I thought I won't feel so breathless after quitting smoking, but I still feel it. Inshallah, that will also get okay."



Naga Chaitanya, Sobhita Dhulipala to marry on Dec 4

Wedding bells are soon to ring for actor-couple Naga Chaitanya and Sobhita Dhulipala, with sources close to the duo confirming a December 4 wedding at Hyderabad's iconic Annapurna Studios, owned by actor and Naga Chaitanya's father Nagarjuna Akkineni. The couple, who got engaged in August after dating for two years, is said to be planning a private, traditional Telugu ceremony. Insiders tell us that the couple is keen on honouring family traditions while keeping the guest list small.

The muhurat is set, though no one's revealing whether the wedding will be held in the morning or evening, shares the source. Much like the tight-knit engagement in Hyderabad and the godhuma raayi pasupu danchadam (crushing turmeric) ceremony in Sobhita's hometown, Visakhapatnam, it is being reported that the do is going to be an intimate affair, steeped in Telugu traditions like jeelakarra bellam, where the couple places a cumin-jaggery paste on each other's heads. Chaitanya and Sobhita reportedly considered multiple venues but ultimately chose to celebrate at Annapurna Studios.

Neeshita Nyapaty

#thatshot

SOUTH KOREAN ACTOR BYEON WOOSEOK IS THE NEW BRAND AMBASSADOR FOR PRADA

Prada has added yet another South Korean star to its roster of brand ambassadors, which include aespa's Karina, NCT's Jaehyun, Jeon Somi, and TWICE's Sana. Byeon Wooseok is the latest face to join Prada. The 33-year-old gained fame after playing Ryu Sun-jae in tvN TV series Lovely Runner.



AI MODELS REPLACE REAL MODELS IN MANGO'S NEW AD

Fashion brand Mango is using AI-generated avatars to create new ad campaigns, thereby replacing real-life models. The garments worn by these AI models are also up for sale. This shift is part of Mango's broader digital transformation strategy, which blends fashion with cutting-edge technology.

POWDER TO CLEAN YOUR FACE?

This vitamin C powder face wash from Brillare, made from raw orange powder and food-grade vitamin C, claims to brighten the skin, reduce dark spots and provide effective cleansing. The powder turns into a mild foam when you add a few drops of water and rub it between your hands. Price: ₹495 Available at: brillare.co.in



SMOOTH AND SOFT LIPS ON THE GO

This satin lipstick from Mac Cosmetics has a creamy formula with a soft feel, medium-to-full buildable coverage and a satin finish. The nourishing formula feels weightless on the lips, ensuring comfort throughout the day, making it the perfect beauty companion for any occasion. Price: ₹2,800 Available at: maccosmetics.in

BOLLYWOOD DIVAS TAKE THE PLUNGE

Celebs are embracing the décolletés like never before with every other fashionista acing plunging neckline blouse this festive season

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While jewel and halter necklines defined the 2024 blouse design trends, plunging necklines are ruling the roost currently. With a slew of Bollywood beauties, including

Bhumi Pednekar dons custom saree set featuring striped V-neck blouse by Torani



Tamannaah Bhatia wears sequin saree along with a velvet blouse by Manish Malhotra



neckline blouse is that you can show skin according to your comfort by placing the pallu accordingly," suggests designer Riddhima Gupta.

Styling tips

"It is pertinent to get the right fit for your plunging neckline blouse. It should neither be too tight nor too loose. Cover your modesty with pasties for that flawless appearance. A double-sided tape can be used to avoid any wardrobe malfunction," suggests stylist Isha Bhansali.



