

PHOTO: INSTAGRAM/ALAYAF



# HTCITY

Mumbai

**'The only constant in this industry is change'**

**Akash Bhatnagar**

In recent times, several actors, including Abhishek Banerjee and Aahana S Kumra, have openly criticised social media influencers for stepping into showbiz and snatching acting roles. But for Alaya F, the journey has taken the opposite path. She started as an actor and, due to circumstances, later embraced the influencer space.

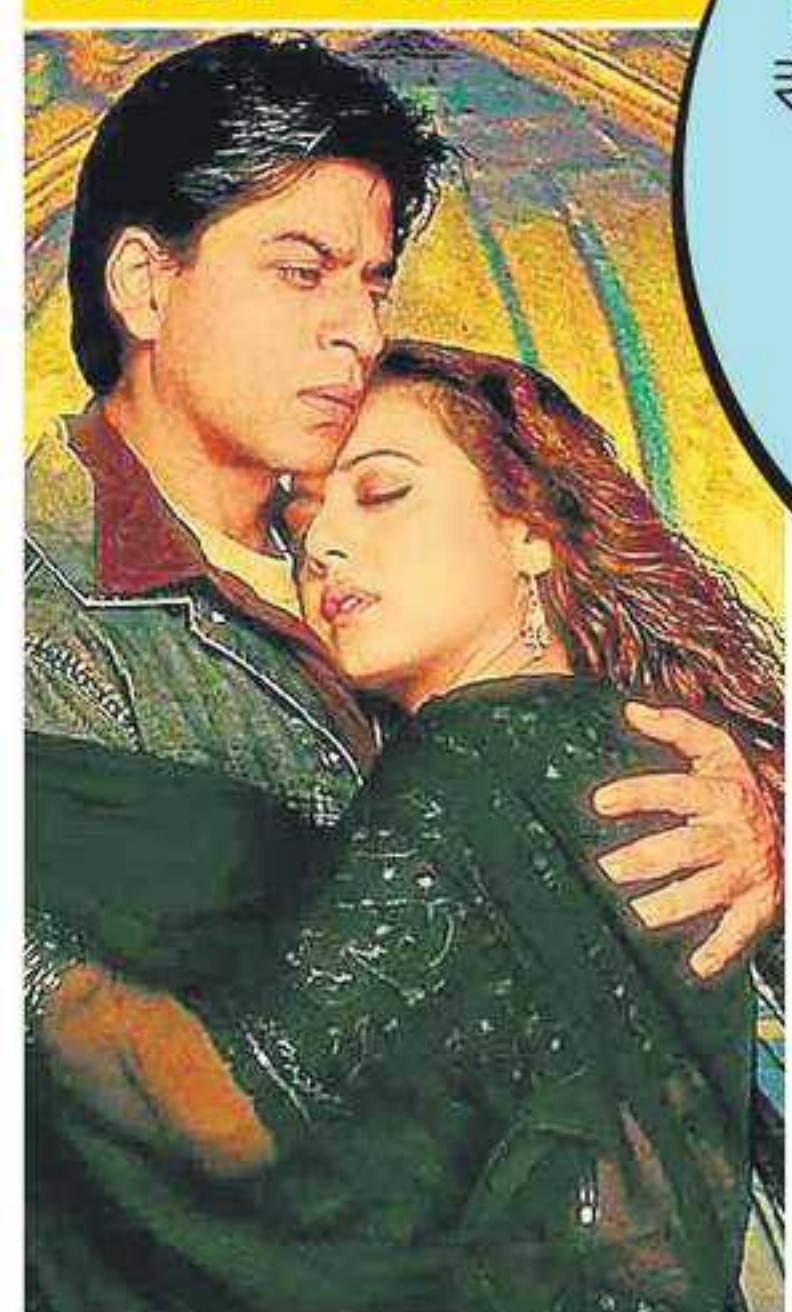
Reflecting on this transition, she shares, "The world shut down right after my first film *Jawaani Jaaneman* released in 2020. I had to find a way to stay relevant, to remind people that I existed. During that time, social media became my lifeline."

At 26, Alaya admits that platforms like Instagram have been a "blessing" for actors. She adds, "Now, you don't have to rely on films for money. You can choose projects out of passion because social media handles the financial part."

