


RICKY KEJ AND ANOUSHKA SHANKAR NOMINATED FOR 67TH GRAMMY AWARDS

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THERE WAS SOME FEAR, BUT I AM HAPPY TO RESTART, SAYS ISHA

The actress talks about life post divorce and wanting to get back to work


ISHA KOPPIKAR

Timmy Narang
Onkar Kulkarni

It's been a year since Isha Koppikar started afresh with her daughter, Rianna, following her divorce from businessman Timmy Narang last November. After 14 years of marriage, Isha moved out of the Narang House in Pali Hill, which marked a challenging phase in her life. In an interview with Bombay Times, she talks about new beginnings and moving on with a positive outlook.

'HEREON, I KNOW IT WILL ONLY GET BETTER'

Talking about the emotions she went through at the beginning of this phase, Isha says, "There was a lot of fear because I didn't know how I would restart. I was moving out with my daughter Rianna (10 years old). She has grown up in a certain environment, and I wanted to give her something that would be conducive to her growth. After all, from the time she was born, she lived in a huge home with all the amenities. I didn't know how to restart, but I had faith in the supreme power. Rianna and I are extremely positive people, and hereon, I know it will only get better."

CONTINUED ON 6

It was easy for me not to give him (Timmy Narang) a divorce, but that would go against my values. We separated amicably, though it was tough for me. What's the point of being together & then bickering constantly?

Sonu is the brand ambassador and tourism advisor for Thailand

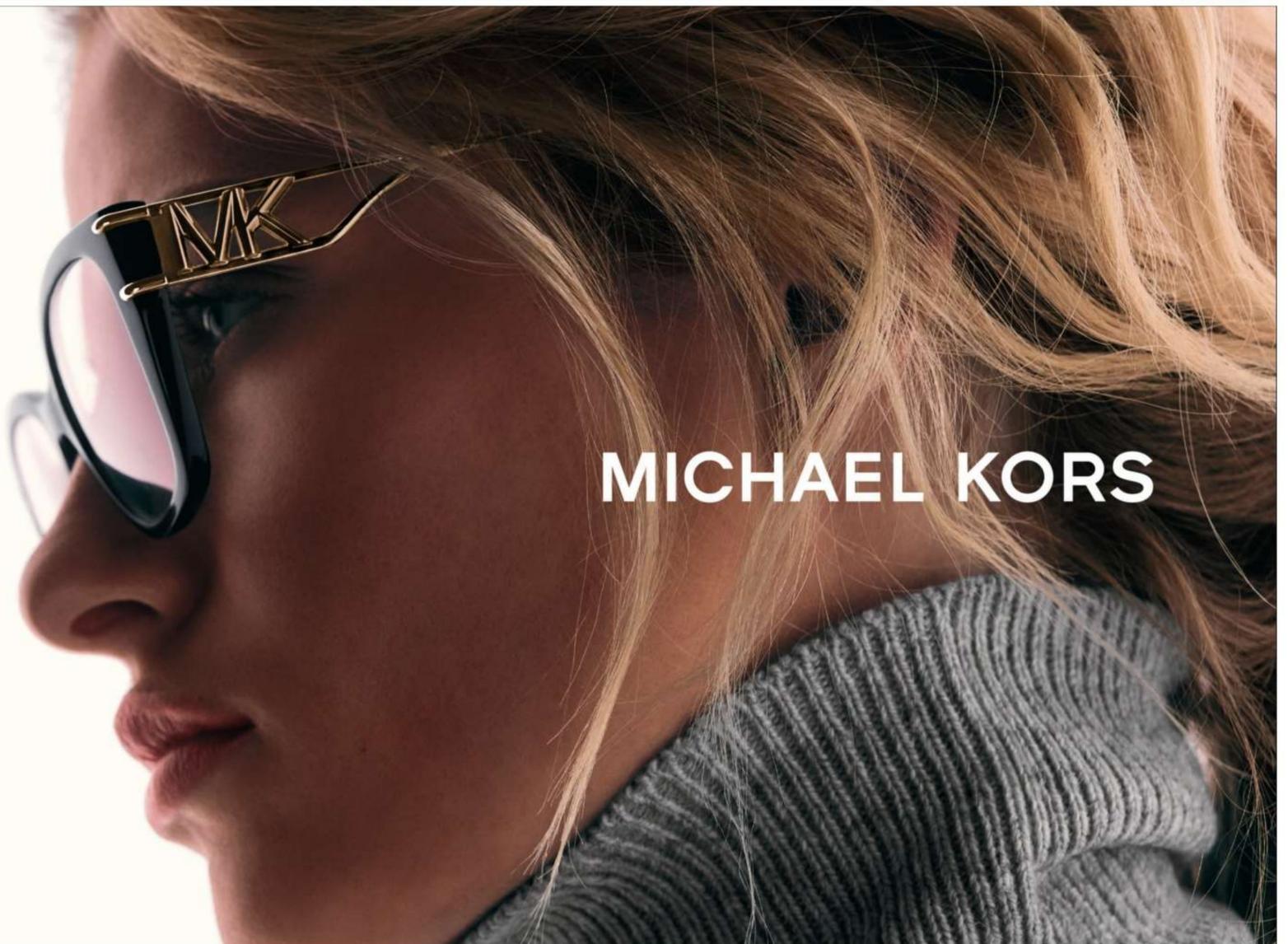
Admired for his humanitarian work, particularly during the pandemic, Sonu Sood has found himself a new role. The actor has been appointed as the brand ambassador and Honorary Tourism Advisor for Thailand. This further solidifies his standing as a global ambassador for goodwill. The certificate, issued by Thailand's Ministry of Tourism and Sports, officially recognises him as the 'Honorary Tourism Advisor' for the country. In this capacity, Sonu will be responsible for guiding and advising on marketing and public relations strategies to promote Thailand as a top tourist destination in India.



