Mumbai

n recent times, several actors,

Aahana S Kumra, have openly

Reflecting on this transition, she

At 26, Alaya admits that platforms like

This year has been a mixed bag for the

change, and I've grown a lot more

comfortable with it. Initially, it made me

anxious — feeling the pressure to prove

myself - but now I've learned to stay

calm. I want to make more thoughtful

Alaya admits she often feels like an

underdog in her career, too. "I still feel

like I'm fighting to prove myself, and

more to show and so much yet to

driven and makes the journey

worthwhile," she says.

achieve. That excitement keeps me

that's actually great because everyone

loves an underdog story. I have so much

choices going forward."

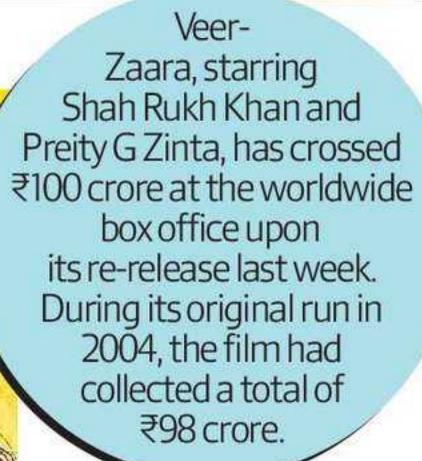
including Abhishek Banerjee and

criticised social media influencers



Veer-Zaara, starring Shah Rukh Khan and box office upon 2004, the film had collected a total of

PHOTO: INSTAGRAM/ROSHAN.MATTHEN



STOP PRESS

PHOTO: X/ ALWAYSJAN

Choreographer Jani

Master's wife, Ayesha,

who is also a

choreographer, has

spoken up post his

arrest on Thursday,

after a colleague

accused him of sexual

assault on September

16. "How is it that she

has never complained

before? There is no

truth in it (allegation). If

the girl can show

evidence, I will leave

Master," she informed

TV9.

NOTE TO READERS: Some of the

in any part of HT without it being

coverage that appears on our pages is

paid for by the concerned brands. No

sponsored content does or shall appear

declared as such to our valued readers.

Roshan Mathew: Working across regional film industries is no longer exotic

> Rishabh Suri rishabh.suri@htlive.com

ctors working across regional film industries is no longer a novel concept, L feels Roshan Mathew. The actor, who is currently shooting for writer-director Shahi Kabir's second film, alongside Malayalam actor-filmmaker Dileesh Pothan tells us, "I think cross-pollination is fairly ordinary right now; I don't think anybody looks at it as

India, this opens up so many possibilities." The 32-year-old, who was last seen in director Sudhanshu Saria's Ulajh, says the film felt different from his previous Hindi projects. "How I was spoken about during Ulajh promotions was very different from the way I was spoken about when Darlings (2022) released. When Choked (2020; his Hindi debut) came out, almost every article read 'This Malayalam actor is going to play the lead in Anurag Kashyap's film'," he says, adding, "But with Ulajh, I loved how

nonchalantly people just said 'This film stars Janhvi Kapoor, Gulshan Devaiah and Roshan'. The qualifier — that I come from Malayalam cinema — is not essential anymore." While film technicians have always

worked cross-industry, Mathew muses that the language barrier might have limited actors initially. "Actors have to perform in languages they don't necessarily understand. Fortunately for me, I know Hindi and Tamil; that's why I worked in those industries, besides Malayalam. Now, Marathi actors are doing Malayalam films and (Tamil actor) Vijay Sethupathi has done major Bollywood films. I find it all very exciting," he beams.

Re-releases are walking a fine line between

experts questioning their long-term impact

nostalgia and overkill in

cinemas today, with some

Hum Aapke Hain Koun...!

hat started as a novel idea to evoke nostalgia in theatres, the trend of rereleasing films is quickly turning into an overload. Almost every other day, there's news of a new re-release. While a film like Laila Majnu (2018) was brought back to theatres to offer the theatrical experience they missed during their original release, others like Taal (1999), Tum Bin and Rehnaa Hai Terre Dil Mein (both 2001) seem to be simply jumping on the bandwagon. But is this re-release overload becoming a buzzkill, or is it fuelling a growing trend?

sh.bhatnagar@partner.hindustantimes.com

Akash Bhatnagar

THE OVERKILL OF RE-RELEASES Trade analyst Komal Nahta believes it's too much, too soon: "Definitely, it's an overkill. It's difficult to predict how long this will go on, but it won't last forever. People will soon get tired of watching old films. Right now, they're rushing to the theatres because it's a novelty, but that won't last."

Varun Gupta, founder director at Max Marketing, agrees: "It's a fad, not a trend. The reason some films are working is that very few people saw them in theatres during their original release. There's no real nostalgia there. It's more about people catching up on what they missed. But this doesn't apply to all films... Hum Aapke Hain Koun...! (1994) re-released but didn't pull in the numbers. The re-release culture isn't a cash cow."