Khushi Kapoor paired a plunging neckline blouse with a crystal saree by Itrh

Priyanka Chopra Jonas stuns in a red Sabyasachi saree and an itsy-bitsy blouse

Nail it: Out with old money beige; black is the new black

Embrace the autumn vibe with bold pitch-black manicures just like Madelaine Petsch, Hailey Bieber, and Dua Lipa



It's often said that the details make the outfit, and when it comes to style, the little things can be game changers. Enter the world of nails — a crucial yet often overlooked aspect of personal style. Who better to guide us through this trend than the queen of glazed donut nails herself, Hailey Bieber? Recently, the model has made a striking pivot from the soft, sheer tones that have dominated the beauty landscape to a bold and unapologetic pitch-black manicure. Recent social media posts from the new mother showcase not just the dramatic black but also rich chocolate shades, proving that the dark side has its charms. This shift comes at a time when the fashion world has been enamoured with the 'old money' aesthetic, characterised by muted whites, skin-adjacent peaches, and the ubiquitous French manicure in various beige tones. Bieber isn't alone in her embrace of moody November-ready nails; pop star Dua Lipa has also debuted her own pitch-black manicure. Adding to this chorus of stars, actor Madelaine Petsch, known for her role in *Riverdale*, has

shared her journey with nail colour, trading in vibrant reds for striking black tips in her latest Instagram posts. So, how can you embrace this trend and make it your own? Here are some stylish tips to nail the look: **Choose the right shade:** Opt for a glossy black polish for a sleek finish, or try a matte texture for a contemporary twist that exudes sophistication. **Shape matters:** Popular shapes like almond and coffin can elevate the aesthetic of your nails. Select a shape that complements your hand and aligns with your personal style, enhancing your overall look. **Nail care is essential:** Maintain healthy nails through regular manicures and hydration to ensure that your bold colours not only pop but also remain looking their best. Invest in a nourishing cuticle oil for added shine and strength. **Accent nails:** For a touch of creativity, consider adding nail art or glitter to one or two accent nails to elevate your manicure further. **Style pairing:** Match your nails to your autumn wardrobe — think cozy knits, rich textures and jewel tones that vibe with the season.

{ DAILY HOROSCOPE }
Tuesday, November 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)
PREMASTROLOGER | PREMASTROLOGER | ASKPREMASTROLOGER

