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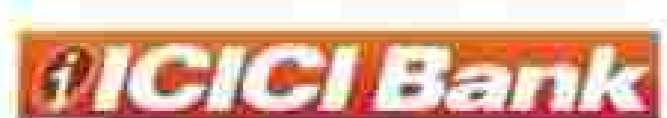
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Delhi Times

OF INDIA

BACK BEAT
KIARA
DOESN'T
NEED MY
ADVICE:
ROHIT ROY
BACK PAGE



Parvin Dabas in ICU after car accident

Parvin Dabas was admitted to the intensive care unit (ICU) of a Mumbai hospital after he met with a car accident on Saturday. The *Khosla Ka Ghosla* actor is receiving medical attention. His wife Preeti Jhangiani had arrived at the hospital. "We regret to inform that Parvin Dabas has been hospitalised and is in the ICU at Holy Family Hospital Bandra following an unfortunate car accident in the early hours of Saturday morning. Details of the incident are still emerging, but we can confirm that Dabas is receiving medical attention," a statement from Parvin Dabas' family read.



As per reports, Parvin Dabas is undergoing various tests as doctors work to provide the necessary treatment >>>

HAVE YOU HEARD OF THE ELDEST DAUGHTER SYNDROME?



Often labeled as overachievers, family therapists, or the third parent to younger siblings, being the eldest daughter comes with its own unique challenges. This Daughter's Day, we decode the pop psychology term Eldest Daughter Syndrome

P10

ANAYRA DID WHAT NO ONE COULD - IMPROVE MY ENGLISH: KAPIL



Kapil Sharma with daughter Anayra

Vinay MR Mishra

It is way past Anayra's bedtime, however, the four-year-old was brimming with joy to pose for us with her father, actor-comedian Kapil Sharma. As we enter Kapil's penthouse in Mumbai, Anayra, like a little tornado, welcomes us. "She loves to get elicited. She is

usually asleep by this time, but today she is excited about the shoot," says Kapil, who has just returned home from the shoot of his comedy show. On Daughter's Day, Kapil talks about the beautiful bond between a father and a daughter.

CONTINUED ON > BACK PAGE



When she was a child, it was only my wife Ginni who could make her laugh. I would wonder, *main puri duniya ko hasa raha hoon aur meri khud ki beti is not laughing*. But she is the one who makes me laugh the most

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A TWO-DAY FASHION FIESTA IN DELHI

Ranjit Kumar



Sana Khan presented stunning trousseau pieces last season

Delhi Times Fashion Week (DTFW), presented by Obello Life, co-presented by Signature Global, and powered by Silentpartners Inc., kicks off today with a glamorous lineup of surprises. Featuring a diverse array of designers, creative directors, models, and influencers, the event will epitomize elegance and solidify the Indian fashion industry's presence on the global stage.

Day 1 will showcase designs from Bal Bhavan International School, Dwarka, K R Mangalam University, Neharika Sharma, Kingshuk Bhaduri x Irani Mitra, Nishita Singh, Zarana by Sana Khan, Diadem x Maninder Gulati, Allie Sharma, Just Billi by Rashmi Chhabra, and Obello Life presents Archana Kochhar.

On Day 2, collections will be presented by Sri Ram Hari Ram Jewellers, Forever Naveen Kumar, Mukesh Dubey, Amadicuture by Maahi & Shoab Khan, Dyaana by Mehae Sharma, Tanmay by Pallavi Gupta, Black Pearl, Courtyard by Abhi, Charu Parashar, and the grand finale by Manoviraj Khosla presented by Signature Global.



Mohit Gogia and Shweta Gogia, Obello Life Pvt Ltd, say, "We're thrilled to be associated with DTFW 2024 once again as the Presenting Partner. At Obello Life, we believe in promoting a holistic approach to fitness, fashion, and lifestyle, and our ongoing association with DTFW perfectly aligns with this vision"



Prof Dr Raghuvir Singh of K R Mangalam University says, "Our students will have an opportunity to showcase their creations produced by using state-of-the-art technology & under the guidance of our expert faculty members"



Kunal Gupta, Director, Bal Bhavan International School, Dwarka, says, "We have students of the school depicting their perspective on 'Healthy and Happy Living'"



Rashmi Chhabra - JUST Billi, says, "We will be introducing Parisian Billi - the launch of our latest collection by Just Billi, that brings the magic of Parisian elegance to your everyday wardrobe"



Archana Kochhar says, "Bringing an element of Mumbai to the stage of Delhi, the collection is called Bollywood Bling"



Manoviraj Khosla says, "My collection Caparison is for both men and women. It shows floral prints amidst flowing drapes and structured tailoring bringing a mix of both formal and relaxed styling to the ramp"



Mitesh Upadhyay, founder, Black Pearl, says, "We're thrilled to introduce Black Pearl Productions, where creativity meets passion. We and designer Aarohi Dhole have joined forces to create stunning costumes that tell stories and evoke emotions"



Abhinav Tyagi, founder, Courtyard by Abhi, says, "This is a contemporary menswear brand which is inspired by the timeless elegance and comfort of classic menswear, combined with a modern and urban aesthetic"



Pradeep Aggarwal, Founder & Chairman, Signature Global (India) Ltd Signature Global, says, "This collaboration resonates with our vision of elevating lifestyles and inspiring aspirations"



Rajnish from Silentpartners Inc says, "We're thrilled to be the Powered By partner for DTFW 2024"



In the last DTFW, designer Kingshuk Bhaduri wowed with his cocktail dresses



Mehae Sharma will be presenting Deyaana by Mehae



Vipul Chaturvedi, CEO, Lakme Lever, said, "DTFW 2024 is an exciting opportunity for us at Lakme Lever to set runway trends and redefine beauty standards"

Partner mentions: Presenting Sponsor: Obello Life Pvt Ltd; Co-presenting Sponsor: Signature Global; Powered By Sponsor: Silent Partners Inc.; Health Partner: Abhinav Biotech Pvt Ltd; PR & Digital Partner: Pius Communications; Healthy Heart Partner: Kaira Hospital; Entertainment Partner: Noiz; Talent Partner: ar|talent; Associate Partner: New Look Clinic; Luxury Printing Partner: Indicolour Prints; Energy Drink Partner: Hustle; Film Partner: God Bless Films & Entertainment; Venue Partner: Hyatt Regency; Hair and Makeup Partner: Lakme Salon; Luxury Auto Partner: Scandia Volvo; Mixer Partner: Jimmy's Cocktails; Associate Partner: Black Pearl; Associate Partner: New Look Clinic

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Celebrating Indian cinema icons with film festivals

Prathamesh Bandekar



(L-R) Aamer Bijli, Kareena Kapoor Khan and Niharika Biji

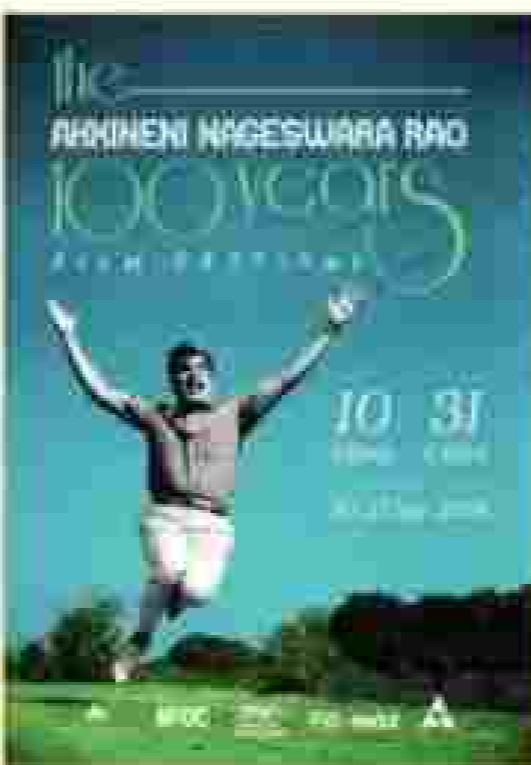
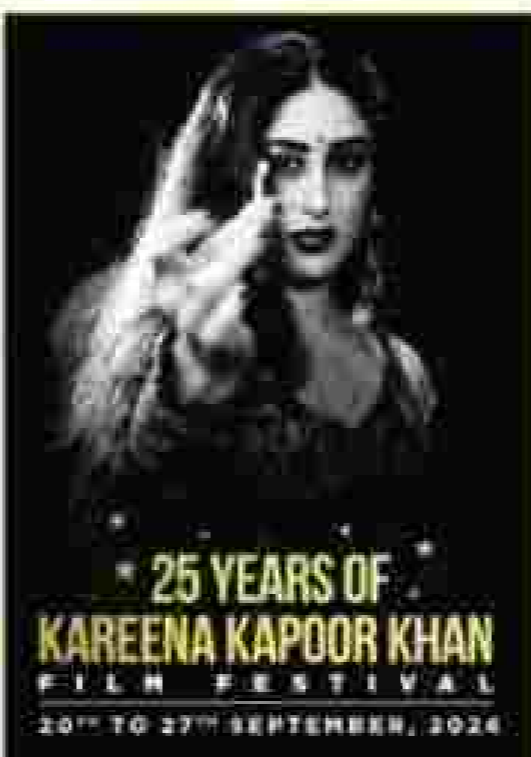
One of India's leading cinema exhibitors, PVR INOX Limited, is making significant strides in enriching the country's cultural and cinematic ecosystem. Under the vision of Niharika Biji (Lead Strategist, PVR INOX Limited) and Aamer Bijli (Marketing and Innovation, PVR INOX Limited), the company's young leaders, the brand is curating innovative focused programs to spotlight some of the most-acclaimed actors and their works.