Sonu Sood and (inset) with Thailand PM Paetongtarn Shinawatra

Sonu's connection with his fans is rooted in his dual role as an actor and a philanthropist. His work during the pandemic has inspired people across the globe. Now, as the ambassador of Thailand, he joins the ranks of celebrities representing other countries.

On the work front, Sonu is gearing up for his maiden directorial venture, *Fateh*, which promises to match Hollywood actioners. This cybercrime thriller also stars Naseeruddin Shah and Jacqueline Fernandez in pivotal roles along with Sonu. The film is slated to hit the theatres on January 10, 2025.


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Pics: Prashant Jadhav



Gurmeet and Debinna pose with their daughters, Divishha and Lianna, in front of a Frozen-themed cake



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Surveen Chawla gives juggling a shot



Romanch Mehta, Aneri Vajani and Mridula Oberoi

SNAPSHOTS FROM
Gurmeet Choudhary & Debinna Bonnerjee's daughter, Divishha's b'day bash

Nisha Rawal with son Kavish

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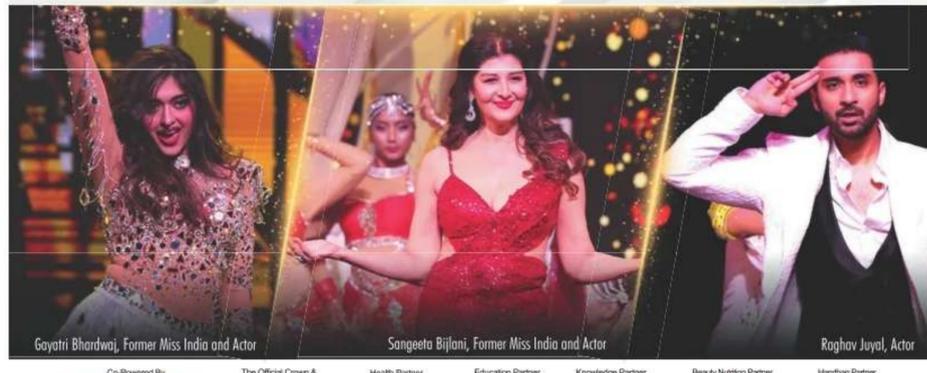
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Homebuyers also prioritise specific features like high-end materials, spacious layouts, and smart technology to enhance their living experience while being willing to pay a premium for exclusivity. Bisht further states that homes have evolved into versatile spaces that cater to diverse needs, accommodating hybrid work setups and nurturing hobbies. "There's also a growing desire for larger, multifunctional properties with green spaces. As a result, builders are presenting developments that offer exceptional living experiences, modern architec-

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from the initial stage of project planning. Developers introduce the designing company to the buyers, after which both parties engage in detailed discussions. Once they finalise the concept and blueprint, the designing firm begins its work. Shedding more light on this, Himanshu Jain, VP - sales (marketing & CRM), Satellite Developers, avers, "Customers actively participate in the planning phase, wherein they can contribute inputs and share their preferences. Buyers enjoy significant freedom in selecting interiors and deciding on other

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Safety first: Home security checklist
As technology advances, let's explore some options that make it easier to safeguard your abode

Sherine.Raj
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Home security has become a top priority for many homeowners amid growing concerns about personal safety. Find out how you can safeguard your home using various surveillance tools.