A SYMBIOTIC RELATIONSHIP BETWEEN OTT AND THEATRES Offering a fresh perspective, Kamal

Gianchandani, CEO of PVR INOX

Pictures, sees re-releases as part of a bigger trend. "These films gained more popularity on streaming platforms, and cinemas are giving audiences a differentiated experience," he explains. When asked if this trend will fade, he says, "Maybe. But people said the same about pan-India releases, and those are here to stay. Some films will do well, others won't."

THE BUSINESS SIDE

Still from

Devang Sampat, managing director at Cinepolis India, sheds light on the financial angle. "Re-releases have contributed positively to business, but new releases generally offer higher margins for theatres. The share percentage for new films is higher, but the affordability of re-releases attracts more footfall. Theatre business thrives on balancing the two." To avoid rerelease fatigue, Sampat suggests focusing on "high-demand films and pairing them with strong promotional strategies". "This way, theatres can keep the concept fresh and prevent it from losing its charm," he ends.

KOMAL NAHTA, TRADE ANALYST

Definitely, it's an overkill. It's difficult to predict how long this will go on, but it won't last forever. People will soon get tired of watching old films.

TARAN ADARSH, TRADE EXPERT

www.woodlandworldwide.com | 1800-103-3445

I think re-releases are a great idea, and it's not even new. In the '70s, '80s, and '90s, many films rereleased and received amazing responses.



- Taal Rehnaa Hai Terre Dil Mein







{ YOUR TAROT THIS WEEK } Manisha Koushik



♥KOUSHIKMANISHA **GASKMANISHA**

Manisha Koushik is a renowned tarot card reader and astrologer. She can be contacted at: +91-9650015920 Email: support@askmanisha.com; Website: www.askmanisha.com

September 22-28, 2024



ARIES MAR 21-APR 20

Green

TAURUS APR 21-MAY 20



Kangana Ranaut

Love: Judgement Mood: The World Career: The Emperor Whatever you involve yourself in is likely to give you good returns. Those playing the stocks are likely to hit it rich. Getting elected to a local body or a club cannot be ruled out for some. Those in love are likely to enjoy a fulfilling week in each other's company. Organising a party at home is possible. Lucky Number: 4 Lucky Colour:

Love: Three of Wands Mood: The

This is the best time to let your

intentions be known to the one you

love. A property lying vacant may be

rented out for far less than what you

stifle bickering behind your back on

the social front. Monetary gains are

Lucky Number: 18 Lucky Colour:

had expected. You will be able to

Career: Two of Cups

Priyanka Chopra Jonas

CANCER JUN 22-JUL 22



LEO JUL 23-AUG 23

Love: The Emperor Mood: Justice Career: Three of Coins Your foresight and analytical powers will allow you to remain a step ahead of workplace rivals. Those feeling under the weather would need to take out time for complete rest. Love life appears to be satisfactory. A trip out of town promises to give your career a boost. Family is likely to be supportive about your choices. Lucky Number: 5 Lucky Colour: Green

Love: Devil Mood: The Fool

Current developments on the

the academic front may work

professional front will be in your

miracles. Popularity on the social

interest. Someone's suggestions on

front is assured as you go out of your

way to meet people. Frequency of

Lucky Number: 7 Lucky Colour:

meeting lover will increase as bonds

Career: Four of Wands

get strengthened.

Nargis Fakhri

LIBRA SEP 24-OCT 23



SCORPIO OCT 24-NOV 22

Love: Emperor Mood: Tower Career: Page of Wands Seeing new locations and meeting different people are likely to make you feel enriched. If genuine love is what you seek, look no further, he or she is waiting to be discovered! Socially, you remain totally engaged and enjoy every bit of it. An opportunity to multiply money will come your way.

Love: The Tower Mood: Two of

Those fond of travelling may get a

chance to visit someplace exotic. A

burden off your mind will come as a

big relief. Someone claiming a share

of your property will not get their

way. Innovations on the work front

that you are responsible for will be

Lucky Number: 8 Lucky Colour:

Career: The Fool

much appreciated.

Lucky Number: 17 Lucky Colour: Padukone Saffron

Deepika

Love: The Hermit Mood: King of Cups Career: Ten of Swords Some of you are set to expand your friends' circle. Well-coordinated teamwork may help reduce time for an important work project.

regarding promotion will brighten up the professional front.

your mind. Some positive indications

Achieving good health will be on

Lucky Number: 3 Lucky Colour: Blue

CAPRICORN DEC 22-JAN 21

AQUARIUS JAN 22-FEB 19



Preity G

Love: Magician Mood: Nine of Coins Career: Eight of Wands Your competence is likely to get acknowledged at work. Those playing the stocks or laying bets can burn their fingers on the financial front. You are certain to go on a vacation to someplace exotic. You will manage to remain regular in your daily workouts and benefit on the health front.

Lucky Number: 18 Lucky Colour: Orange

SEPTEMBER 28, LIBRA



Ranbir Kapoor



Suhana Khan

Anushka

Sharma

foreseen.