This year has been a mixed bag for the actor. While *Srikanth* performed well at the box office, her more commercial film *Bade Miyan Chote Miyan* didn't hit the mark. When asked how she handles such ups and downs, she says, "In this industry, your position and reality are always shifting. The only constant is 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 choices going forward."

Alaya admits she often feels like an underdog in her career, too. "I still feel like I'm fighting to prove myself, and that's actually great because everyone loves an underdog story. I have so much more to show and so much yet to achieve. That excitement keeps me driven and makes the journey worthwhile," she says.

**STOP PRESS**



Veer-Zaara, starring Shah Rukh Khan and Preity Zinta, has crossed ₹100 crore at the worldwide box office upon its re-release last week. During its original run in 2004, the film had collected a total of ₹98 crore.

PHOTO: INSTAGRAM/ROSHAN.MATHEW



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

**Rishabh Suri**

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Actors working across regional film industries is no longer a novel concept, 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 something exotic anymore. In a country like 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.



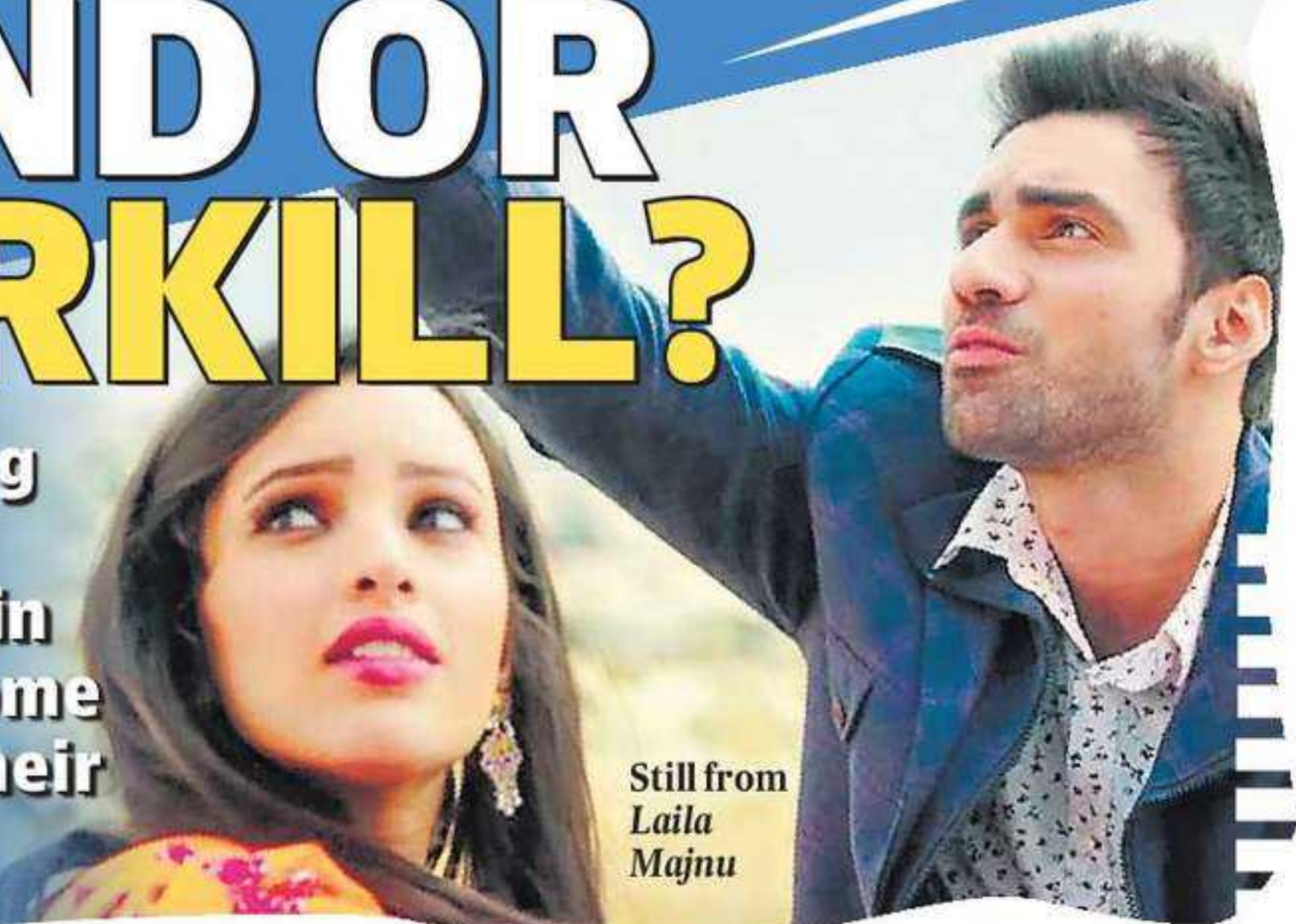
PHOTO: X/ALWAYSJANI

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.