The cultural calendar at PVR INOX Limited

kick-starts with vibrant film festivals that celebrate some of the best classic blockbusters transcending decades and geographies.

Recent initiatives include the Kareena Kapoor Khan Film Festival and the Akkineni Nageswara Rao (ANR) Film Festival, both aimed at offering the audiences unique opportunities to watch fantastic movies and keeping the cinematic brilliance of such icons and their stories alive for the future generations.

CURATED SHOWS & FILM FESTIVALS



Ralph Fiennes almost turned down the role of Lord Voldemort



Ralph Fiennes was reluctant to take the role of Lord Voldemort in *Harry Potter and the Goblet of Fire* (2005). In an interview, the actor claimed to have been unimpressed with the previous three *Harry Potter* films.

Enjoy blockbusters that transcend decades

The cultural calendar kick-starts with vibrant film festivals that celebrate some of the best classic blockbusters transcending decades and geographies. The Kareena Kapoor Khan Film Festival and the Akkineni Nageswara Rao (ANR) Film Festival are both aimed at offering audiences unique opportunities to watch iconic films

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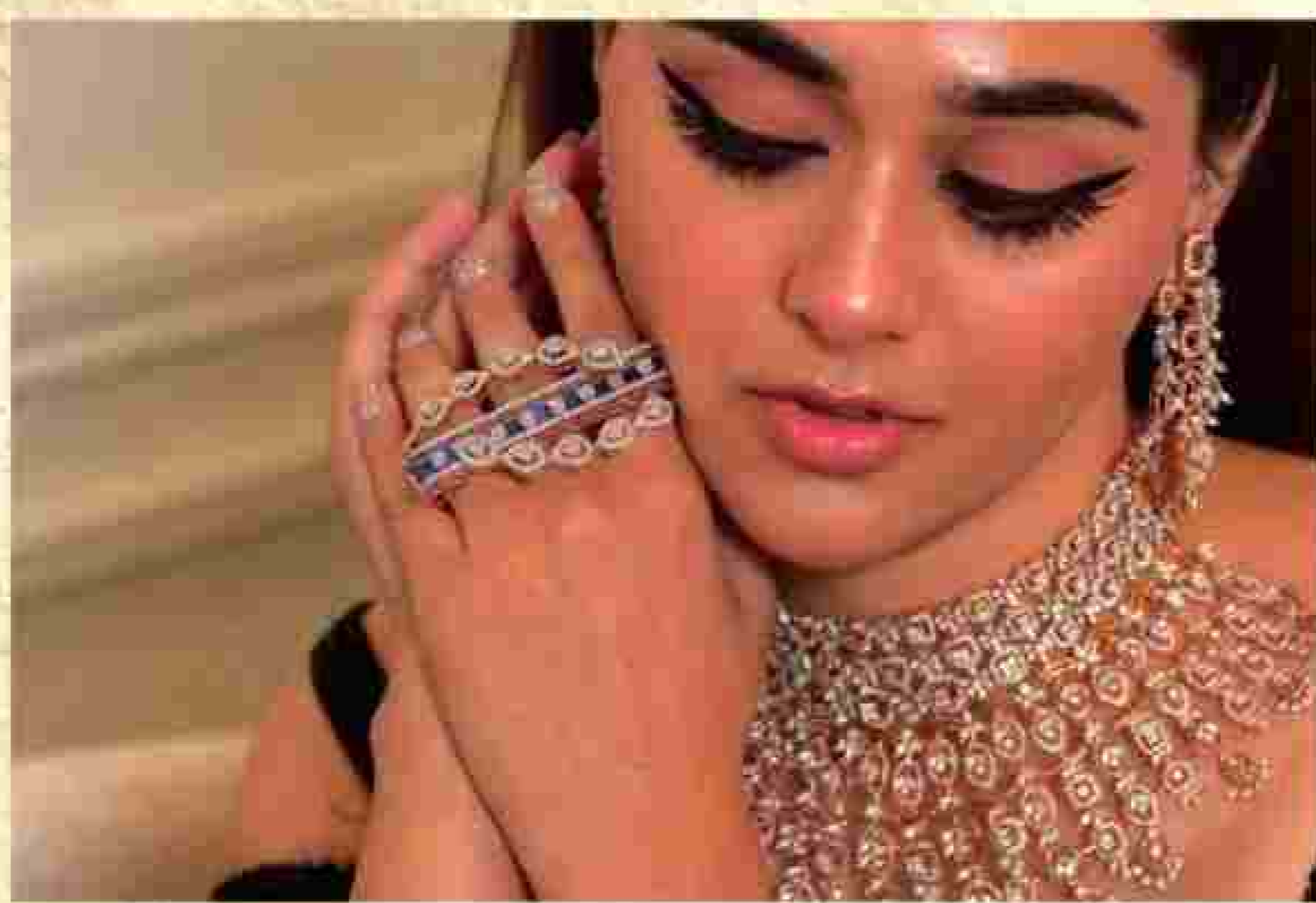
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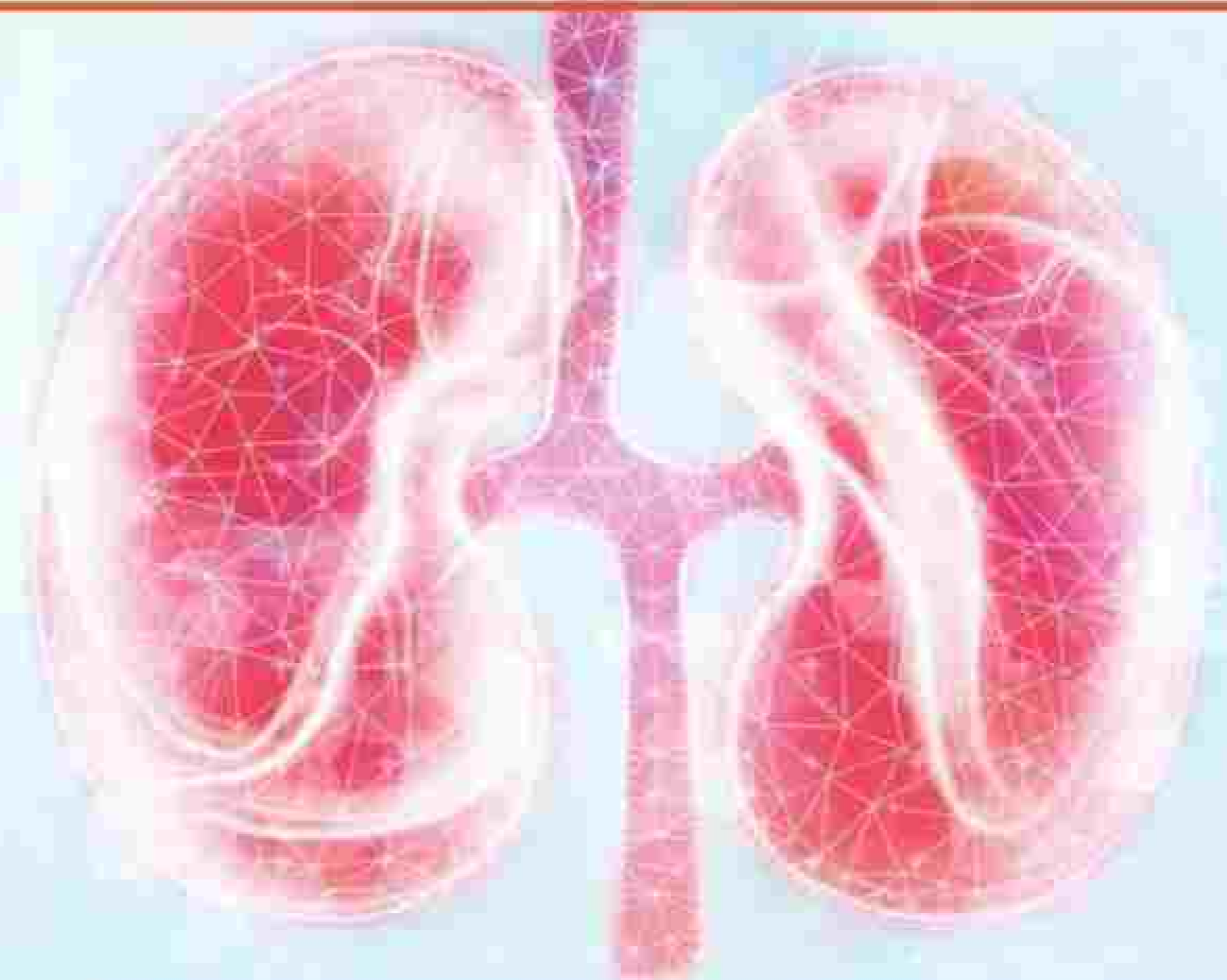
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YOUR POV Here's what your point of view was to our POV

Waiter! There's a storm in my tea bag

Refer: Sept 20, 2024 edition Waiter! There's a storm in my tea bag: Rajya Sabha member P Chidambaram, who had to pay ₹350 for 'a cup of hot water and a tea bag' at Kolkata airport, was appalled at the travesty...