<p>ARIES MAR 21-APR 20</p> <p>You will be able to manage your finances well today. A family gathering will prove most entertaining and give a chance to meet distant relatives. Travelling in a group will prove most enjoyable. LOVE FOCUS: Those in a long-term relationship could soon tie the knot. LUCKY NUMBER: 1 LUCKY COLOUR: Green</p>	<p>LEO JUL 23-AUG 23</p> <p>Happiness prevails on the work front as you gel well with co-workers. Some of you may opt for a family package tour to go on a vacation. Resuming your daily workouts will be a step in the right direction. LOVE FOCUS: Someone is likely to make your day on the romantic front! LUCKY NUMBER: 5 LUCKY COLOUR: Magenta</p>	<p>SAGITTARIUS NOV 23-DEC 21</p> <p>New opportunities may come your way on the career front. Financially, you will remain strong. Someone may become your guide and help you attain total fitness. An outing with the family is on the cards. LOVE FOCUS: Initiative on the romantic front is likely to bear fruit. LUCKY NUMBER: 18 LUCKY COLOUR: Purple</p>
<p>TAURUS APR 21-MAY 20</p> <p>Health remains good due to your lifestyle choices. Getting into the grip of things on the academic front will give you confidence. A golden opportunity to travel overseas may come to some. LOVE FOCUS: Those in love may plan something enjoyable together. LUCKY NUMBER: 4 LUCKY COLOUR: Sky Blue</p>	<p>VIRGO AUG 24-SEP 23</p> <p>An acquaintance at work may help you finish your current task. Acquiring a new house is likely to become a reality for some. An active lifestyle promises to keep you in good health. LOVE FOCUS: Those in love are likely to plan a special outing with their lover. LUCKY NUMBER: 7 LUCKY COLOUR: Yellow</p>	<p>CAPRICORN DEC 22-JAN 21</p> <p>Someone close may visit you and brighten your day. Career front looks simply great as you keen foresight helps you along! You will manage to come a step closer to your dream of earning big. LOVE FOCUS: Your bond with your partner is likely to strengthen. LUCKY NUMBER: 3 LUCKY COLOUR: Maroon</p>
<p>GEMINI MAY 21-JUN 21</p> <p>Hard work in the right direction will bring success on the work front. You are likely to remain socially active today. Investments will ensure financial stability. LOVE FOCUS: Your interest in someone may soon turn into romance! LUCKY NUMBER: 2 LUCKY COLOUR: White</p>	<p>LIBRA SEP 24-OCT 23</p> <p>At work, you will be able to complete most of your tasks. An elder's advice will prove most beneficial. An exciting time lies ahead as travelling with friends is foreseen. LOVE FOCUS: Newlyweds are likely to enjoy total bliss. LUCKY NUMBER: 22 LUCKY COLOUR: Navy Blue</p>	<p>AQUARIUS JAN 22-FEB 19</p> <p>A family member may have lined up a surprise for you today, so rejoice. A memorable experience is in store for those travelling abroad. Your health remains good today. LOVE FOCUS: Your romantic ideas are likely to impress your lover. LUCKY NUMBER: 7 LUCKY COLOUR: Golden</p>
<p>CANCER JUN 22-JUL 22</p> <p>Businessmen are likely to bag a few new clients. Your financial condition is set to improve as money from an unexpected source comes to you. Keep a sharp eye on a family youngster. LOVE FOCUS: Those seeking a life partner are likely to tie the knot soon. LUCKY NUMBER: 8 LUCKY COLOUR: Purple</p>	<p>SCORPIO OCT 24-NOV 22</p> <p>A good time is foreseen at work as the workload seems to be minimal. An unplanned vacation is on the cards for some. Performance on the academic front will be par excellence. LOVE FOCUS: A surprise awaits some on the romantic front! LUCKY NUMBER: 11 LUCKY COLOUR: Beige</p>	<p>PISCES FEB 20-MAR 20</p> <p>Your ability to tackle tough problems would brighten your chances on the professional front. Achievements of a family youngster may make you proud. Your social life will flourish today. LOVE FOCUS: Your romantic feelings are likely to be reciprocated. LUCKY NUMBER: 9 LUCKY COLOUR: Orange</p>

POLLUTION-PROOF YOUR SKIN WITH THESE DIY FACE PACKS

Need a post-festive pick-me-up for your skin? Try DIY face packs to combat the effects of pollution

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With Diwali celebrations now wrapping up, many of us will have a new skincare challenge to battle. The rising pollution levels will spell trouble for skin constantly exposed to the atmosphere, especially the face, making it more prone to dryness, irritation and breakouts.

It therefore becomes all the more vital to safeguard it against the harmful pollutants in the air with a new skincare regimen. We spoke to dermatologists to get insights into DIY face pack recipes that help reduce effects of the pollution for oily, normal and dry skin types.

FOR OILY SKIN

People with oily skin face the challenge of intensified oil production during exposure to excessive airborne toxins. To counter this, Dr Neha Khuraana, dermatologist and founder of House of Aesthetics, shares a face pack recipe that helps detoxify and reduce excess oil from the skin.

Ingredients:

- Multani mitti (Fuller's earth)
- Rose water

Method:

- Mix equal quantities of multani mitti and rose water in a bowl until smooth paste forms. Apply a layer across the face avoiding the eye area for about 10-15 minutes. Once the pack starts drying, rinse with lukewarm water.
- "This pack is ideal for those with oily skin since multani mitti absorbs excess oil and dirt from the skin while rose water hydrates and calms the skin," shares Dr Khuraana.

FOR NORMAL SKIN

Those with normal skin type can also feel the adverse effects of pollution like patches of dryness and dullness across the face. Dr Aashna Kanchwala, senior consultant at Derma Puritys, cosmetologist and aesthetic physician, suggests a moisturising turmeric and yoghurt face pack to restore the skin's glow.