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# RE-RELEASES: GROWING TREND OR OVERKILL?

Re-releases are walking a fine line between nostalgia and overkill in cinemas today, with some experts questioning their long-term impact



Still from *Laila Majnu*

**Akash Bhatnagar**

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*Hum Aapke Hain Koun...!*



*Taal*



*Tum Bin*



*Rehnaa Hai Terre Dil Mein*

What started as a novel idea to evoke nostalgia in theatres, the trend of re-releasing 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?

**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**

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 re-release 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.

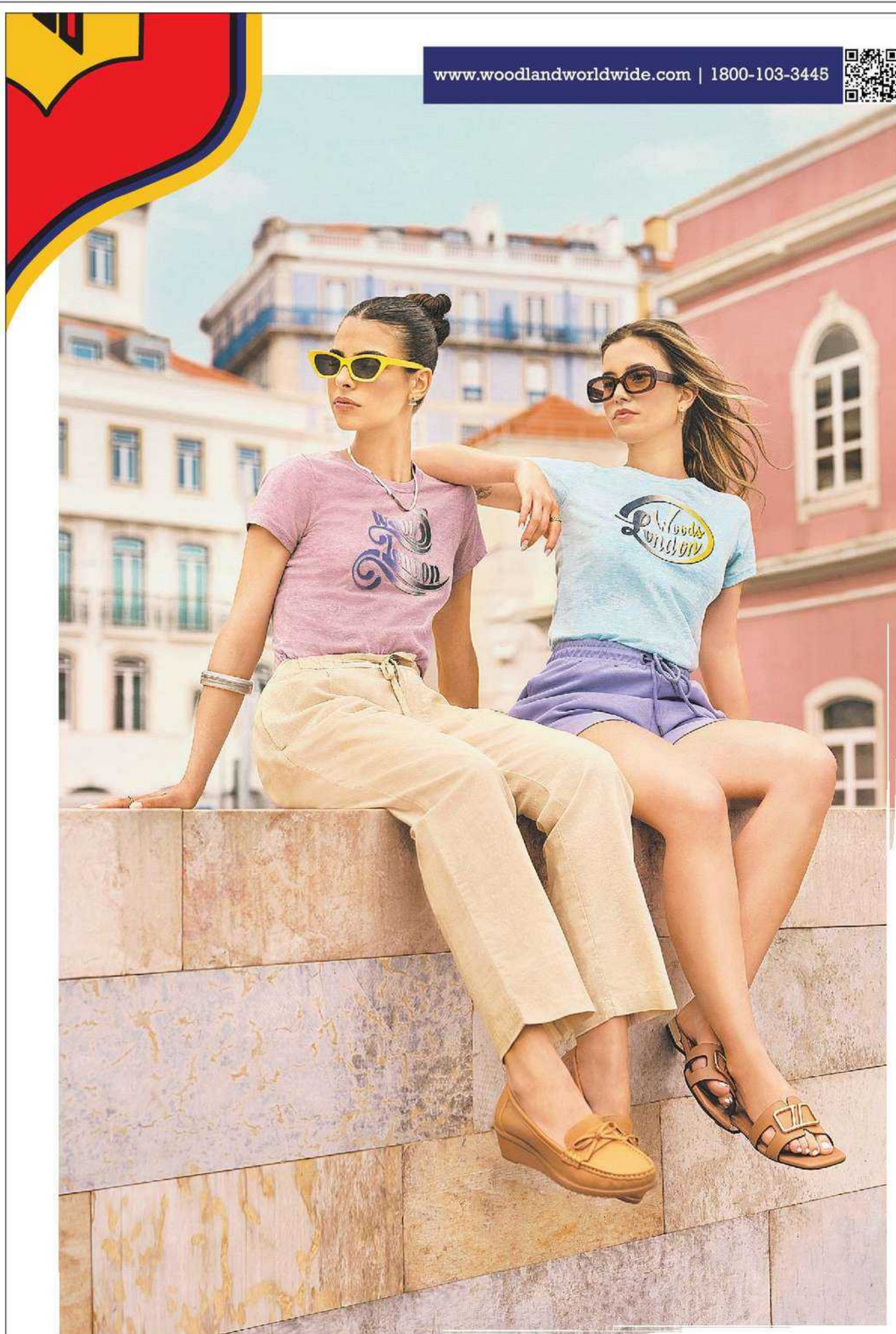
**KOMAL NAHTA, TRADE ANALYST**

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**TARAN ADARSH, TRADE EXPERT**

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

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## All that's glam at Milan Fashion Week

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



PHOTOS: INSTAGRAM, AP



PHOTOS: INSTAGRAM, AP

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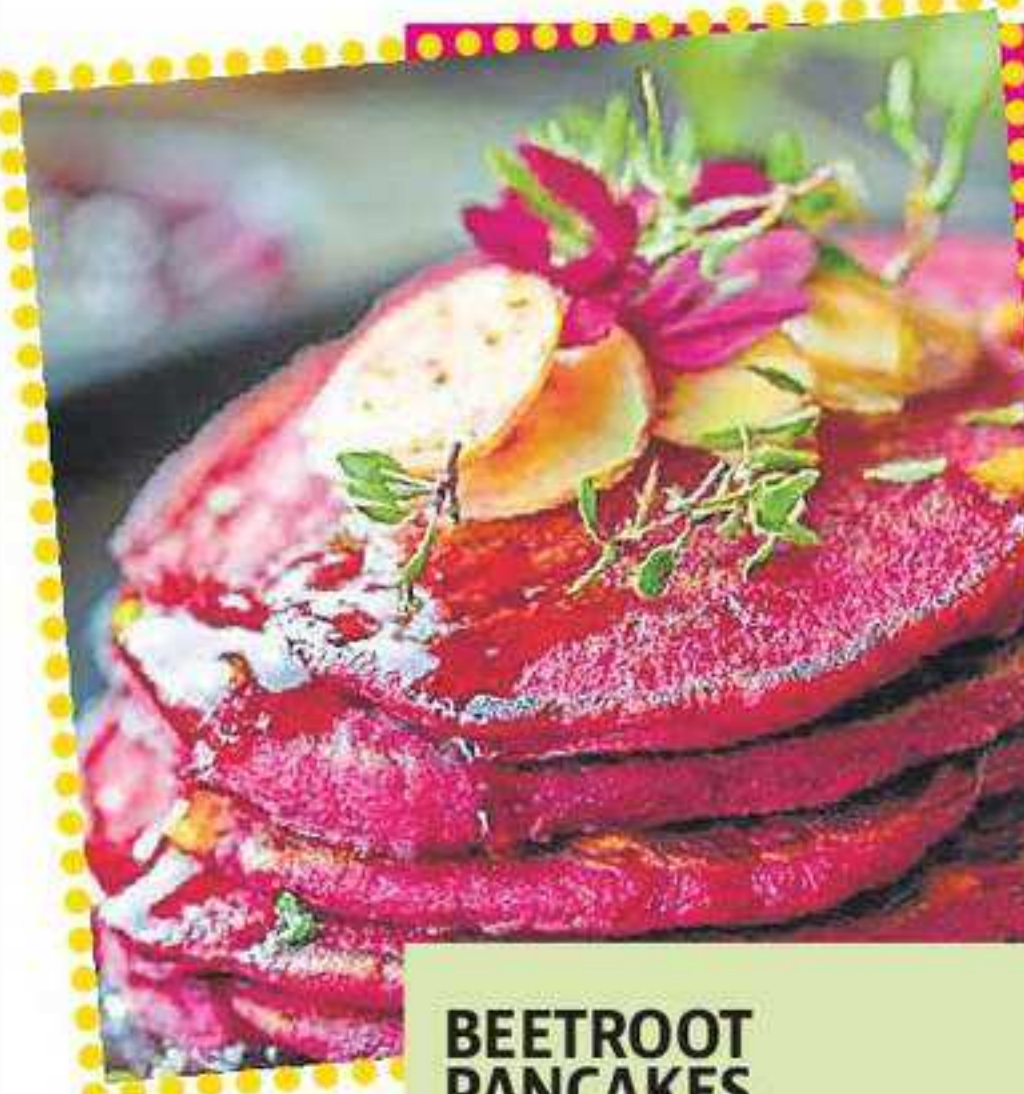
Ginger Powder, Turmeric, etc. Explore the range at [shop.amul.com](http://shop.amul.com) and join their mission to make healthier choices for the planet.