While it is true some high-end hospitality outlets charge a bomb for anything which otherwise would never even slightly pinch your pocket. It's equally true that when one visits such outlets one is well aware of what to expect. One can easily avoid visiting such places and avoid getting signed by the extraordinarily high bill and burning a huge hole in the pocket. So one cannot knowingly indulge in the experience and also complain about the pricing in my opinion. —Deepak Agrhakar

We have been experiencing this high cost of a cup of tea even at the Mumbai International Airport at approximately ₹ 350 or more. Why can't this be brought down to quench the thirst for a simple cup of tea? —Lovina D'Abreo

P Chidambaram is absolutely right if he felt livid after getting hot water and a tea bag in lieu of ₹350 at the airport. While such places have the right to charge for the ambience and experience but still customers want some value for money, otherwise they tend to feel cheated. Hopefully these outlets will add some taste to their tea, coffee and dishes. —Bal Govind

The article humorously highlights the absurdity of overpriced tea at an upscale establishment where customers are charged exorbitant amounts calling it hospitality. The fact is all 'Value Based Services' essentially amount to hot water and a tea bag. This practice is travesty, especially in a country like ours (India), where tea is an integral part of our culture and is often sa-

voured with love and care. Upscale establishments should focus on delivering exceptional tea experiences, rather than rely on inflated prices and misleading marketing. —Manojak Chakraborty

What is an emotion for Indians and it's your choice how much you want to pay for it depending on where you want to indulge in it at a *rapi* or in a cafe. The extra money you pay is not for the tea but definitely for the gram-worthy aesthetics. Your wallet, your choice else the *chai* served by random *chotu* serves its purpose. —Rachna Kumar

Love thyself. These women are telling you how

Refer: Sept 18, 2024 edition Love thyself. These women are telling you how: There is more to self-love than spending hours perfecting the glassy skin and thigh gap...

It is important that such topics are written about, discussed and reach more people. However, I have a grouse. Why is an Indian article centred around the big stars of Hollywood? Why not centre the article around the Vidya Balans of India and mention names of Kate Winslet and Demi Moore as an addition to make your point? —Rachna

Self-love and embracing age are becoming more prominent in India, as actresses confidently own their years. Vidya Balan, Kareena Kapoor along with Neena Gupta, Manisha Koirala, and Shefal Shah, exemplify this significant shift. These women are breaking long-held stigmas, proving their worth through powerful, nuanced performances rather than mere appearances. The days when women over 30 were limited to motherly or secondary roles are fading, and they are now being celebrated for so much more. —R Sreeshul

Whenever I find myself exploring new streets or savoring a quiet

coffee, I am reminded of the profound sense of independence and happiness that self-love brings. It is through investing in myself—learning new skills, dedicating time to personal growth—that I embark on a deeper journey of self-understanding. This empowers me to live a fulfilling, authentic life on my own terms. —Pooja Sinha

Every cell of my body agrees to the fact that it's so liberating when you start seeing yourself with your own eyes and not how others perceive you. A lot of times we beat ourselves down for not being what others expect us to be, physically or emotionally and bear grudges with our own selves. Self-love was never taught to us but high time we learnt it ourselves. —Deepika Bhasini

Unmade for each other: Celebs and selfie seekers

Refer: Sept 16, 2024 edition Unmade for each other: Celebs and selfie seekers: Raveena Tandon had to go to significant lengths to assuage an irate fan after she turned down his request for a selfie...

People should realise that celebrities are common people just like us and we should leave them alone, especially women celebrities, and let them enjoy their private life. We should interact with them only if they volunteer and help any social cause. —Aditya Kamble

There was a time when admirers of successful people lined up to take autographs of their favourite celebrities. At that time, albums of collected autographs were considered a prized possession. Now, with the advent of technology, the mobile phone cameras, the latest trend is to take selfies and proudly flaunt on social media. But yes, you cannot take for granted every stranger to allow him or her to do so for obvious safety reasons. —Subir Mahanta

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

APARSHAKTI KHURANA took a "much needed" downtime in UDAIPUR. Sharing pictures from his vacay, the actor wrote, "Much needed and much deserved vacation with my girls"

Post: @aparsakhurana

FINOLEX FORTUNE

From Tuesday, the Sun-Mercury movements in your sixth house bring progress, money and increase in command and influence. If you're willing to take a small risk and introduce a tiny bit of upheaval, then you'll instigate a process. Your word will be followed, and enemies will be shy of confronting you openly. Overall, it seems to be an extremely favourable and fulfilled week. Achievements and entertainment are anticipated.

ARIES

Professionally, you would be toiling hard and results will show. Wealth inflow improves, financial constraints will soon be cleared and you will have the necessary resources to pursue and execute your projects or ambitions. Spiritual influences, directly or indirectly will guide you in achieving a balance in life which brings in both material and spiritual comfort. Those single shall be seriously wanting to settle down, the hunt for new accommodation shall also be on, maybe you may just find the kind of environment you have been looking for. Whatever you do and however you do it, people will applaud you for a job well done.

TAURUS

Don't start the week with ambitious planning or impossible targets as you won't be able to achieve them. Virtually, no progress at work can be made on Monday/Tuesday. However, as the week progresses, the atmosphere will relax. Your sign lord is well placed, it allows free and intelligent communication followed by almost immediate financial gains and promotes easy money inflows too. This week is centred around money matters, which were not so favourable a few weeks back. Wednesday/Thursday are the best days for all kinds of progress and success.

GEMINI

With Mars and Venus ill placed, you are warned to be careful in financial matters, don't do impulsive buying, nor get into disputes/legal disputes. You may have dreams with coded messages, do not ignore them, use your intuition to interpret them as these are not without any meaning. It's okay to have fun - in fact it's essential - but don't go overboard and forget that you still have chores to finish and duties to fulfil. The harder you work now, the happier your weekend will be. Throwing candies into flowing water on Tuesday may help heal recently strained relationships.

CANCER

A fixated mindset coupled with a very determined attitude underlines your temperament this week. Mercury has moved favourably into your second house, which gov-

ernance, finances, inflow of wealth, and buying of gems and jewellery, apart from company of good people is indicated. However, an unfavourable Venus brings enemies and ill wishers who create troubles. Labour issues need to be tackled for a few weeks more as long as Saturn is retrograde. Working professionals need to be cautious about problems at work as Venus is not favourable in the third house. Be clear about your priorities, and don't go off at a tangent as you have done so many times before.

LEO

For those suffering from ill health, there shall be improvement. You will be a victim of gossip. Family members will oppose you and you will not get timely meals due to a disturbed schedule. Focus on your aim and a day at a time. The more you construct far-reaching and fantastic plans, the less time and energy you have to actually see them through. You have been a bit too generous for your own good of late and, not surprisingly, someone has taken advantage of the situation. Now you must take back what was taken from you, plus a little extra for your trouble. Focus on quality work this week.

VIRGO

Venus is well placed and shall help you in improving your image. Expenses will rise, do not sign any contracts with any risky clauses and stay away from being a guarantor to anybody as that will land you in a legal problem. Avoid Monday/Tuesday for any important work. The rest of the week are easy days for success. You should be confident enough to act without worrying whether or not the world around you approves. If you want to cash in on an opportunity you have got to be the first to act. Saturn retro is in trine to Venus now and it looks like an excellent week for matters of the heart.

LIBRA

It's a time to reap the rewards of your hard work and a great opportunity to expand your circle of friends and social contacts. Pleasurable relationships with women are indicated. Complete all your pro-

ductive work by Thursday and relax on the weekend. Others may be envious of your success but you have worked hard to get where you are. Opportunities to improve yourself will come thick and fast.

Both the Sun and Mercury are now in your favour; so take advantage by working hard and connecting with influential people. Those in senior positions will be supportive, but be mindful - cosmic influences could loosen your tongue, tempting you to reveal things better kept private. Remember, knowledge is power, and the less others know, the better. Lately, you've had second thoughts about certain beliefs, and these doubts will surface in the coming days. Share them with someone you trust.

Your period is better from Wednesday onwards, avoid the first two days of the week for any commercial work. A golden opportunity is coming your way. What unfolds in the next few days isn't by chance but the result of your dreams and all the efforts you've put in. There is someone in your life you need to pay a lot more attention to. Friendships could play on your emotions. You might have let someone into your life who is now confusing you. This can be stressful, even if you were once close. Secrets may be shared at any moment.