GEMINI MAY 21-JUN 21 Love: Justice Mood: Page of Wands Career: Judgment A favourable turn of events is likely to add to your prestige at work. Good advice will help you choose the most lucrative investment options. Playing the stocks is likely to earn you big money. You will take the initiative to organise a social do, just to renew contacts. Spending time with friends will prove fulfilling. Lucky Number: 6 Lucky Colour:

VIRGO AUG 24-SEP 23



Sara Ali

Khan

Kareena Kapoor Khan

Love: Knight of Swords Mood: The Hanged Man Career: Two of Cups There is a good chance of meeting someone you have not met in years.

Luck favours you as whatever you do turns out right! Financially, you are likely to be on a sound wicket. An interesting person promises to make your journey entertaining. Expect the family to be totally supportive. Lucky Number: 11 Lucky Colour:

SAGITTARIUS NOV 23-DEC 21



Alaya F

Ananya

Panday

Love: Chariot Mood: The Hanged

Career: Three of Wands Your expertise will be much sought after at work. You will need to keep track of things at home. Delegating additional work is likely to leave you with a lot of time on your hands. Adding to an already healthy bank balance cannot be ruled out. You continue to achieve total fitness.

Lucky Number: 2 Lucky Colour:

Sanya Malhotra

Zinta



Love: Temperance Mood: Four of Swords

Career: Eight of Wands A family youngster is likely to excel and make you proud. Chances of getting lovesick over someone you have a crush on cannot be ruled out. Your aim on the professional front is likely to be achieved. You may take the initiative of visiting an out-of-

town relative. Lucky Number: 1 Lucky Colour: Peach

BOLD BEAUTY TAKES OVER FASHION WEE

The recently concluded London Fashion Week and the ongoing Milan Fashion Week have been a treasure trove of beauty trends. From the zany experiments to retro throwbacks, here are some standout looks to try

Compiled by Akshita Prakash



THE GEM OF **YOUR EYE**

Maximalism is back on the runway and how! In a nod to Y2K raver fashion, Chopova Lowena's LFW show featured bright, sparkly rhinestones, glitter and other embellishments around the eyes. Choose multicoloured rhinestones or sparkly bindis and decorate your eyes for a bold, playful twist on eye make-up.



DOLL-LIKE **EYEBROWS** Francesco Risso's Marni show at Milan



Sunday, September 22, 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 ASKPREMASTROLOGER

₩PREMASTROLOGER

Cream

{ DAILY HOROSCOPE }

ARIES MAR 21-APR 20



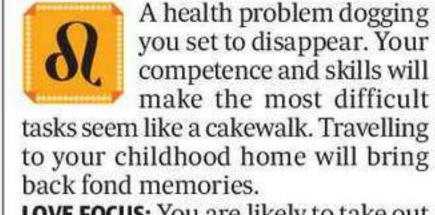
Health-wise things look up. Some are likely to explore a new place. A hasty purchase of

something expensive should be avoided. A social gathering can put you on centre stage. Hosting a party cannot be ruled out for some.

LOVE FOCUS: Suspicions of a lover may need to be laid to rest. LUCKY NUMBER: 17 LUCKY COLOUR: Pink

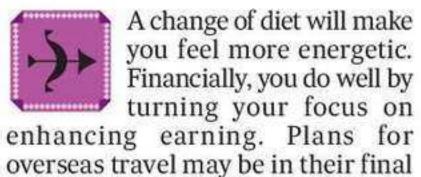
LEO

JUL 23-AUG 23



LOVE FOCUS: You are likely to take out time to pursue romantic interests. LUCKY NUMBER: 1 LUCKY COLOUR: White

SAGITTARIUS NOV 23-DEC 21



stages. LOVE FOCUS: Those in love may find it difficult to spare time for a meeting. LUCKY NUMBER: 2 LUCKY COLOUR:

Cream

TAURUS APR 21-MAY 20



A financial tip can prove profitable. Changes being brought about on the

home front will meet your expectations. You will get the lucky break that you had been waiting for. LOVE FOCUS: Romantic bonds are set to grow stronger through mutual love and care.

LUCKY NUMBER: 2 LUCKY COLOUR: Peach

VIRGO AUG 24-SEP 23



Wealth comes to you in the form of a gift or legacy. A family reunion is on the cards and your initiative

will make it happen. You get the strength to stand up to your rights. LOVE FOCUS: You may need to cater to lover's mood if you want to enjoy the evening.

LUCKY NUMBER: 11 LUCKY COLOUR: Light Blue

CAPRICORN DEC 22-JAN 21



JV

Golden

Your focus on wealth will help you find ways to enhance it. Advice from a family elder will help you

Good diet and an active

life will ensure that you

retain good health. Your

innovativeness will be

are likely to realise soon that self-help is the best help! LOVE FOCUS: Romantic thoughts may

overcome a domestic problem. You

make you take bold action. **LUCKY NUMBER: 4 LUCKY COLOUR: Dark** Grey

AQUARIUS JAN 22-FEB 19

well regarded in your circle.

in something important.