Ingredients:

- Two tablespoons of yoghurt
- One tablespoon of turmeric powder

Method:

- Mix the yoghurt and turmeric powder in a bowl to create a smooth paste. Apply gently on the skin and leave it on for 10 minutes. Rinse off with cool water.
- "Yoghurt aids in moisturising and smoothing the skin while turmeric works as a natural anti-inflammatory agent," Dr Kanchwala explains.

FOR DRY SKIN

High levels of pollution can be rough on the skin, especially dry skin. Dr Noopur Jain, chief consultant, dermatologist and founder of Skinzest, advises a deeply hydrating aloe vera and honey pack to combat dryness and add moisture.

Ingredients:

- Honey
- Aloe vera

Method:

- Mix equal proportions of aloe vera and honey in a bowl until a paste-like consistency is achieved. Apply it on the face and neck for a minimum of 15 minutes and rinse it off with lukewarm water.
- "The ingredients are quite beneficial for the dry skin type. Honey has hydrating properties and is antibacterial while aloe vera acts as a skin calming agent," she suggests.

PHOTOS: SHUTTERSTOCK (FOR REPRESENTATIONAL PURPOSE ONLY)

PHOTO: SHUTTERSTOCK (FOR REPRESENTATIONAL PURPOSE ONLY)

An expert's guide to beating festive season burnout

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The festive season involves long hours of preparation, from decorating homes to cooking elaborate meals. However, prolonged stress can lead to poor posture, muscle strain and discomfort. Dr Rajeshwari Panda, head of dietetics at Medico Hospital, Mumbai, recommends a combination of proper nutrition and targeted exercises to beat the festive burnout:

Understanding the problem

Poor posture: Prolonged sitting or standing in awkward positions can lead to back pain, neck stiffness and shoulder discomfort.
Muscle strain: Repetitive movements, such as chopping vegetables or hanging decorations, can strain muscles and tendons.

Exercises to relieve pain

STRETCHING:
Neck stretches: Gently tilt your head to the side, then forward and backward.
Shoulder stretches: Reach your arms overhead and interlace your fingers. Gently pull your arms upward.
Back stretches: Stand with your feet shoulder width apart and bend forward, reaching for your toes. Regular exercise helps reduce stress and improve overall

health. Even a short walk or a few minutes of stretching can make a big difference.

STRENGTHENING EXERCISES:

Plank: Hold a plank position for as long as you can to strengthen your core.
Wall push-ups: Stand facing a wall, place your hands on the wall at shoulder height and do push-ups.
Squats: Perform squats to strengthen your legs and core.

YOGA AND PILATES:

These practices can improve flexibility, balance and core strength, which help alleviate pain.

Nutritional tips

Hydration: Staying hydrated helps prevent muscle soreness and fatigue.
Balanced diet: A diet rich in fruits, vegetables, whole grains, lean proteins and healthy fats aids muscle repair and recovery.
Anti-inflammatory foods: Incorporate foods with anti-inflammatory properties, such as omega-3 fatty acids (fish, nuts and seeds) and antioxidants (fruits and vegetables) to your diet.

However, it is important to note that diet and lifestyle changes are not substitutes for professional medical advice. Always seek the advice of your doctor with any questions about a medical condition.