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PHOTOS: HTCS

## DAUGHTER'S DAY DELICACIES



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



### POTATO SPAGHETTI BASKETS WITH PESTO SAUCE

**Ingredients:**  
● 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 and bake till it melts.

**Method:**  
● Blend it all in a mixer and your pesto sauce is ready to use.

**For the spaghetti:**  
**Ingredients:**  
● Handful of spaghetti  
● 2 tsp – Garlic, minced  
● 2 tsp – Pesto sauce  
● 1 tsp – Pistachios, chopped  
● 1 tsp – Olive oil  
● 1 tsp – Butter  
● 2 tsp – Fresh cream  
● 1 tsp – Chilli flakes  
● 1 tsp – Salt  
● Water for boiling  
**Method:**  
● Par boil the spaghetti in salted water.  
● In a pan, add butter and oil, and in the garlic till golden brown.  
● Toss in pistachios.  
● Add the pesto sauce and cook for two minutes.  
● Stir in fresh cream and cook for two minutes.  
● Toss in the spaghetti. Sprinkle in the salt 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.

**For the pesto sauce:**  
**Ingredients:**  
● 1 packet – Basil leaves  
● Handful of cashews or pine nuts  
● 2 – Garlic cloves  
● A pinch of salt  
● 2 tsp – Olive Oil  
● 1 – ice cube

### CHOCOLATE CHIP COOKIE GULGULE

**For gulgule batter:**  
**Ingredients:**  
● 120 gms – Maida  
● 1 tbsp – Butter, melted  
● 3 tsp – Castor sugar  
● 1 tsp – Baking soda  
● 50 ml – Milk  
● Oil for deep frying  
● 4 cup – Chocolate chip cookies  
**Method:**  
● Make a batter for the gulgule by mixing the flour, sugar, melted butter and baking soda.  
● Keep it aside for 10 minutes for the batter to rise.  
● Add milk to thin out the batter.  
● Dip the cookies in the batter. It should be evenly coated.  
● Deep fry till

golden brown.

**To make salted caramel sauce:**  
**Ingredients:**  
● 100 gms – Sugar  
● 50 gms – Water  
● 50 gms – Cream  
● 1 tsp – Butter  
● A pinch – Himalayan salt  
**Method:**  
● Heat the sugar and water until melted.  
● Add in the cream and bring to a boil.  
● 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



### BETROOT PANCAKES

**Ingredients:**  
● 1 – Beetroot, medium, peeled and grated  
● 1 cup – Maida  
● 1 tbsp – Sugar  
● 1 tsp – 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 tsp – Butter, Melted  
● Oil for cooking  
● Water as needed  
**Method:**  
● Blend beetroot with water till smooth.  
● In a bowl, whisk flour, sugar, baking powder, baking soda, salt and cinnamon powder.  
● 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 Vyrapuram, assistant F&B manager, Courtyard by Marriott Goa Colva

## 26-year-old dies from 'stress, work pressure': Everything you should know about chronic burnout



PHOTO: ADOBE STOCK (FOR REPRESENTATIONAL PURPOSE ONLY)

Anna Sebastian Perayil

### Recognising the red flags

While occasional stress is normal, chronic burnout can be a sign of a toxic work place. Recognising systemic and structural red flags early is vital for protecting your health and productivity.

Common warning signs at work can include issues such as poor communication, unclear job expectations, excessive workloads and a lack of recognition. "A high turnover rate and poor work-life balance also contribute to workplace stress, leading to burnout. Employees in such environments often feel overworked and unsupported," says clinical psychologist Dr Pulkit Sharma.