LOVE FOCUS: Love is the farthest from

your mind as you immerse yourself

LUCKY NUMBER: 9 LUCKY COLOUR:

GEMINI LIBRA

MAY 21-JUN 21



Quick recovery is foreseen for those ailing. Good budgeting will help overcome a cash crunch. Your diverse interests are enough to

make life motivating for you. LOVE FOCUS: Someone you secretly love may give positive indications. LUCKY NUMBER: 8 LUCKY COLOUR: Brown

CANCER JUN 22-JUL 22



encouraging.

Improvement in earnings is foreseen for some. This is not the day to undertake a journey. Some of you are likely to lead from the front in a team effort. Social scene will be most

LOVE FOCUS: Spending an enjoyable time with lover is foreseen. **LUCKY NUMBER: 18 LUCKY COLOUR:** Orange

SEP 24-OCT 23



Saffron

those who have resolved to get back in shape. You are likely to be richly rewarded for going out of your way for someone close.

This is the perfect day for

LOVE FOCUS: You can get serious about an affair on the romantic front. **LUCKY NUMBER: 3 LUCKY COLOUR:** Maroon

SCORPIO OCT 24-NOV 22 You will have time to sort out all the complicated cases at work today. A

good time is foreseen with friends and relatives today. Those facing odds will take control. **LOVE FOCUS:** Some of you may become bold enough to approach the one you secretly love. LUCKY NUMBER: 7 LUCKY COLOUR:

PISCES FEB 20-MAR 20



This is the time to boost your earning. A chance to accompany someone on a trip may come to you. You are likely to occupy a pride of place in a social function. You may wish for a change, but nothing seems to indi-

cate that in your current situation.

we tend to adopt

other people.

Shutting down

begin to notice the

behaviours that prevent us

from trusting or relying on

emotionally: When we

LOVE FOCUS: Romance may keep those in love totally occupied! LUCKY NUMBER: 11 Lucky Colour: Red

OMBRÉ LIPS

Contrasting lip shade combinations were a beauty standout at the Ahluwalia LFW show. The experimental make-up played with bold, warm tones and neutral shades to create an ombré effect. To recreate this look, apply a light or neutral coloured lipstick such as blush pink or light brown. Next, highlight the corners of the lips with a darker shade like dark orange or deep red and purple before blending the colours together for a seamless gradient.

SPIDERY EYES Harris Reed's show for Nina

Ricci at London Fashion Week was a theatrical presentation, inspired by the 17th and 18th centuries. Keeping with the theme, the beauty looks featured a dewy base, spidery lashes, bold eye shadow and glossy lips to replicate ornate porcelain dolls. To recreate this look, opt for bright eye shadow shades such as icy blue and bright oranges and pinks. Add lash extensions and an exaggerated cupid's bow in a light lip shades for a doll-like look.

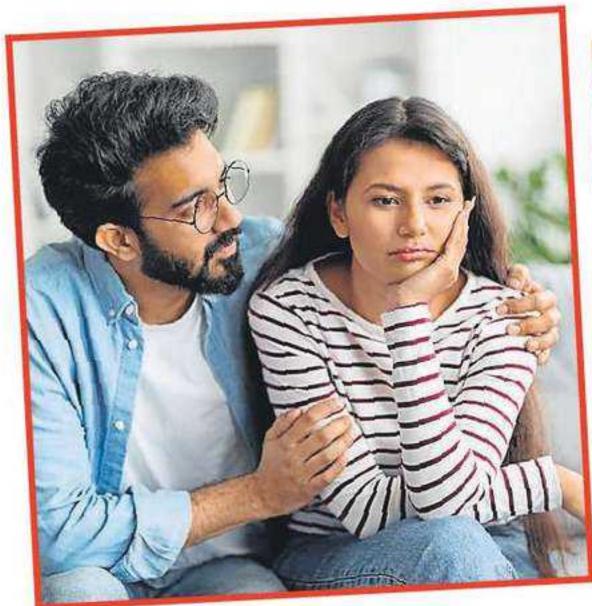


PHOTO: SHUTTERSTOCK (FOR REPRESENTATIONAL PURPOSE ONLY)

Got attachment issues? A therapist decodes the reasons

ommitment issues are a recurring problem faced by many people in relationships. People often feel the need to be attached to someone, but they do not feel like committing to their love interest. Often the fear of commitment is driven by fear of abandonment or even childhood trauma. "If you've been hurt before, opening up can seem like an impossible risk. These patterns, shaped by past experiences or

from forming deeper connections," says therapist Shaurya Gahlawat. Here's some reasons why you might be afraid to commit: Fear of vulnerability:

unmet needs, can keep you

When we carry the trauma of being ridiculed or criticised for being vulnerable, we tend to shut ourselves from seeking emotional warmth. • Unmet needs: When our

childhood needs go unmet,

increasing intensity of emotions, we tend to withdraw ourselves from that relationship. Instead of addressing problems, we tend to shut down and refrain from healthy communication. HTC **Entertainment & Promotional Features**

All that's glam at **Milan Fashion Week**

It's the season for fashion weeks! Here's a dekko of the A-listers in attendance in Milan so far





7 ith their versatile uses and rich nutritional profile, avocados are a fantastic addition to your daily

The World Avocado Organisation (WAO) is dedicated to promoting the health benefits of this superfood that is both good

maintaining cholesterol levels. Additionally, avocados are rich in vitamins K, E and C that enhance skin health, immunity and overall wellbeing. Not only does the fibre content aid digestion, the creamy texture elevates everything from smoothies to salads and sandwiches.