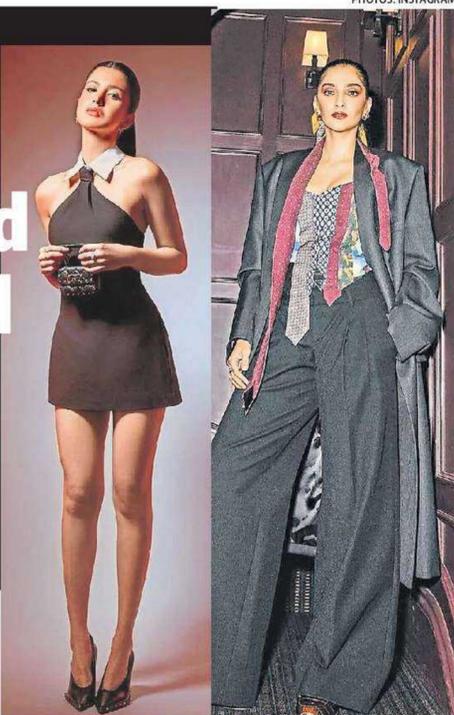


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Once a symbol of boardrooms and high-stakes workplaces, the tie is now a surprising, chic accessory in women's fashion. For Spring/Summer 2024, designers like Vaquera brought a playful take on ties with oversized, eye-catching prints. Supermodel Bella Hadid's recent appearance at the Saint Laurent Spring/Summer 2025 show, where she donned a slim black tie with an ultra-sleek suit, cemented this trend. The denim-inspired twist on this trend at Dhruv Kapoor's Winter/Festive 2024 collection at Lakmé Fashion Week, where ties were styled alongside denim separates, was also a stunner.

"Women's ties often feature shorter lengths, narrower widths and unique patterns or colours, allowing for a more tailored and individual look than traditional men's ties," explains designer Supriya Munjal.

Another factor contributing to the appeal is the popularity of thrifting aka vintage shopping. "The resurgence of vintage and pre-loved items is perfect for an accessory like the tie—it brings both irony and elegance to any look, making a playful statement that feels authentic," she says. "Soft pastels and rich jewel tones are trending, along with patterns like paisley and geometric designs. Eco-friendly fabrics are also popular, reflecting the focus on sustainable fashion," Munjal adds.



ELEVATE YOUR TIE GAME

- Elevate the look by pairing your tie with an embellished blazer, which gives the outfit a dressed-up flair and takes it away from a traditional corporate vibe.
- Short pumps can give a playful, cute finish to your look, balancing out the strong lines of the tie and blazer.
- Achieve a sleek, sophisticated look by coordinating the tie, shirt, blazer or a corset in the same fabric. This monochromatic approach makes for a truly chic 'fit.
- For a modern twist, loosely drape a tie around your neck, letting it fall like a skinny scarf. Pair it with a fitted top or a simple white T-shirt.

Inputs by stylist Isha Bhansali

PHOTO: SHUTTERSTOCK (FOR REPRESENTATIONAL PURPOSE ONLY)

A guide to dealing with catfishing



Anyone who's ventured into the world of online dating knows about catfishing. It is when someone uses a phoney online persona to cajole you into a relationship.

But why do people catfish in the first place? Nupur Dhakephalkar, founder and chief clinical psychologist, Center for Mental Health, says it may be due to feelings of insecurity, low self-esteem, or loneliness. "For some, it's a way to explore relationships without the vulnerability of being truly 'seen'."

One of the most common red flags of catfishing is an unwillingness to meet. "Another indicator is inconsistent or

vague personal details about their job, location, or past experiences," she says. "If you've been catfished by someone you met online, it's important to allow yourself space to process what can feel like a major betrayal. Dhakephalkar adds, "It's usually best to cut ties, block them on platforms, and prioritise your own mental well-being."

To deal with the situation, practice self-compassion and allow yourself to grieve the relationship, as the attachment and emotions felt were genuine even if the persona was not.