Health is a major concern, and this is primarily due to needless stress. There may be spiritual travel to relieve your stress. You may feel mentally agitated and irritable during the first four days of the week, so it's best to avoid important tasks. However, someone new and exciting will enter your life early in the week, bringing a significant impact for the months ahead. Travel, if you must. Welcome change. Above all find ways to make things work in your favour. Steer clear of subjects and situations that lead to conflict. That is especially important on the work front.

This is a tough week, a lot of backing to attend, you may run behind schedule. Monday/Tuesday are the best days of the week to complete all important work. The next few weeks are tough on your diet, take rest and regulate your diet patterns to stay in good shape. If you are not in the mood to work hard this weekend then don't force yourself. Take it easy! Try not to get emotional about things you cannot change.

SAGITTARIUS

CAPRICORN

AQUARIUS

PISCES

LEISURE

SUDOKU CHALLENGE

Level: Medium

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

HOW TO PLAY
Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution.

EVENTS

India Habitat Centre: Mystic Miniatures - A solo painting exhibition by Anuj Prasad. Till September 25. Visual Arts Gallery, IHC

KNMA: If We Knew The Point - A solo exhibition by Amitava. Till September 29. KNMA Saket

Email us at tms.delhitimes@timesofindia.com

GARFIELD

HEY, GARFIELD!

I'M GOING TO MAKE MOM'S MEATLOAF, I HAVE HER RECIPE

IS GROUND BEEF SUPPOSE TO BE THAT SHADE OF GREEN?

FIRST SOME KETCHUP!

WHO NEEDS KETCHUP, RIGHT?

THEN SOME ONION!!! PICKLES...

WHO NEEDS PICKLES, RIGHT?

AND ONE-QUARTER TEASPOON OF, UM...BLACK PEPPER...

TWO ORDERS OF MEATLOAF, ANYTHING ELSE?

YEAH! MAKE 'EM LIKE MOM MAKES 'EM!

TIMES KAKURO

8	10	34	6			9	13	4	15
32			39	15		20			
7			10						
	32		5					10	23
	13					11			
					32				
	10	8			18			15	
6					18			16	
									13

HOW TO PLAY
The numbers in the coloured squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the coloured square containing the number. For instance, in the given example, the 2 boxes below 12 must contain 2 digits that add up to 12, whereas for 20, the 3 boxes placed horizontally next to it must add up to 20. No zeroes are used here, only the digits one through nine.

Note: A digit cannot appear more than once in any particular digit combination. For instance, we cannot have the combination of 8+4+8 for 20.

Example:

2		
12	3	7
2	9	1

SPELLATHON

Today's Ratings: 03-average | 04-good | 05-outstanding

How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word must contain the central letter. There should be at least one seven letter word. Plurals, foreign words and proper names are not allowed. British English Dictionary is used as reference.

WORDS: P, C, Y, R, T, C, I

LOOP THE LOOP

RULES

- Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A).
- Crossovers or branches are not allowed (As shown by dotted lines in Fig B).
- Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines.
- You can't draw lines around zeroes.
- Each puzzle has just one unique solution.

HOW TO BEGIN: Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible. I.e., if you have already completed required lines or where a line extension may create a branch or cause a deadend (Fig B).

SCRAMBLE

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

UZAER

TIGON

ERRUNN

AINVCG

HOW TO PLAY
Now arrange the letters in the circles to form the answer to the riddle or to fill in the missing word as indicated

A jury is composed of twelve men of average _____
Herbert Spencer (9)

SOLUTIONS TO GAMES/PUZZLES

TIMES SUDOKU

1	2	9	8	6	2	9		
7	9	2	1	9	6	6		
6	6	9	2	2	1	9		
9	9	9	9	2	1	9		
7	2	1	9	6	8	7		
9	2	9	1	1	6	7		
9	1	9	6	1	2	1		
2	9	1	9	1	1	6		
6	2	2	9	1	9	9		

LOOP THE LOOP

SPELLATHON

city, cyclic, criteria, dily, dip

SCRAMBLE

Words: Acute, rapid, outer, covering

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Wongdhen Cafe: 40, New Aruna Nagar, Majnu ka Tilla, Delhi 110054; Tel: +9181301 33279; Meal for two: ₹1,000; Timings: 8 am-10 pm; Credit cards accepted, only beer served

TIMES FOOD GUIDE

RATING: ■ Food: 3.50 ■ Service: 3.25 ■ Décor: 3.25
Do you agree? Write your own review and give it a rating at [whats-hot.in](https://www.whats-hot.in)
(5) Excellent (4) Very good (3) Good (2) Average (1) Poor
Must Try: Asian section, Korean milk bread sandwiches, Mongolian hot pot

WONGDHEN CAFE All day cafe and bakery

Majnu ka Tilla is undergoing a culinary renaissance of sorts. Along with the endless budget eateries, many new rooftop cafés, Chinese hot pot restaurants and Tibetan and Nepalese cuisine stalls have opened in here. Leading this revival is restaurateur Rinchen Wongdhen. After the success of his rooftop restaurant, Signature Cafe, his latest venture is Wongdhen Cafe and Bakery with an adjoining gelato shop! Both have become the most popular dining spots in the area.

ATMOSPHERICS Wongdhen's family is not new to the restaurant scene in the city. They run the good old Ichiban at Pandara Road. After studying hospitality in Switzerland, Wongdhen wanted to start something of his own and create a brand as popular as Ichiban. His first venture Signature cafe – a rooftop eatery overlooking the Signature bridge, became a trendsetter of sorts. Emboldened by that success, Wongdhen decided to convert his family home into a bakery and an all-day cafe. Different sections of the house were turned into indoor, outdoor and terrace dining sections and

kitchen. A very smartly designed café, it has live music in the evenings and has become a hotspot for content creators.

A popular all-day diner

FOOD

Popular dishes from Continental and Asian cuisine dot the menu. While there is a long list of appetisers and main course dishes, what's popular here are woodfired oven pizzas in thin or classic Napoli crust (₹405 onwards), pasta (₹345 onwards) and burgers (₹315

onwards). The newest additions to the menu – Korean milk bread sandwiches with fried chicken, crispy fish, creamy egg and crispy potato options in between fluffy milk brioche – (₹315 onwards) are worth a try. Mongolian hot pot – a simmering



broth where you add veggies and meat of your choice on the table (₹775 onwards) is a good experience. Asian cuisine is the family's forte, and they don't disappoint.

PLUS AND MINUS

Since the cafe caters to youngsters, especially students, it serves quality food at affordable prices. The parking and access to the market are a mess though.

- Amin Ali



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This festive season, add Aussie almonds to your gift hampers

Australian almonds are presenting Indian customers a diverse gift option for the festive season. A representative from The Almond Board of Australia informs, "Renowned for their distinct sweet taste and crunchy texture, Australian almonds are cultivated in optimal growing conditions, ensuring superior flavour and nutrient content. With Australian almonds now available in the Indian market, the upcoming season promises stronger trade channels and enhanced economic ties between the two nations."



(L-R) John Southwell, Senior Trade Commissioner of Australia; Tim Jackson, CEO of Almond Board of Australia; and Monica Kennedy, Head of Austrade, South Asia

Australian Deputy High Commissioner, Nick McCaffery, who launched the brand's campaign at an event in Delhi, said, "Australia and India are strategic partners and are working to enhance bilateral trade. We

are lucky that fresh Australian almonds are available during Diwali," Tim Jackson, CEO of 'The Almond Board of Australia (ABA)', said, "Australian almonds' rich, buttery flavour and uniform size make them ideal for a variety of culinary uses, whether enjoyed as a standalone snack or incorporated into both traditional and modern recipes."

Leadless pacemaker has psychological benefits for patients suffering from heart rhythm disorder: Doc

Heartbeats are caused by electrical pulsing within our cardiac muscle, notes Dr Naveen Bhamri. He adds, "If it beats too slow it becomes difficult for the heart to pump enough oxygen-rich blood to meet the body's needs. A person suffering from this disorder often feels weak or out of breath, has no energy or sometimes faints with even minor exertion. To treat this pacing dysfunction of the heart a pacemaker implantation is often recommended. The pacemaker sends an electric impulse to the heart to help normalise the rhythm and ease a patient's symptoms whenever the heart's rhythm isn't right."



Dr. Naveen Bhamri, Senior Director & HOD, Interventional Cardiology, Max Super Speciality Hospital, Shalimar Bagh

guided through a shoulder vein into one, two or three of the heart's four chambers, depending on a patient's particular rhythm disorder. Once the wires are positioned in the heart, they're attached to the pacemaker. The pacemaker is then inserted into the skin pocket and the incision is closed."

He adds, "Leadless pacemaker is a new kind of pacemaker for patients suffering from heart rhythm dysfunction. It is just the size of a vitamin pill and is 83 per cent smaller than the traditional pacemaker. It is inserted via a catheter (straw-like structure) that is threaded up from the leg vein and placed directly in the right lower chamber of the heart called as right ventricle. The leadless pacemaker carries psychological benefits to the patients. This new tech-

nology of leadless pacemaker is approved by the U.S. Food and Drug Administration (FDA)."