KEEP AN EYE ON EVERYTHING
The cornerstone of modern homes, CCTV cameras help with continuous surveillance, allowing homeowners to monitor their property remotely. Swapnil Deshpande, a homeowner from Mulund, shares, "Installing CCTV cameras has helped us immensely. We can monitor our home from anywhere while being at ease because everything is recorded."

GUARD THE ENTRANCE
Intercom systems are widely used to control access to the house. It allows one to communicate with visitors before granting them entry. Modern intercoms come with both audio and video capabilities, enabling homeowners to properly assess the visitors. Tarang Duggal, an interior designer, explains, "Contrary to popular belief, these systems can be both functional and visually

pleasing. With sleek, minimalist designs and unobtrusive installations, they can seamlessly blend with your home's decor."

TECH TOOLS THAT SHIELD YOUR HOME
While cameras and intercoms are essential, these components are also central to a comprehensive home security system:

- Alarms:** Burglar alarms are designed to detect unauthorised entry. Modern systems can also alert homeowners via smartphone notifications.
- Smart locks:** Wireless locks enable you to lock and unlock the door remotely using mobile applications, while biometric options add an extra layer of security.
- Motion sensor:** These devices detect movement and trigger alarms or lights to drive away intruders.

Jessy Nair, a member of a residential association in Malad, shares, "Since we convined our society members to invest in a security system, incidents of trespassing and theft have significantly decreased. This decision has greatly enhanced the safety of our community."

So, consider this your cue to install a robust security system that guarantees the safety and well-being of your family and property.

Your home, your way

If you're looking to invest in a living space that truly reflects your aspirations and lifestyle needs, here's a guide to purchasing customised apartments

here's all you need to know about bespoke property options.

UNLOCK HOLISTIC LIVING
In the case of custom properties, developers either curate the flat's layout or amend it as per the buyers' preferences. Pramod Bisht, CEO (South Zone), Godrej Properties, informs, "The surge in demand for luxury houses is fuelled by rising disposable incomes, prompting individuals to seek properties with modern amenities.

WHY PERSONAL DETAILS MATTER

- Build spaces around your lifestyle, be it meditation room or a home theatre
- Follow a sustainable approach while designing the interiors
- Expect to save time and resources that one might spend on renovations post-possession

THE WAY OF VASTU
The popularity of custom houses is also attributed to the burgeoning belief in Vastu Shastra. As many people prefer to live in a Vastu-compliant home, personalisation is gaining immense favour. After all, modifying the flat post-completion can be quite challenging.

Rupa S, a finance consultant, shares, "While buying a 2-BHK property, we knew it was a one-time investment for us and wanted the house to align with Vastu requirements. One of the principles in Vastu states that the bedroom should ideally be in the southwest direction. Since there was a kitchen in that direction, we decided to modify the layout with the builder's help. The kitchen was turned into a small guest room, while the second bedroom was converted into a kitchen. These changes turned out to be easier than expected as we had purchased the home during the construction phase."

BUILD YOUR DREAM HOME
With developments that allow personalisation, homebuyers are at liberty to plan and change the floor plan and design, allowing them to optimise the available space. Their involvement begins factors, ensuring a personalised approach." However, one can only modify the interiors if it doesn't affect the building's structure. Although custom homes are consumer-friendly, they are costlier than standard apartments. The price difference varies with the features and upgrades that the buyer demands. Hence, if you feel that your requirements are worth the additional investment, go ahead and build the home of your dreams.