Sanya Panwar

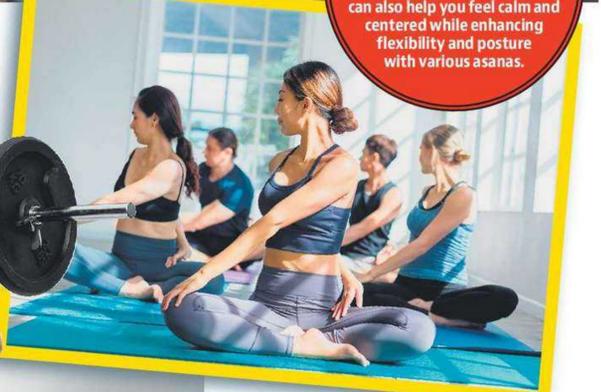
PHOTOS: INSTAGRAM

Try these indoor workouts to escape post-Diwali pollution



ZUMBA
If you like to shake your joints and groove, this is your perfect workout. Zumba involves high-energy, aerobic dance movements. It's a full-body workout that targets your arms, core, legs, and glutes while improving cardiovascular fitness. Zumba makes exercising fun and exciting.

SQUATS
Squats not only improve flexibility, but also effectively target lower body areas like the quads, hamstrings, and glutes. It's also a vigorous, high-intensity exercise that effortlessly burns out calories and fixes the posture. Try jumping squats to amp up your squat workout game.



PLANKS
Planks entail full-body engagement, involving the legs, core, back, arms, and shoulders. It effectively builds muscle strength and endurance. This exercise activates the muscle groups by taking up immense energy to keep up the balance. It also strengthens the core. Try the different variations of planks like side planks and planks with leg lifts for an optimal and well-rounded exercise.

JUMPING JACKS
Jumping jacks can be done as simple warm-up exercises or while taking breaks between high-intensity exercises. It's about jumping and touching the hands. This is an ideal exercise for beginners for a good boost of energy.

YOGA
Practise Surya Namaskar and Virabhadrasana to improve flexibility. If you're looking for a relaxed yet rigorous form of exercise, yoga is ideal for you. It can also help you feel calm and centered while enhancing flexibility and posture with various asanas.

PHOTOS: ADOBE STOCK, USED FOR REPRESENTATIONAL PURPOSES ONLY

PHOTOS: X AND INSTAGRAM



Actor-politician Kangana Ranaut (centre) with brothers, producer Akshat (right) and Karan Ranaut

#SIBLINGGOALS FT CELEBS

On Sunday, stars took to social media to share heartfelt moments from Bhai Dooj as they celebrated with gifts and traditional rituals. Take a look



▼ Muzamnil Ibrahim (right); with Rohit Bal (inset)



Actor Tanishaa Mukherjee with brother, producer Sujoy Mukherjee



▶ (L-R) Actor-politician Hema Malini with brother, producer RK Chakravarti and sister-in-law Prabha Chakravarti



▲ Actor Shilpa Shetty Kundra posted a pic of her kids Viaan Raj Kundra and Samisha Shetty Kundra

'Gudda's clothes empowered one in ways that only few designers could'



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Actor-model Muzamnil Ibrahim was only 18 years old when he first met fashion designer Rohit Bal aka Gudda, who died of heart failure on Friday.

Recalling how the fashion icon encouraged and connected with him, Ibrahim shares, "More than a friend, he was an older brother. This relationship was first established when I won Gladrags (modelling contest) in 2003, and he pulled my cheeks when he got to know how young I was. At that time, he had said, 'You will be my kid brother from today'."

Talking about his legacy, the 38-year-old adds, "He crafted trends that the rest of the designers only picked up later. He was capable of creating magic on stage with fabrics. His clothes empowered one in a way that only a few designers could. Also, there are only a handful of genuinely great people out there and he was one of them."

Recounting one of their conversations where he discovered that he shares the same roots as Bal, Ibrahim adds, "Both of us hail from Kashmir and that was a common point between us. Although I grew up in Kashmir, I'm from Jammu and I sound hilarious when I attempt to talk in Kashmiri. So, he used to egg me on to say some words in Kashmiri and then laugh hysterically."

Ibrahim's last in-person meeting with Bal was in 2023, when they had met at an awards night. Recollecting that memory, he shares, "He embraced me in a long hug as he typically used to. Then he patted my cheeks like the very first time we met and said, 'I'm proud of you bro,'" he ends.