The doctor says, "The real-world use of leadless pacemaker has shown a 63 per cent reduction in major complications compared to traditional pacemakers, for example pocket-related issues (hematoma), procedure-related issues and most importantly, infection. The latest generation AV Synchrony leadless pacemaker can sense activity in the right upper chamber of the heart (atrium), and then respond to the right lower chamber (ventricle) in order to have more natural like heart rhythm. This helps to maintain synchrony between the upper and lower chamber of the heart."

Disclaimer: The views/suggestions/opinions expressed in the article are the sole responsibility of the experts.

₹2.7L tote looks like desi train floors, say netizens



Luxury design brand Prada's latest metallic tote bag, from the men's collection, has sparked a meme fest online due to its uncanny resemblance to the flooring of Indian trains and buses. A London luxury department store has priced it at \$3,247 (about ₹2.72 lakh). Indians couldn't help but compare it to the toilet floors of Indian trains on a Reddit thread. A user said it was missing "Vimal stains", while another joked, "BEST did not copy-right it. Lost millions of dollars."



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Delhi: Where Heritage Meets Modernity

Aanchal Mathur @timesofindia.com

Delhi, a vibrant and bustling metropolis, offers a blend of historical grandeur, cutting-edge modernity, and cultural richness that appeals to both tourists and locals. Whether you're a history buff, a shopaholic, or someone who lives for delicious food, the capital city

never disappoints. And if you are someone who is here for a short pitstop of a day, or simply a Delhiite who wishes to explore the city like never before, the city is here to surprise you.

BREAKFAST BLISS

Kickstart your day at the beloved Tibetan colony of Majnu ka Tilla or MKT. Famous for its vibrant Tibetan culture, narrow lanes, and bohemian vibe, this hidden gem offers an immersive experience of food, shopping, and culture that's unmatched elsewhere. One can have a hearty breakfast including deca-

dent pancakes or the hearty Tibetan Butter Tea paired with fluffy momos to get a true taste of the colony's vibrant culture, followed by a shopping spree. For those seeking a more quintessential

Sunset at Hauz Khas Fort is an experience one cannot miss when in Delhi

Delhi experience, head to the famous Paranthe Wall Gali in Old Delhi, where deep-fried stuffed parathas offer an indulgent start to the day.

SOAK IN HISTORY

Post breakfast, head to one of Delhi's UNESCO World Heritage

sites – Humayun's Tomb. A stunning precursor to the Taj Mahal, this architectural marvel is a paradise for history enthusiasts and photography lovers alike. Walk through the gardens, admiring the intricate Mughal designs and the serenity that contrasts sharply with the fast-paced city outside the tomb's walls.

For a contemporary slice of history, visit India Gate, a war memorial dedicated to Indian soldiers who died during World War I. It's especially enchanting during the early hours when the crowds are thinner.

SHOPPING SPREE

Post a history lesson, make your way to Dilli Haat. This open-air market is a carnival of colours, filled with stalls from various Indian states, offering handicrafts, handlooms, and artisanal products. Don't miss the food stalls representing regional cuisines. A piping hot plate of Momos from the North-East stalls or Rajasthan's famed Dal Baati Churma is a must-try.

RELISH DELHI'S CULINARY DIVERSITY FOR LUNCH

Delhi's circular market, affectionately called CP by locals, is a mix of colonial charm and modern vibrance. From iconic eateries from the pre-partition era to the new-age gastronomic wonders, Connaught Place has it all. Whether you are in a mood for succulent kebabs or a cheese pizza, the central hub has it all. Take a stroll post lunch to find a host of global stores as well as hidden gems for everything from junk jewellery to Kashmiri shawls.

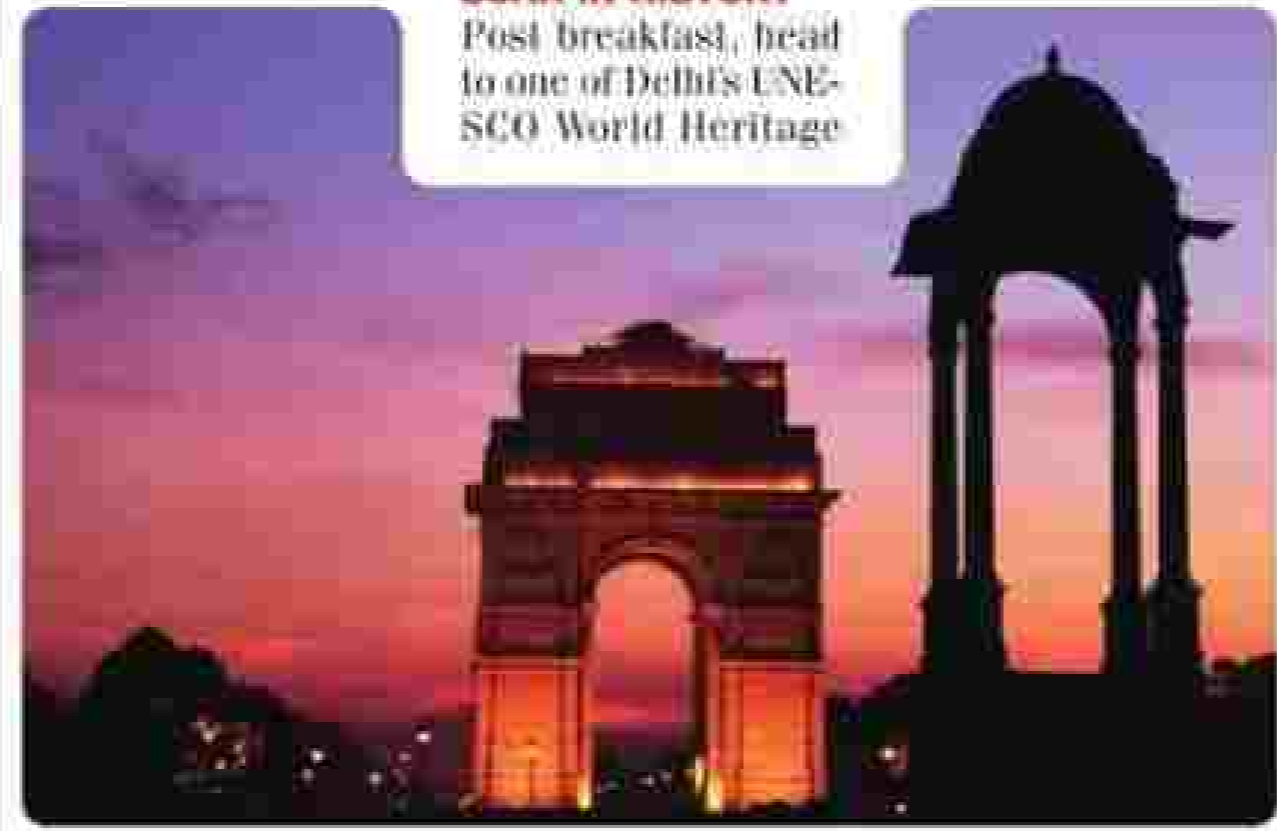


SUNSET AND SOIRÉE Watch sun set in the most beautiful way at the iconic Hauz Khas Fort. Explore the ruins of the fort and take in the stunning views of the lake as the sky turns crimson. Post that, explore around Hauz Khas Village for an evening of music, dinner and drinks.