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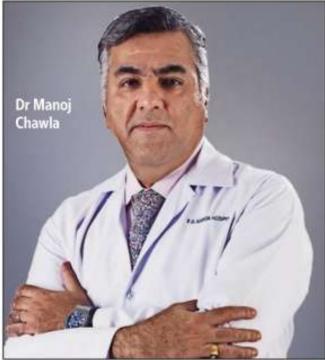
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Two out of every 10 adults in India have pre-diabetes

Did you know that two out of every 10 adults in India have pre-diabetes? Pre-diabetes is a precursor to diabetes - a condition where blood glucose levels are higher than normal, but not high enough to be considered as having diabetes. As per the American Diabetes Association (ADA), fasting blood sugar (glucose) levels between 100-125 mg/dL or an HbA1c between 5.7% to 6.4% define pre-diabetes. This stage increases the risk of developing type 2 diabetes (T2DM) if left unaddressed. As per the Research Society for the Study of Diabetes in India (RSSDI), about 20-25% of the Indian population is estimated to be affected with pre-diabetes. In urban areas, this figure jumps up to nearly 40% and is largely driven by sedentary lifestyles, poor dietary habits and rising obesity rates.



Dr Manoj Chawla

THE ROLE OF CONTINUOUS GLUCOSE MONITORING

A powerful tool in the fight against pre-diabetes/diabetes is the use of Continuous Glucose Monitoring (CGM) that allows for real-time tracking of blood sugar levels.

Dr Chawla explains, "Personalised feedback based on the CGM patterns by trained experts, enables tailored dietary and exercise plans. Thus, it is possible to effectively modify routines based on the CGM data to maximise blood sugar control."

DIABESITY IS A SERIOUS HEALTH PROBLEM

The twin epidemic of obesity and diabetes, often referred to as diabetes, is a serious health problem. "When you're overweight, the body has to work harder to secrete insulin to manage rising blood sugar levels and resistance, leading to a higher chance of developing type 2 diabetes. This risk is further compounded by a positive family history of diabetes. With a higher intake of carbohydrates and fats, Indians also tend to have accumulated belly fat, even if they have normal weight otherwise. This thin-fat body type makes them more vulnerable to developing diabetes, sometimes at a lower weight level as compared to their counterparts from the Western countries, further enhanced by lack of exercise and poor eating habits," adds Dr Chawla.

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team adds, "These are now available across India."

How a multi-pronged approach can help

Dr Chawla shares, "Today there are newer weight-loss medications approved in the market that can assist people in losing weight and reduce insulin resistance. A multi-pronged approach involving healthy eating, regular exercise and tools like CGM provide a well-balanced and effective strategy to tackle both obesity and diabetes effectively and help in pre-diabetes remission."

SCREENING CAN HELP DETECT PRE-DIABETES

Dr Manoj Chawla, Consultant Diabetology at P. D. Hinduja Hospital & Medical Research Centre, Khar, says, "Men tend to be more affected than women, largely due to higher prevalence of abdominal obesity and physical inactivity. What makes pre-diabetes an important condition to address is that it is the preventable stage of diabetes even without progressing to diabetes."

One of the challenges with pre-diabetes is the fact that most individuals are unaware of their risk for it, allowing it to silently progress with unchanged unhealthy lifestyle patterns. He adds, "Screening is the first step for those at risk for pre-diabetes. Early diagnosis creates an opportunity for intervention, enabling individuals to make lifestyle changes needed to halt the progression to diabetes."



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Bags from Polene have quickly redefined quiet luxury. The Cyme bag has been at the forefront of the oversized tote trend

Everyday totes

Oversized totes have continued to make a mark this year. Says Rupali Hasija, digital content creator, "I have been seeing a lot of tote bags this season. Some of my favourites, which I have seen with so many celebrities, are the Cyme bag by Polène, The New York tote bag by DeMellier London and also the Bottega Veneta Andiamo tote bag which is now becoming the it bag of the season. Another evergreen bag is the Tory Burch Ella canvas tote. It's worth every penny and is so durable and perfect for everyday use."

Keep it elegant and quiet luxury

Deeksha Mishra, fashion and lifestyle content creator, suggests that one should go for bags with subtle branding. "Make a statement with subtlety and elegance. For example, I find Bottega Veneta bags like Jodie super trendy. Currently, the trends are all about quiet luxury and this is what top brands across the world are following where you don't have too much branding."