### 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, irritability or numbness," he adds.

seek assistance." Clinical psychologist, Dr Pulkit Sharma adds, "Seek professional help if you experience persistent anxiety or a low mood that disrupts daily functioning." Dr Pooja Anand, associate consultant at

Paras Health, Gurugram, stresses that addressing signs of burnout early is vital. "Interventions such as Cognitive Behavioral Therapy, counselling, and stress management techniques can help. In serious cases, taking a break from work or personal responsibilities might be necessary for recovery," she notes.

### 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

### CHRONIC BURNOUT VS 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 leads to feelings of helplessness

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.

Kriti Shukla  
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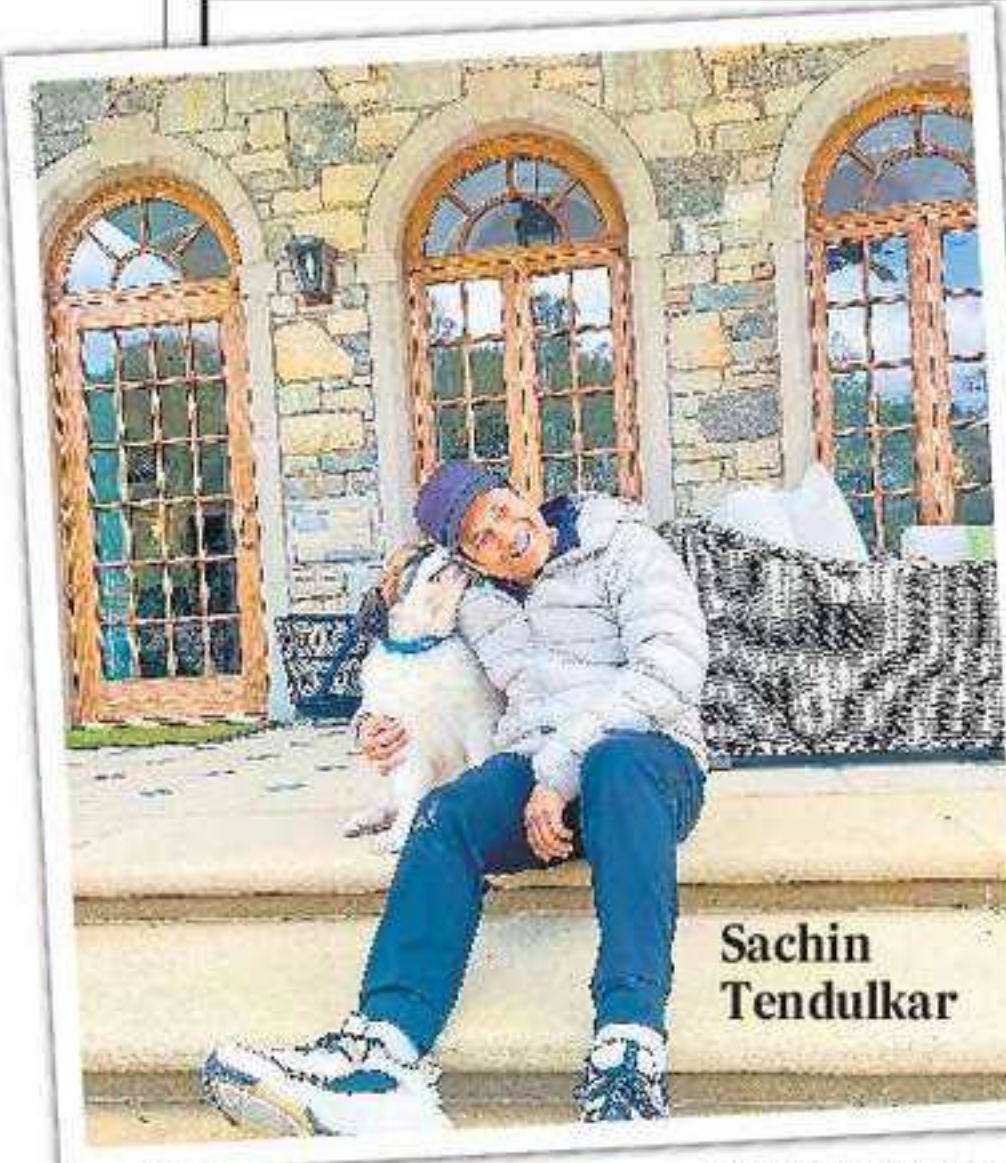
Anna Sebastian Perayil, a 26-year-old woman working at the multinational consulting firm Ernst & Young (EY) in Pune, died in July owing to her "overwhelming workload," her mother has claimed. Perayil had joined the company — which was her first job — just four months before her death, her mother Anita Augustine, said in a letter addressed to the company's executives.