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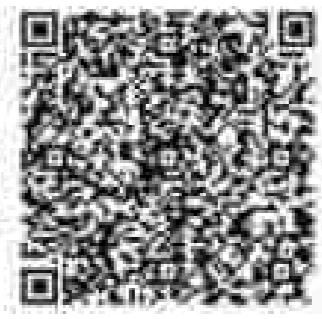
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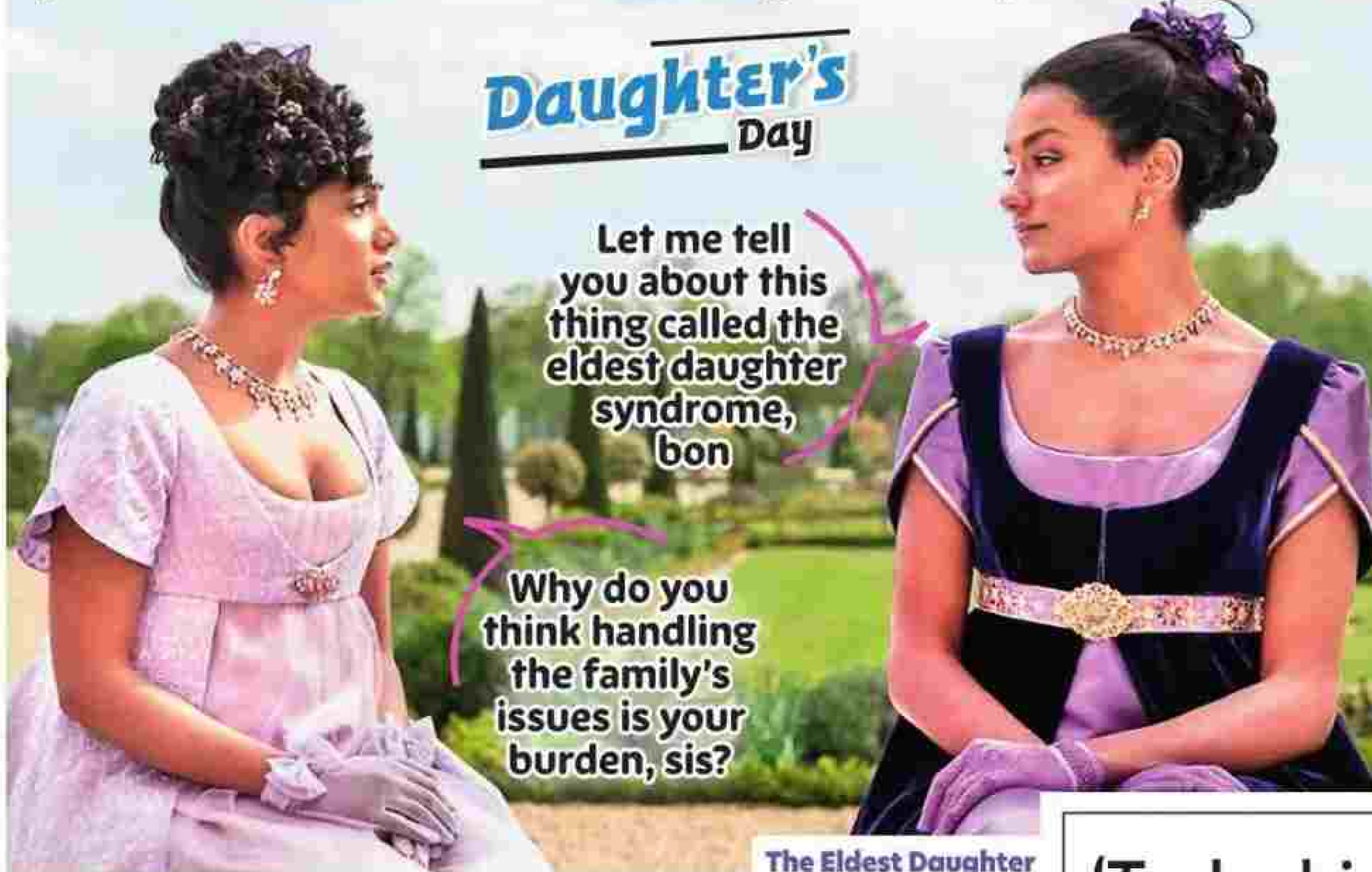
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Anxious, overachiever, full of guilt: Do you have #EldestDaughterSyndrome?



Daughter's Day

Let me tell you about this thing called the eldest daughter syndrome, bon

Why do you think handling the family's issues is your burden, sis?

The Eldest Daughter Syndrome checklist

1. You have an intense feeling of responsibility
2. You are an overachiever, type A and very driven
3. You worry a lot and probably have anxiety
4. You struggle with people-pleasing behaviours
5. You have a hard time placing and upholding boundaries
6. You resent your siblings and family
7. You struggle with feelings of guilt
8. You have a difficult time in your adult relationships

Source: Guardian

There are memes and jokes aplenty, talking about the plight – and might – of the eldest daughter. On Daughter's Day today, we look into the pop psychology term Eldest Daughter Syndrome

Divya Kaushik

If you spend any time scrolling social media, you would have come across the term Eldest Daughter Syndrome. They have been described as overachievers with great organisational skills, the family's unpaid therapist and the third parent. From jokes and memes about them being the family's manager and the unofficial co-parent for younger siblings to many posts applauding their sense of responsibility, eldest daughters have been a topic of discussion on social media lately. However, #eldestdaughtersyndrome isn't just about celebrating the first-born daughter but also about the responsibilities she unassumingly bears and the immense pressure that comes with it.

IS IT REAL?

While eldest daughter syndrome may not be a real psychological condition, it seems to be more than just a social media trend as many are sharing videos about how much they relate to it. Some studies indicate that there may be some truth to this pop psychology term. A University of California-led research team found that, in certain instances, first-born daughters tend to mature earlier, enabling them to help their mother rear younger siblings. There is also a study from 2014 that found that eldest daughters are the most likely to succeed out of any sibling type, while a 2012 study found that those who are eldest-born are more likely to hold leadership roles.



Lauren Ashley Smith @MILAS
Just a pitch, but we could fix pretty much every problem in two weeks if we put a committee of oldest daughters in charge

In Disney's *Encanto*, Luisa the eldest daughter in the family sings, "It's pressure like a drip, drip, drip that'll never stop. Pressure that'll tip, tip, tip 'til you just go pop. Give it to your sister, your sister's older. Give her all the heavy things we can't shoulder. Who am I if I can't run with the ball?"

Camilla Blackett @camillab
Anyone who asks an eldest daughter why they don't have kids yet is 100% a youngest child.

Carolee Concha @caroleeconcha
Being the eldest daughter somehow means everything is my fault love that for me

petals @petals
is your love language really acts of service or are you just an eldest daughter shocked at the thought of someone else completing a task or responsibility for once

@PEACHBLACKGIRL
unhinged eldest daughters at home for the holidays

Beyond being meme material, eldest daughter syndrome represents a real challenge for many, shaped by the complexities of childhood

femme tap fall @femmetapfall
even though I am the youngest child (of 2) I feel like I can still claim a lot of the eldest daughter problems bc I'm the only daughter

LEEZA @leeyza
Being the eldest daughter is having to parent or siblings and parent your own parent(s) while still having to parent yourself

Many younger siblings have found that the eldest daughter syndrome can sometimes defy the birth order

'Tech-driven advancements extend life span, improve heart treatments'

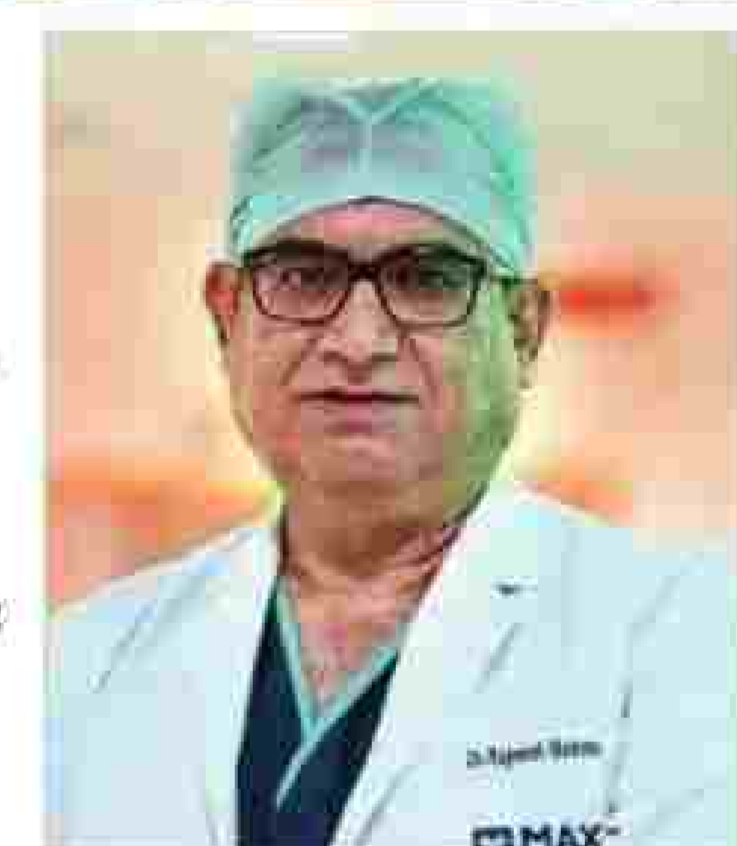


View of the hospital

In the last decade, we have witnessed groundbreaking transformations in healthcare, including cardiac care, notes Dr Rajneesh Malhotra. He adds, "The developments aided by technology are very exciting for cardiac surgeons, allowing them to improve and treat heart ailments comprehensively, as well as plan customized and targeted treatments. These advancements have enabled surgeons to better manage patients and extend their life spans through a combination of innovations, helping them lead a higher quality of life. For doctors treating heart patients, the latest methodologies have yielded satisfying outcomes, significantly reducing morbidity and mortality, while also empowering patients to become self-reliant."

The doctor continues, "Valvular heart disease, especially rheumatic heart disease, still affects millions of Indians today. Patients affected by rheumatic heart disease are often younger, in their productive years of life, whereas degenerative heart disease predominantly affects the elderly population."

He explains further, "In younger patients suffering from rheumatic valvular heart disease every attempt is made to repair these valves. However, most patients present in an advanced stage, where the valves are severely damaged, calcified, or degenerated. In such advanced cases, the only option for cardiac surgeons is to replace these valves with artificial heart valves. Traditionally, we replace these valves with mechanical heart valves made of metal, carbon, pyrolyte, and other artificial materials. It is mandatory to prescribe anti-coagulation therapy using strong vitamin K antagonists like Acitrom or Warfarin to prevent thrombus formation in these mechanical valves. However, many younger patients



Dr Rajneesh Malhotra, Vice Chairman & Head - Cardiothoracic and Vascular Surgery (CTVS), Max Super Speciality Hospital, Saket

struggle to take these medications due to lifestyle and other factors. Bioprosthetic valves are an alternative for valve replacement, which do not require anti-coagulation. But the first and second-generation bioprosthetic heart valves tend to degenerate within 10-12 years, requiring another valvular intervention."