By incorporating avocados into your meals, you can enjoy a healthy, nutrient-rich diet everyday.

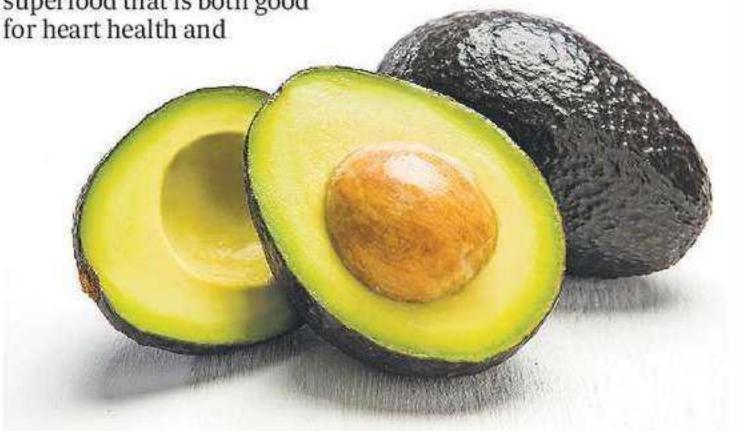


PHOTO: ADOBE STOCK(FOR

REPRESENTATIONAL PURPOSE ONLY)

Anna Sebastian Perayil

Celebrate Int'l Organic Day with the natural goodness of Amul Organic



hroughout the year, we indulge in the foods we love, but this International Organic Day let's take a moment to pause and reflect on the choices that impact our health, the farmers, and the planet. Celebrate the vital role of organic farming in promoting sustainability and well-being on this day. With a mission to create a healthier India, Amul Organic is committed to providing safe, nutritious food for both present and future generations. Our farmers deserve a life free from harmful toxins. Unlike conventional farming, which often relies on chemicals, organic farming focuses on natural methods that are gentle on the earth. So, Amul brings products free from 255+ harmful chemicals and pesticides, being as pure and wholesome as Nature intended. Organic foods offer better

vitamins, minerals and

nutrition with higher levels of

antioxidants, providing more nourishment in every bite; but the benefits go beyond nutrition. Organic farming also supports soil health, preserves water quality and encourages biodiversity, all while helping combat climate change through sustainable practices.

With over 75 years of trust and NPOP certification, Amul's commitment is to produce the purest, most natural products for families across India. Their range includes Whole Wheat Atta, Basmati Rice, Sona Masoori Rice, Dehraduni Basmati, Besan, Toor Dal, Chana Dal, Masoor Dal, Desi Chana, Kabuli Chana, Whole Moong, Whole Urad, Rajma,

Ginger Powder, Turmeric, etc. Explore the range at shop.amul.com and join their mission to make healthier choices for the planet.



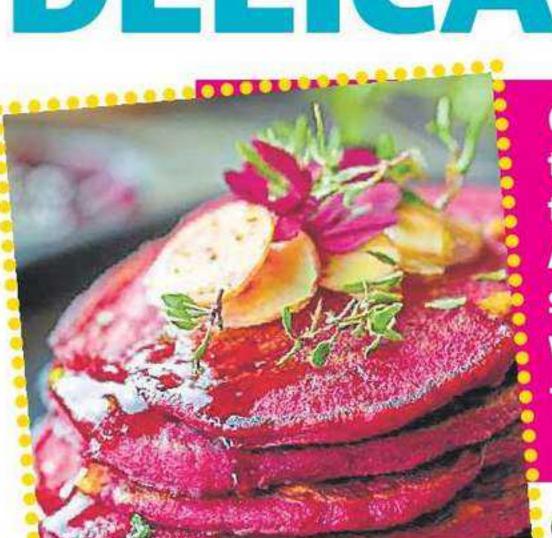
Scan this OR code for more information.

PHOTOS:





DAUGHTER'S DAY DELICACIES



BEETROOT PANCAKES

Ingredients: 1 – Beetroot, medium, peeled and grated

•1 cup - Maida

1tbsp - Sugar 1tsp – Baking powder • 1/4 tsp - Baking soda

• 1/4 tsp - Salt • 1/2 tsp - Cinnamon powder •1 - Egg

• 3/4 cup - Milk

• 1 tsp – Vanilla extract • 1 tbsp – Butter, Melted Oil for cooking

Water as needed Method: Blend beetroot with water

till smooth.

o In a bowl, whisk flour, sugar, baking powder, baking soda, salt and cinnamon powder.

In a separate bowl, whisk egg, milk, vanilla extract and melted butter. Pour the wet ingredients

into the bowl with dry ingredients. Mix well. Fold in the beetroot purée for a pink batter.

 Heat a non-stick pan and lightly grease it with oil. Pour some of batter onto the pan. Cook until bubbles form on the surface and

the edges begin to set. Flip and cook the other side. Serve warm with your

choice of toppings.