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 burnout. It's important to understand the signs and know how to remedy it.

### WHAT IS BURNOUT?

"It occurs when stress becomes chronic (or persists long-term) and exceeds a person's resilience. It results in a deep sense of hopelessness and disconnect, lack of motivation, energy, and purpose that lingers despite taking breaks," explains Dr Sneha Sharma, psychiatric consultant at Aakash Healthcare, New Delhi.

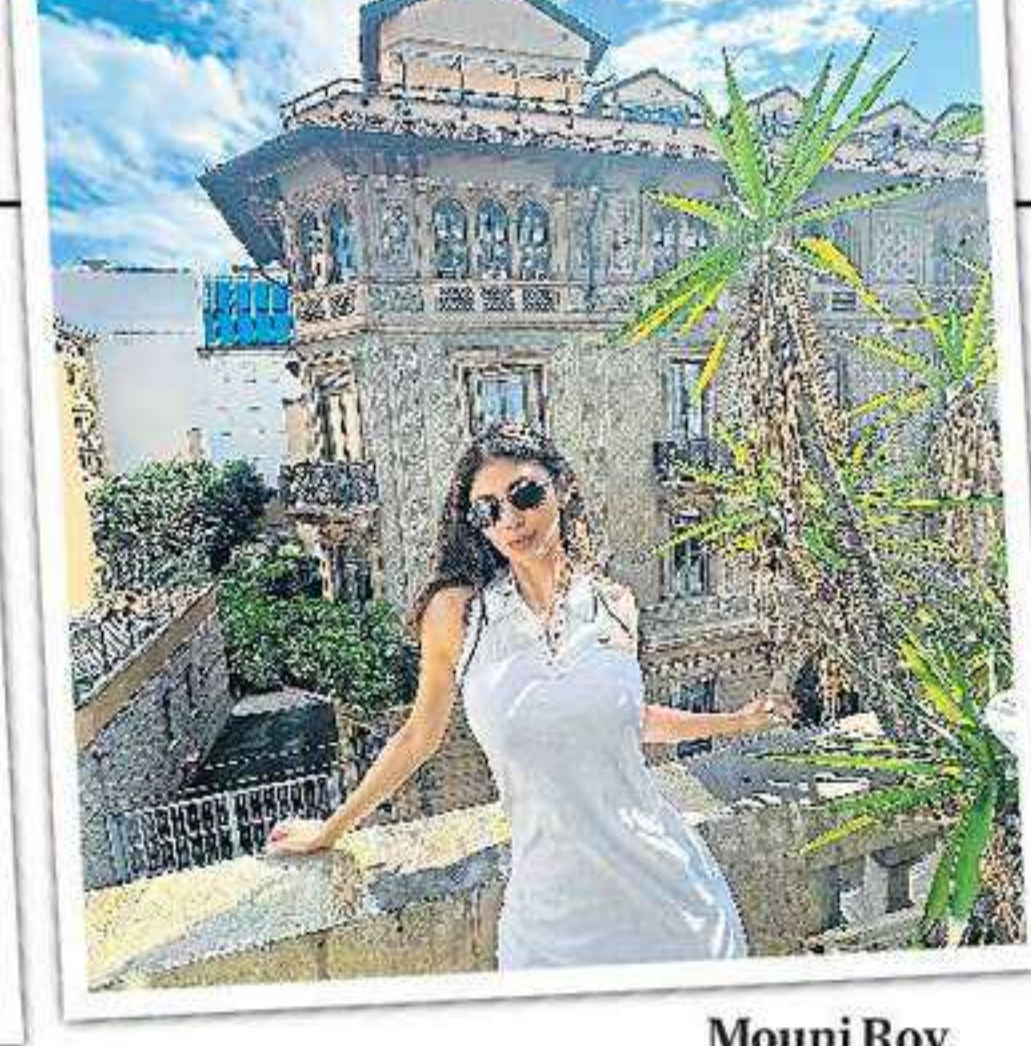
## #instastyle



Sachin Tendulkar



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 from her workation.

PHOTOS: INSTAGRAM

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