Bottega Veneta bags - like the Jodie - are a celebrity & influencer favourite



Athiya Shetty with an India-inspired version of the Lady D-Joy



Art collector and philanthropist Shalini Passi's quirky Judith Leiber bag collection has been the talk of the town recently. Talking about this particular piece, she tells us, "This bag looks quirky, is easy to carry and can be styled with any outfit as it has multiple colours"

THE IT BAGS OF THE SEASON

Divya Kaushik

Whether it's classic luxury like Hermes Kelly and Lady Dior to niche brands like Polene and Judith Leiber, here's a look at the bags that have been creating waves this festive and holiday season. If you are looking to make an addition to your collection, stylists and influencers share a few suggestions:

Mini Kellys seem to be the bag of the season, with many celebs sporting it for their festive outings

Valentino Garavani launched its first India-specific bag - a blingy Vsling - to celebrate Diwali



Opt for classic luxury

If you are looking at classic luxury pieces to add to your festive wardrobe, there are many options. "I always opt for classic yet elegant designs. For example, one can go for a beige Valentino Garavani Vsling leather bag. It has been one of the most popular bags this season as it goes well with a co-ord set or a chic pantsuit. For travelling, Versace - La Medusa Large Canvas tote has been popular and is one of my favourites. Another classy piece that goes with almost every outfit is the Dior Lady D-Joy (medium) in white. I've also seen a lot of celebrities carry it," says Riya Jain, luxury fashion influencer.

SHOWBIZ

It's tough to move on from a relationship and take separate paths, says Isha Koppikar

CONTINUED FROM 1

Prathamesh Bandekar

Isha Koppikar and (inset) with daughter Rianna



'RELATIONSHIPS IMPROVE WHEN YOU DO NOT EXPECT ANYTHING FROM EACH OTHER'

Isha's biggest challenge was to explain to her daughter why they were moving out of the house, but it all went smoothly. And for the 10-year-old, it was just the change of address as the ex-couple is co-parenting her. The actress shares, "I bought this place close to the Narang House because her father and cousins live there. Rianna loves her new house. Timmy comes here regularly to spend time with her. We may have moved on as husband and wife, but we are together as parents for our daughter, and that will never change. Timmy and I are more like friends now. I think relationships improve when you do not expect anything from each other."

'ONLY MATURE PEOPLE CAN TAKE SUCH DECISIONS'

Ask Isha why Timmy and she decided to part ways, and she says, "I really



cannot pinpoint what went wrong... we just kind of drifted apart. It was his decision, he said, 'This is not working out'. And I said, 'Okay, fine'. Then, we just parted ways. Only mature people can take decisions like these. It is easy to make each other's life miserable by just hanging in there. It's tough to move on and take separate paths, but we did what we thought was good for our growth. I believe in live and let live. So, I felt that somewhere, if he wanted to move on, I should step back. If I were in his place, I would have expected the same."

Isha says that she had certain questions and wanted clarity before calling it quits. "It was easy for me not to give him a divorce, but that would go against my values. We separated amicably. It was very tough for me. I wanted some answers, which I got from the universe. I'm very

Rianna loves her new house. Timmy comes here regularly to spend time with her. We may have moved on as husband and wife, but we are together as parents for our daughter and that will never change

for it. She was worried about how Rianna would react to it. "It was irresponsible of him because I wanted Rianna to accept it slowly. I wanted to bring it up with her in a different way, but before that, he spoke about it. He later agreed that it was a blunder and apologised for it," she says.

'For a long time, people didn't even know that I wanted to work'

Isha is now focusing on her work. The actress, who has acted in a few web shows in recent times, says, "Right now, I am only thinking about work. I am back in the game. I have been out there meeting people. For a long time, people didn't even know that I wanted to work because, unfortunately, in this industry, they think the minute you are married to an industrialist, you don't want to work. So now, I'm actually going to offices and meeting directors, and I'm getting a fabulous response. I am focused and I will work hard."

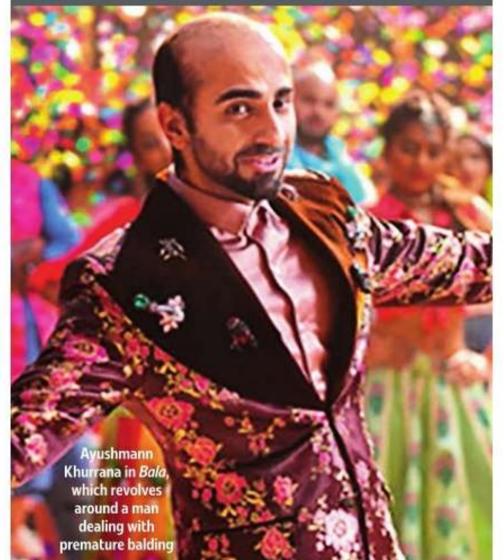
spiritual. What's the point of being together and then bickering and fighting constantly? After all, when something stagnates, it stinks... even water. I think life is about flowing freely," she shares.