Dr Malhotra adds, "We now have current-generation bioprosthetic heart valves with a lifespan of nearly 20 years, offering a future-ready solution that enables surgeons to manage patients over their lifetime. These bioprosthetic valves can be implemented in younger patients, and the next intervention can occur after 20 years or so, without the need for open-heart surgery using percutaneous interventions."

He concludes, "Minimally invasive, robotic valve replacement has become the standard of care, allowing valve replacement without opening the sternum. This minimally invasive approach enables patients to return to work and daily life with minimal pain and recovery time, typically within two to three weeks, compared to the two to three months required for traditional sternotomy open-heart surgery. For degenerative heart disease, transcatheter therapies have revolutionized treatment, allowing valvular intervention without open-heart surgery. Current-generation valvular interventions, aided by technology, have made treatment faster, safer, less painful, and longer-lasting for patients."

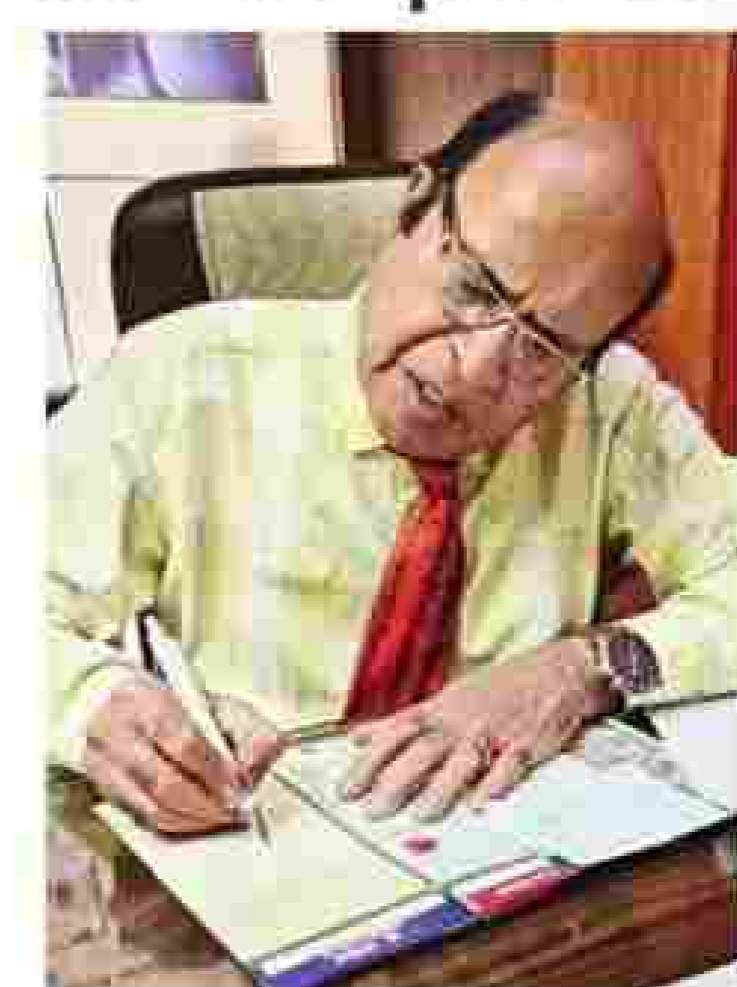
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Many disorders like arthritis, PCOS & migraine can be treated with acupuncture, says expert

As one's age progresses, there is a lack of lubrication in knees and joints, hence there is pain due to friction of cartilage, notes Prof Dr P B Lohiya. He adds, "Acupuncture can increase the lubricant and knee replacement can be avoided. Spondylosis and slipped discs are due to wear and tear of vertebrae and discs. Acupuncture can relieve pressure on the nerve roots and relieve these symptoms without the need for any surgery. We have also used acupuncture to avoid hip replacement in cases of AVN, angioplasty or bypass for coronary blockages in the heart, kidney transplant in cases of kidney failure."

He adds, "Many disorders like PCOS, hormonal obesity, depression, migraine, rheumatoid arthritis, hearing loss, etc have been treated at our acupuncture centres in Delhi, Mumbai, Aurangabad, Pune, and other places. We've been treating these disorders with significant improvement in the



Prof Dr P B Lohiya

majority of cases. We are also treating various cosmetic disorders like wrinkles, acne, etc."

He adds, "We adopt a customised approach to find the root cause of the disease by way of tongue, pulse, nail, meridian diagnosis, computerised recording of energy in meridians and five elements."

The management team of the centres says, "Dr Lohiya, one of the world-renowned acupuncturists and basic allopath for 40 years, will be consulting patients on September 22 and 23 at the Lajpat Nagar centre. In his absence, Senior Acupuncture Expert Dr Vivek Gupta (PT) will continue the treatment & also consult patients."

Address: C-62, Lajpat Nagar Metro II
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This International Organic Day, make a healthier choice

Throughout the year, we indulge in the foods we love, but this International Organic Day, let's take a moment to pause and reflect on our choices for both our health, the farmers and the planet. Today, let us celebrate the vital role of organic farming in promoting sustainability and well-being.



Dr Jayen Mehta (MD, GCMMP) says, "At Amul Organic, our mission is to create a healthier India and provide safe, nutritious food for present and future generations. We believe our farmers deserve a life free from harmful toxins. So, we bring you products free from 255+ harmful chemicals and pesticides, that are as wholesome as nature intended. Unlike conventional farming, which often relies on chemicals, organic farming focuses on natural methods that are gentle on the earth."

Organic foods offer better nutrition with higher levels of vitamins, minerals and antioxidants, providing more nourishment in every bite. But the benefits go beyond nutrition. Organic farming supports soil health, preserves water quality, and encourages biodiversity, all while helping to combat climate change through sustainable practices.



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Mehta further adds, "With over 75 years of trust and National Programme for Organic Production (NPOP) certification, our commitment is to produce the purest, most natural products for families across India. Our range includes Whole Wheat Atta, Basmati Rice, Sonu Masoori Rice, Dehraduni Basmati, Besan, Toor Dal, Chana Dal, Masoor Dal, Desi Chana, Kabuli Chana, Whole Moong, Whole Urad, Rajma, Ginger Powder and Turmeric."

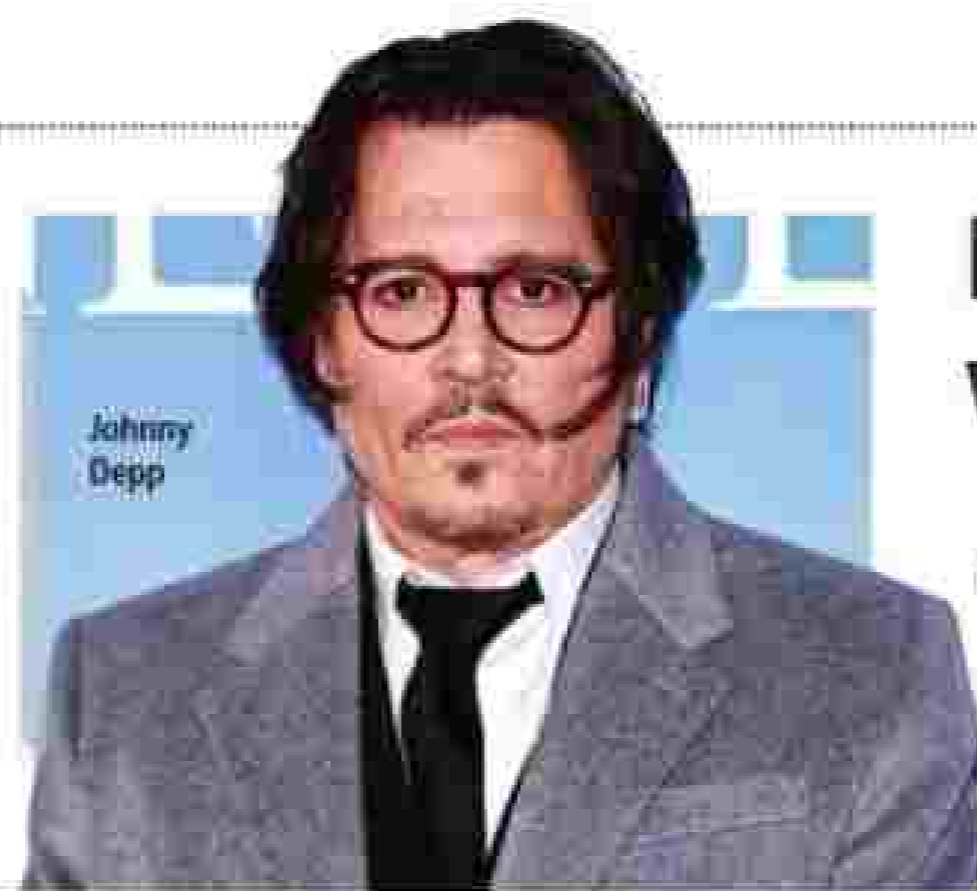
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Bizarre

Man accidentally pays his neighbour's power bill for 18 yrs

Ken Wilson from California, who has lived in the same apartment since 2006, noticed his bills seemed quite high and complained to the power company. It was discovered that the company had been charging him for the unit next door.