Liam Payne's body set for return to UK; funeral scheduled this week: Report

Former One Direction singer Liam Payne's body is expected to be flown back to the UK within the next 36 hours, following his tragic death in Argentina last month. According to Deadline, reports from Argentine media indicate that arrangements are being finalised for Payne's return who died in Buenos Aires on October 16.

The report further stated that Payne's funeral is scheduled to take place this week at St Paul's Cathedral in Wolverhampton (UK), the city where he spent his formative years.

Following his death, Payne's father, Geoff, also travelled to Argentina and visited the city

ABOUT LIAM PAYNE'S DEATH

The singer's death occurred after he reportedly fell from a hotel balcony in the Palermo district of Argentina. As per Deadline, his death was ruled a result of multiple injuries from a fall. The investigation into Payne's death lasted two weeks and prosecutors stated that he was "in a state of semi or total unconsciousness" during a substance-induced episode at the time of the fall.

morgue, paid his respects at the hotel and engaged with fans who were leaving flowers and tributes outside. ANI

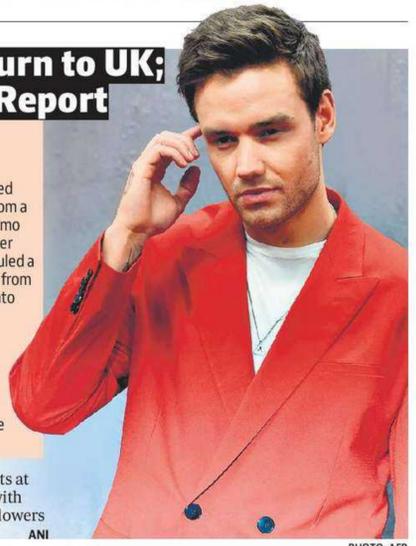
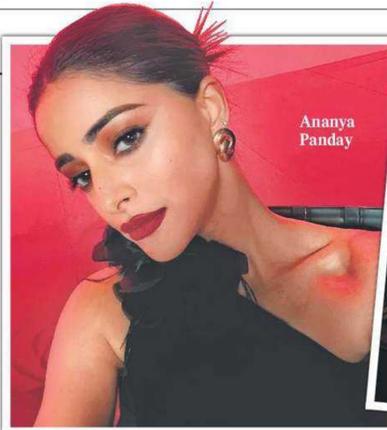


PHOTO: AFP

#instastyle

Birthdays are all about fashionable outings. Take a cue from actor Ananya Panday, who shared a photo dump from her birthday (October 30), featuring her childhood and vacation pictures. She captioned it, "A little bit of this and a little bit of that." Meanwhile, actor Shanaya Kapoor also took to Instagram to share a series of pictures of herself from her birthday dinner in Dubai on Sunday. Along the carousel, where she can be seen in a multicolour bodycon dress, Kapoor wrote, "I love my birthday dinner dress."



Ananya Panday



Shanaya Kapoor

PHOTOS: INSTAGRAM

HAVING A 'GALA' TIME, IN STYLE!

The 2024 LACMA Art+Film Gala, held in Los Angeles recently, glittered with the presence of stars from the art and entertainment worlds and several A-list celebrities. Style and glamour ruled the red carpet with each attendee putting their best fashion foot forward at the charity event

PHOTOS: AFP, X AND REUTERS



KIM KARDASHIAN STYLED HER PLUNGING WHITE GOWN WITH ONE OF PRINCESS DIANA'S PENDANTS, KNOWN AS THE ATTALLAH CROSS, THE ANTIQUE AMETHYST PIECE WAS FAMOUSLY WORN BY THE LATE ROYAL AT A 1987 CHARITY GALA

Editor-stylist Edward Enninful with entrepreneur Natasha Poonawalla

Model-actor Kaia Gerber

▲ Media personality Kim Kardashian

Actor Dev Patel

Model-actor Cara Delevingne

▲ Actor Blake Lively

Actor-producer Viola Davis