Inputs by Gopinath Vyraperumal, assistant F&B manager, Courtyard by Marriott Goa Colva

On Daughter's Day today treat your princess to these delicious items. And of course, add your secret ingredient that will make them yummier — dollops of love!

Soumya Vajpayee

soda.

to rise.

the batter.

Deep fry till

Keep it aside for 10

Add milk to thin out

Dip the cookies in the

batter. It should be

evenly coated.

minutes for the batter

CHOCOLATE CHIP golden brown. **COOKIE GULGULE** For gulgule batter: To make salted Ingredients: caramel sauce:

• 120 gms – Maida Ingredients: •1 tbsp - Butter, melted 100 gms – Sugar 50 gms – Water • 3 tsp – Castor sugar

I tsp – Baking soda • 50 gms – Cream • 50 ml - Milk 1tsp - Butter Oil for deep frying A pinch – Himalayan

4 cup – Chocolate chip Method: cookies Method: Heat the sugar and Make a batter for the

water until melted. gulgule by mixing the Add in the cream and bring to a boil. flour, sugar, melted butter and baking Switch off the gas.

Mix in the butter. Sprinkle a dash of salt. The sauce is ready.

 Place gulgule hot on a plate and sprinkle

with powdered sugar and drizzle on the salted caramel sauce.

Inputs by Chef

Virendra Rawat

BASKETS WITH PESTO SAUCE For the potatoes: Ingredients:

SPAGHETTI

POTATO

• 6 - Potatoes, boiled 2 tbsp - Butter,

melted A pinch of salt

 A pinch of pepper 2 cup – Cheese, grated

Method: Apply butter to a cupcake tray. Place a potato in it and smash it to make a

basket. Brush on butter, Top with salt and pepper.

 Bake at 180 degrees for 10 minutes. Add grated cheese

For the pesto sauce:

and bake till it melts.

Ingredients: • 1 packet - Basil leaves Stir in fresh cream Handful of cashews

or pine nuts

• 2 – Garlic cloves A pinch of salt 2 tbsp – Olive Oil

●1 – ice cube

minutes. Toss in the spaghetti. Sprinkle in the salt

Method:

Blend it all in a mixer

is ready to use.

For the spaghetti:

Handful of spaghetti

• 2 tsp – Garlic, minced

2 tbsp – Pesto sauce

2 tbsp – Fresh cream

• 1tsp - Chilli flakes

Water for boiling

in salted water.

Par boil the spaghetti

In a pan, add butter

and oil, and in the

garlic till golden

Toss in pistachios.

Add the pesto sauce

and cook for two

and cook for two

1tbsp – Pistachios,

Ingredients:

chopped

•1tsp - Olive oil

•1tsp - Butter

A pinch of salt

Method:

brown.

minutes.

and your pesto sauce

and pepper. The pesto spaghetti is ready.

 To assemble, add the creamy pesto spaghetti to the smashed potato

baskets. Top it with grated cheese. Optionally, you can sprinkle on some chilli flakes and re-bake till the

cheese melts.

 Serve immediately. Inputs By Chef Swheta Mutreja Aggarwal

SIGNS TO WATCH OUT FOR Reduced enthusiasm for work, chronic exhaustion and irritability can often be early indicators of burnout. "Physical symptoms of burnout can range from constant fatigue to sleep disturbances and weight gain", says Dr Santosh Chavan, psychiatrist at Jupiter Hospital, Pune." It is often accompanied by emotional symptoms such as helplessness,

26-year-old dies from 'stress, work

pressure': Everything you should

know about chronic burnout

ILLUSTRATION: SHUTTERSTOCK

Recognising the red flags

Kriti Shukla

hindustantimes.com

1 year-old

woman working at

consulting firm Ernst

& Young (EY) in Pune, died in July

This tragic incident highlights

a common concern in modern

workplaces: chronic burnout. If

you've ever felt like your to-do list

is unending despite all your hard

work, felt exhausted even after

taking a break or dread going to

work, you might be dealing with

understand the signs and know

"It occurs when stress becomes

exceeds a person's resilience. It

chronic (or persists long-term) and

hopelessness and disconnect, lack

of motivation, energy, and purpose

that lingers despite taking breaks,"

psychiatric consultant at Aakash

burnout. It's important to

WHAT IS BURNOUT?

results in a deep sense of

explains Dr Sneha Sharma,

Healthcare, New Delhi.

how to remedy it.

owing to her "overwhelming

workload," her mother has

claimed. Perayil had joined

the company — which was

her first job — just four

her mother Anita

Augustine, said in a

letter addressed to

the company's

executives.

months before her death,

the multinational

nna Sebastian

Perayil, a 26-

kriti.shukla@

While occasional stress is normal, chronic burnout can be a

flags early is vital for protecting your health and productivity.

and unsupported", says clinical psychologist Dr Pulkit Sharma.

sign of a toxic work place. Recognising systemic and structural red

unclear job expectations, excessive workloads and a lack of recognition.