'IT WAS IRRESPONSIBLE OF TIMMY TO ANNOUNCE THE DIVORCE THE WAY HE DID'

What bothered Isha during the phase was when Timmy announced their divorce at a time when she wasn't ready

This journey was about more than just hair: Ayushmann

The actor marks the 5-year anniversary of *Bala* with a special reel featuring film clips



Ayushmann Khurrana in *Bala*, which revolves around a man dealing with premature balding

Ayushmann Khurrana recently celebrated the five-year anniversary of his hit film *Bala*, a satirical comedy that touched the hearts of many.

To mark the occasion, the actor shared a special video on Instagram featuring memorable clips from the movie. In the post, Ayushmann thanked his fans for their love and support, saying, "Thank you for all the laughs, love, and embracing Bala just as he is. This journey was about so much more than just hair, about finding joy in who we are. So here's to all of you, who proved Bala true - *Badalna kyu hai?* (sic)."

Bala, which revolves around a man dealing with premature balding, struck a chord with the audience for its message of self-acceptance.

Agencies

CHAINS, CROWNS, AND CUSTOM BLING

A LOOK AT RAP'S FLASHIEST JEWELLERY

Nicki Minaj

Also called the Queen of Rap, Nicki's love for extravagant jewellery matches her bold rap persona. Among her collection of oversized chains, statement rings, and diamond-studded watches, the standout piece is her custom Barbie pendant that's adorned with pink diamonds—a nod to her alter ego.

Badshah

The rapper is often seen wearing heavy gold chains and diamond rings. He also once shared a glimpse of a unique custom diamond-studded pendant bearing his initials, embodying his larger-than-life persona on and off stage.

Drake

The Canadian rapper's heart-shaped chain worth \$1 million featuring round, emerald, princess and pear-cut diamonds became a viral sensation as he bought it as homage to the 42 times he thought about proposing to a woman and totals nearly a whopping 351.38 carats.

Ye

Rapper and fashion mogul Ye (Kanye West) is known for wearing extravagant chains and custom jewellery. One of his standout pieces was a custom life-size figurine of Horus chain of the Egyptian falcon divinity valued at around \$300,000 (approximately Rs 25 million).

DIVINE

One of the most influential rappers, DIVINE mixes subtle luxury with an urban edge. He often sports diamond-studded accessories that reflect his powerful persona as an underground rapper who has now made it mainstream.

Kendrick Lamar

One of the rapper's standout pieces is a titanium crown that he debuted on June 26, 2022, at the Glastonbury music festival. The crown features 8,000 pave diamonds, summing up to 137 carats. It also has 'Mr Morale' engraved on it—a nod to Kendrick's fifth studio album linking the piece to his artistic identity.

Compiled by: Yvonne Jacob

Anne, Zendaya to star in Christopher Nolan's next



Anne Hathaway and Zendaya are joining the cast of Christopher Nolan's next directorial film. They will share screen space with Matt Damon and Tom Holland, reported *Deadline*. Shooting for the movie will start in early 2025.

Zendaya will collaborate for the first time with the filmmaker. Holland and Zendaya have worked together on films like *Spider-Man Homecoming*, *Spider-Man: Far From Home*, and *Spider-Man: No Way Home*. The two have been dating each other for quite long and confirmed their relationship in 2021. The film marks a reunion for Hathaway and Nolan, who previously collaborated on *Interstellar* and *The Dark Knight Rises*. Earlier this year, Hathaway expressed gratitude for Nolan, who cast her in *Interstellar* amidst a wave of online hate following her Oscar win for *Les Misérables*. She said, "A lot of people wouldn't give me roles because they were so concerned about how toxic my identity had become online. I had an angel in Christopher Nolan, who did not care about that and gave me one of the most beautiful roles I've had in one of the best films that I've been a part of. And my career did not lose momentum the way it could have if he hadn't backed me."