Rome Film Festival to honour Depp with Lifetime Achievement Award

Johnny Depp will be honoured with the Lifetime Achievement Award at the 19th Rome Film Festival, where his upcoming directorial *Modi - Three Days on the Wing of Madness* will also be screened. According to entertainment news outlet *Deadline*, the film will head to Rome after its world premiere at the San Sebastian Film Festival later this month. Described as a "seventy-two-hour whirlwind in the life of bohemian artist Amedeo Modigliani", *Modi* features Riccardo Scamarcio in the

lead role alongside Antonia Desplat and Hollywood icon Al Pacino. The film follows a chaotic series of events through the streets of war-torn Paris in 1916. Depp, known for his roles in projects like *Pirates of the Caribbean*, *Alice in Wonderland* and *Charlie and the Chocolate Factory*, made his directorial debut with *Brave in 1997*. Oscar-nominated actor Viggo Mortensen will also receive a Lifetime Achievement award at the festival.

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My daughter is my biggest blessing: Kapil

By: Prathamesh Bandekar



CONTINUED FROM K 1

'I FEEL ANAYRA IS GROWING UP TOO FAST'

Anayra was three months old when the pandemic struck. It gave Kapil an opportunity to spend more time with his firstborn. He gladly traded his mic for diaper duties. "Right from getting her to burp to putting her to sleep at 5am, I have done everything. When I see her now, I often feel she is growing up too fast," Kapil says. Talking about their equation, he shares, "I had always heard *ki ek baap aur beti ka pyaar atag hi hota hai*. Once you become a father to a daughter, you realise that the love between the two is unparalleled. She is my biggest blessing. *Hamare ghar mein betiyon ko hamesha zyada pyaar mila hai*. Now I know why."

'I PLAN MY SCHEDULE IN SUCH A WAY THAT I GET TIME TO SPEND WITH MY KIDS'

Kapil admits that his social circle has shrunk, and he now looks forward to spending quality time at home with his children, Anayra and Trishan. He

shares, "My circle of friends has changed. I feel like spending more time at home. Talking to Anayra is like meditation. I have also become far more disciplined. *Mujhe meri neend badi pyaar hai*, but I wake up to bid her goodbye when she leaves for school. I also plan my schedule in such a way that I get time to spend with my kids."

'ANAYRA HAS DONE WHAT NO SCHOOL COULD - IMPROVE MY ENGLISH'

Kapil's sleeping schedule isn't the only thing his daughter has improved. "What the universities and colleges couldn't do, Anayra has managed to do! She has helped me improve my English," he quips. "When Ed Sheeran was coming on my show, I knew a couple of his songs, but it was Anayra who was excited to meet him. I remember she was sweetly singing his song *Shape Of You*," he reveals.

'I AM MY DAUGHTER'S HERO'

At 43, Kapil says his children inspire him to do better work. "I am more motivated to do good work so that they understand that they are proud of their



papa," he says. Ask him if Anayra is aware of his popularity, and he replies, "She knows who I am because her teachers often ask her if she is Kapil Sharma's daughter. I am her hero."



I have become a better actor since my daughter was born, says Rohit Roy

Yesha Bhatt

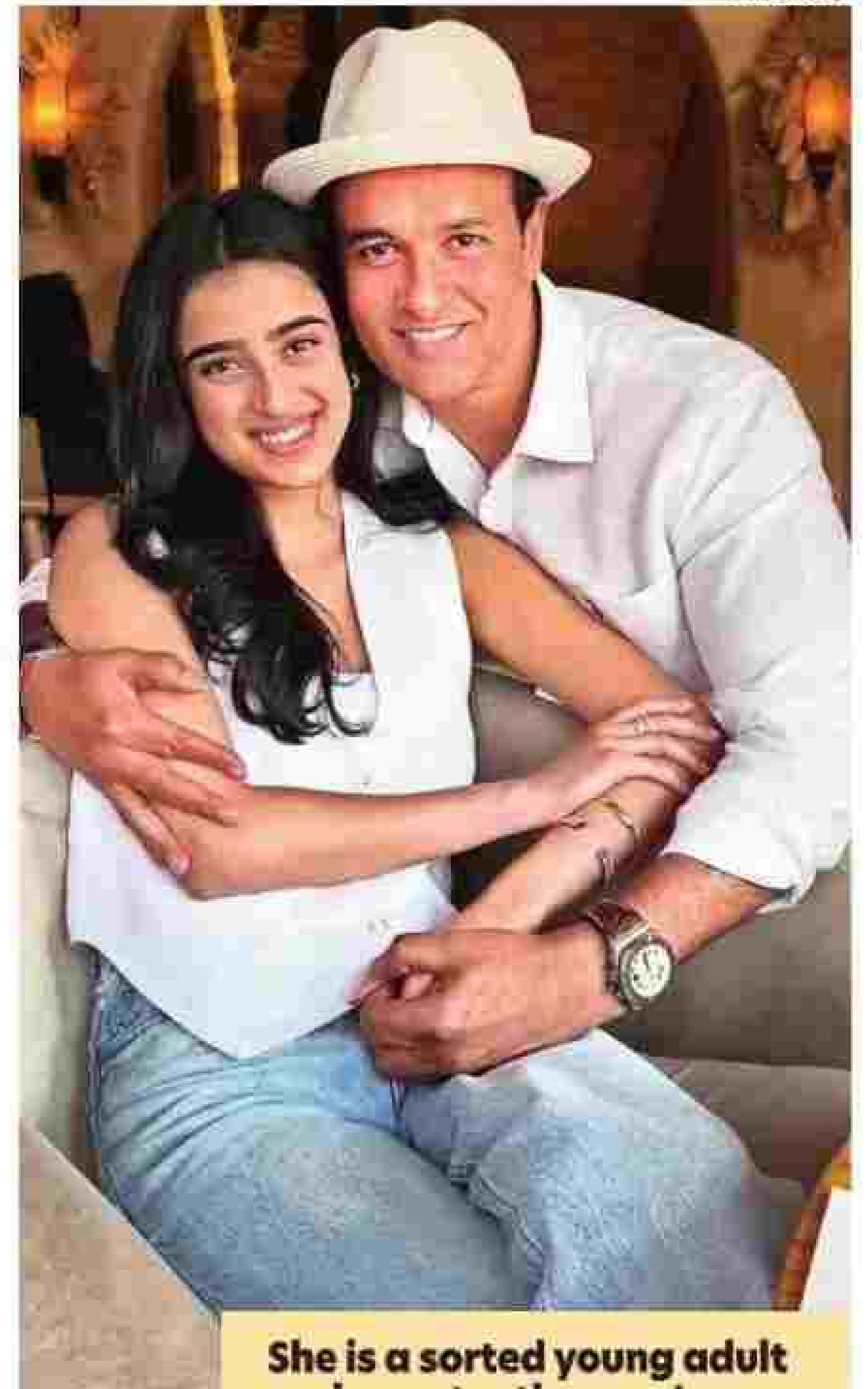
Rohit Roy and his actor-wife Manasi Joshi's daughter Kiara Bose Roy, who turned 22 this year, is currently studying at a university in the US. On Daughter's Day today, Rohit says that daughters should be celebrated every day. Talking about living so far away from Kiara now, he says, "It was very tough initially, but Manasi and I came up with a plan which works well. Now, we don't travel the world, our only destination is Providence or wherever she is doing her internships." The actor talks to us about his bond with Kiara and more.

'THANKS TO KIARA, THE WAY I LOOK AT LIFE HAS CHANGED'

Kiara travels to India as and when she gets a break. Talking about their evolving bond, Rohit says, "She misses me more and appreciates me more, too. Distance does make the heart grow fonder. She's very close to Manasi and discusses stuff with her which she might not share with me. However, she knows that if push comes to shove, she can always come to me, which she does. That's what any father should aim for in a relationship with his child."

'KIARA IS VERY CLOSE TO MANASI AND DISCUSSES STUFF WITH HER WHICH SHE MIGHT NOT SHARE WITH ME. HOWEVER, SHE KNOWS THAT IF PUSH COMES TO SHOVE, SHE CAN ALWAYS COME TO ME'

Rohit says that everything has changed since his daughter was born. He shares, "The way I look at life has changed, including my goals and aspirations. I think twice before taking up any project now because I want my daughter to be proud of my body of work. I have certainly become a better actor since her birth because I don't want to embarrass her by delivering a sub-par performance. Also, I have matured in the past two decades."



'SHE IS A SORTED YOUNG ADULT AND SMARTER THAN ME'

What advice would he like to share with his daughter? Rohit says, "She is a sorted young adult who's smarter than her old man and doesn't really need my advice. But as a father, I would say that she won't always get what she wants but that shouldn't ever stop her from giving her 100%. It's normal to get disheartened but she should bounce back quickly."

MARUTI SUZUKI

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