Common warning signs at work can include issues such as poor communication,

"A high turnover rate and poor work-life balance also contribute to workplace

stress, leading to burnout. Employees in such environments often feel overworked

WHEN TO SEEK HELP

Dr Santosh Chavan, psychiatrist at Jupiter Hospital, Pune, says, "If emotional or physical symptoms continue without a clear medical cause, or if day-to-day functioning deteriorates, it might be time to

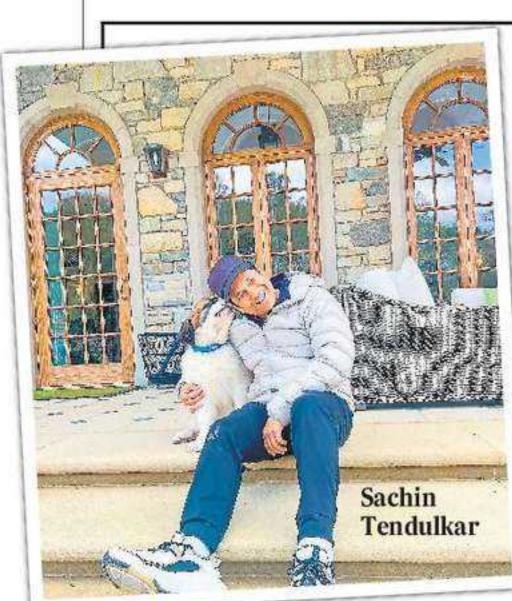
that addressing signs of burnout early is vital. "Interventions such as Cognitive Behavioral Therapy, counselling, and stress In serious cases, taking a break

GENERAL STRESS

According to Dr Pooja Anand, associate consultant at Paras Health, Gurugram, burnout can manifest as emotional, physical and mental exhaustion. "Unlike temporary exhaustion, which can be remedied with rest, burnout persists over time and

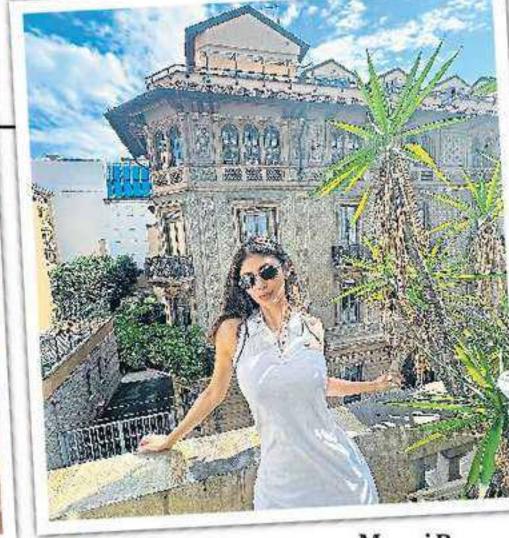
and detachment," she says. Dr Chavan points out that missing work often, avoiding social interactions and having trouble focusing could also be early signs of burnout. "If you ignore these signs, they can get worse," he warns. Spotting these symptoms early gives people a chance to act before burnout becomes more serious.

#instastyle



PHOTOS: INSTAGRAM

Ankita Lokhande and Vicky Jain



Mouni Roy

Who doesn't love some travel time? Well, these celebs sure do. Posing with his doggo, former Indian cricketer Sachin Tendulkar is "Taking a 'paws' from my day-to-day life to enjoy some puppy love". On the other hand, actor Ankita Lokhande Jain and her hubby, entrepreneur Vicky Jain are vacationing in Georgia and posted a series of loved-up photos on social media. Actor Mouni Roy is living in it up in Milan, Italy. She took to Instagram to share a photo dump form her workation...

you experience persistent anxiety or a low mood that disrupts daily functioning." irritability or numbness," he adds. Dr Pooja Anand, associate consultant at Paras Health, Gurugram, stresses

seek assistance."

Clinical psychologist,

"Seek professional help if

Dr Pulkit Sharma adds,

management techniques can help. from work or personal responsibilities might be necessary for recovery," she notes.