Brad Pitt and Ines de Ramon get serious about their relationship

Brad Pitt and Ines de Ramon have been dating since 2022, and those close to them say they are "in it for the long haul". A source told *People*, "It's clear they're in it for the long haul. They are incredibly happy together." While Brad has been working in Mexico on his new film *F1*, Ines has been spending time with her friends in Los Angeles, and although the pair like their independence, they also enjoy travelling together. The insider explained, "She's fully supportive and knows how important this project is to him. Ines has a strong sense of independence and enjoys catching up with her LA friends. She's using this time to recharge. Brad likes her independence, and she loves how driven he is. They value the balance they've found."

The pair moved in together earlier this year, and a source previously said, "Things have been amazing since they moved in together. It's more of a serious relationship than just dating. Brad loves so many things about her. She's great for him."



Don't care: Daniel Craig on who plays next Bond

It's been over three years since Daniel Craig surrendered his 'licence to kill' as James Bond. Even as the search is on, the actor said he doesn't care about who goes on to become the next Agent 007. In a recent conversation with *Variety*, the actor was asked a question about his preference of the actor to step into the shoes of the much-admired spy agent. To which he only had three words to respond with, "I don't care."

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Daniel Craig with Ana de Armas in a still from *No Time To Die*



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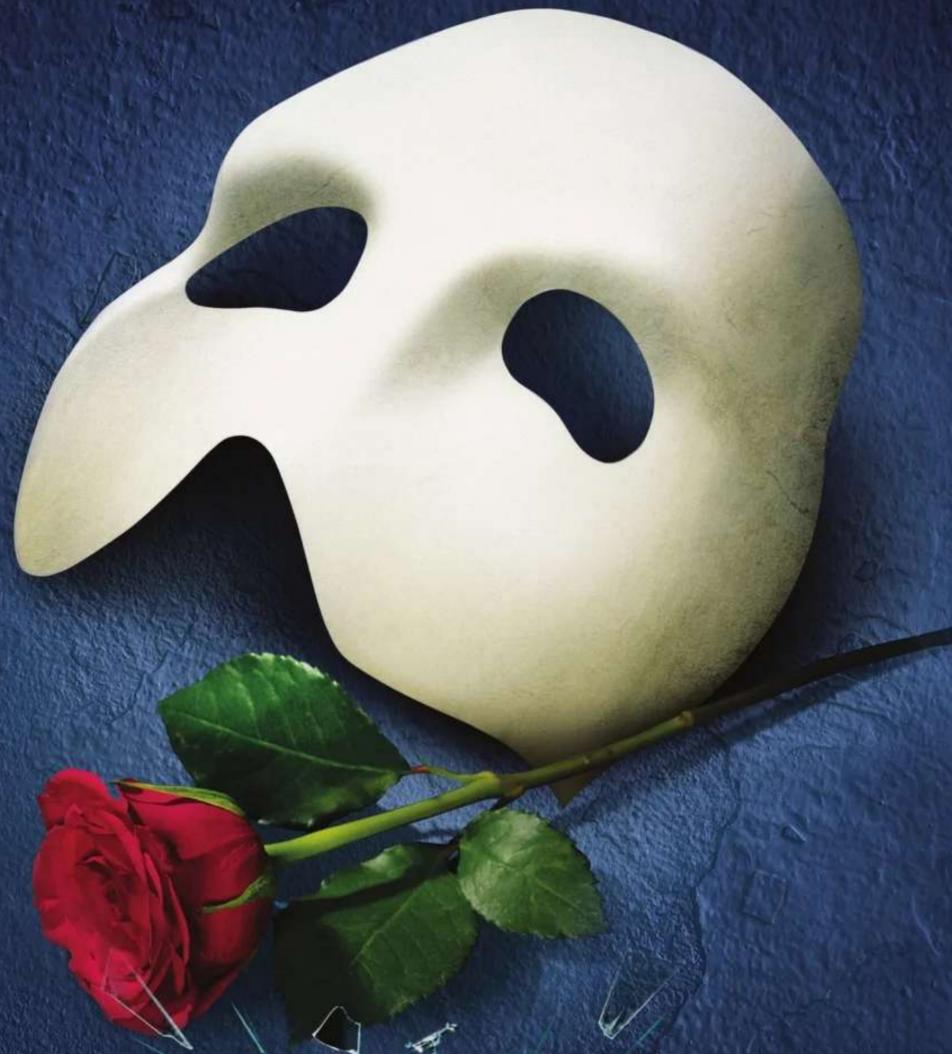
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