CHRONIC BURNOUT VS

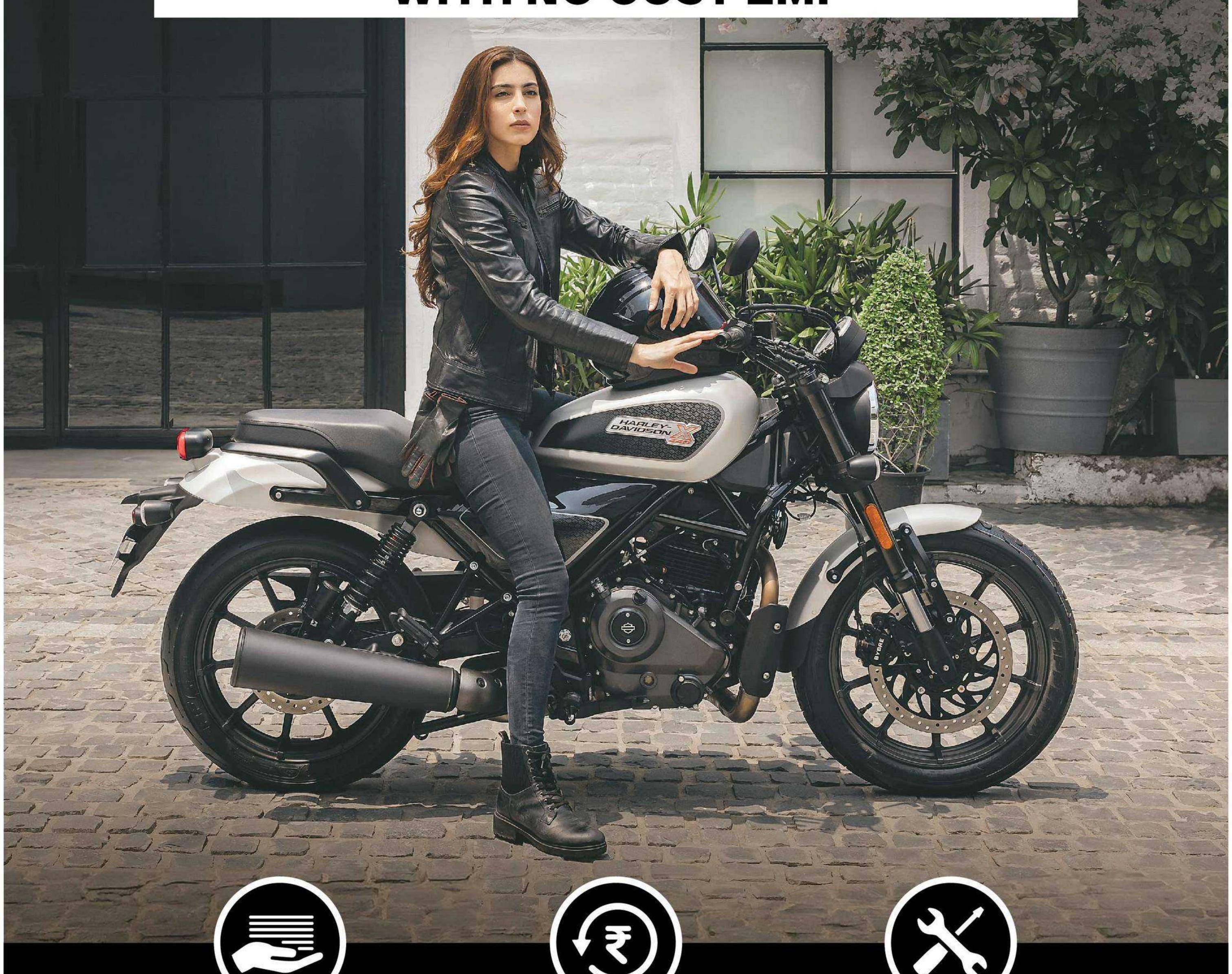
leads to feelings of helplessness

HE CARNILL

- TILL NOV 03, 2024

BRING HOME THE HARLEY-DAVIDSON® X"440

WITH NO COST EMI*



Festive Benefits upto ₹23,000*

Additional Cashback

upto ₹5,000*

with HDFC Credit/Debit Card

Book now & get
Complimentary RSA*
(Till Oct 2, 2024)



Starts at ₹2,39,500*

BOOK NOW: Scan this QR code or visit www.harley-davidsonx440.com

HARLEY-DAVIDSON

*Ex-showroom price. *Terms & conditions apply

BOOK YOURS NOW:

FLAGSHIP DEALERS: MUMBAI: Seven Islands Harley-Davidson, Ph: 7720026555, PUNE: Two Rivers Harley-Davidson, Ph: 9881100240, NAGPUR: Epicenter Harley-Davidson, Ph: 9175194207, NASHIK: Wine City Harley-Davidson, Ph: 9623688555 PREMIA DEALERS: MUMBAI: Aniruddha Galaxy Hero Premia, Ph: 9821751292, KOLHAPUR: Unique Automobile Hero Premia, Ph: 9821749594, AURANGABAD: Dhanlaxmi Automobiles, Ph: 9289232908 AUTHORIZED DEALERS: KOLHAPUR: SMG Hero, Ph: 9289922308, MUMBAI: BHIWANDI: New Preet Hero, Ph: 9289923179, KALYAN: Avenue Hero, Ph: 9289923142, MALAD: Automiles Hero, Ph: 9289922883, NAHUR (MULUND): Rydex Hero, Ph: 9289923148, PANVEL: HM Hero, Ph: 9289922468, SAKINAKA: Raj Hero, Ph: 9867727708, THANE: PANCHPAKHADI: Ranjeet Hero, Ph: 9289922566, VIRAR: Fortpoint Hero, Ph: 9289922541, PUNE: PAUD ROAD: Kundan Hero, Ph: 9289922617, SWARGATE: Lakshya Hero, Ph: 9289923143, WAGHOLI: Mokha Hero, Ph: 9289922957, NAGPUR: Gurudev Hero, Ph: 9289923029, NANDED: Ridewell Hero, Ph: 9289922310, SOLAPUR: Laxmi Hero, Ph: 9289922309