



Don't involve Kenishaa: Jayam Ravi addresses speculations of affair

@kenishaafrancis

ayam Ravi, who recently announced his separation from wife Aarti, has refuted reports that suggested he might be romantically involved with Bangalore-based music artiste Kenishaa Francis.

Addressing the media on Saturday, the actor said, "I would like to say only one thing: live and let live. Do not drag anybody into this matter and do not indulge in such acts. Let my personal life be just that."

Stating that Kenishaa is a licensed psychologist, he shared, "Kenishaa is a healer who has saved many lives. Please don't involve her in this."

Jayam Ravi also revealed that he plans to collaborate with the singer in a future business venture. "Kenisha and I have plans of

opening a healing centre in the future. Our aim is to help people," he said.

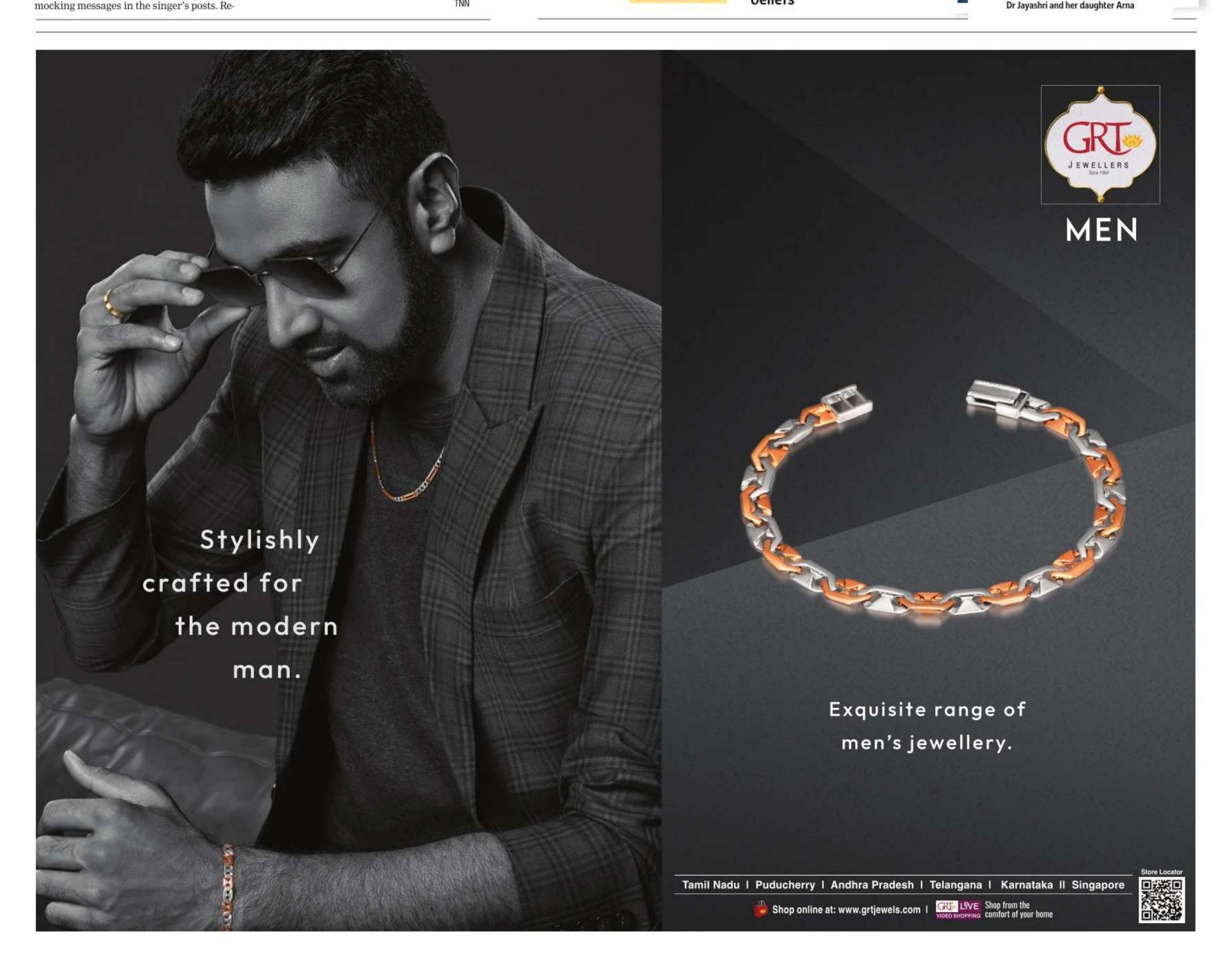
Incidentally, Kenishaa has also reacted to the matter on social media. After speculations about her relationship with Jayam Ravi surfaced, several Instagram users posted mocking messages in the singer's posts. Re-



sponding to a comment, Kenishaa wrote, "Are you safe with your parents? Are you safe with yourself and all your insecurities? Are you safe with all the friends you have currently around you? Are you a safe person to others in the first place? I wish you peace and love."



@pranitha.insta







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

 f 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 firstborn 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 maybe some truth to this pop psychology term. A University of California-led research team found that, in certain instances, firstborn 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 eldestborn are more likely to hold leadership roles.



dating an eldest daughter is tough, one moment she's all cute and

shoulders, this shit is not for the weak

repressed childhood trauma

the birth order

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

unhinged eldest daughters at home for the holidays

Lauren Ashley Smith

oldest daughters in charge

Canela Concha @banananabomb

Camilla Blackett

vulnerable, and the next she's carrying the weight of the world on her

Being the eldest daughter is having to parent ur siblings and parent your

even though i am the youngest child (of 2) i feel like i can still claim a lot of

own parent(s) while still having to reparent yourself.

being the eldest daughter is just "inability to show feelings" "putting everyone's needs first* "third parent" "cleaning" "tries to please everyone"

the eldest daughter problems bc i'm the only daughter 👺

Just a pitch, but we could fix pretty much every problem in two weeks if we put a committee of

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

Being the eldest daughter somehow means

is your love language really acts of service or are you just an eldest daughter shocked at the thought of someone else completing a

everything is my fault love that for me

Beyond being meme material, eldest daughter

by the complexities of childhood

syndrome represents a real challenge for many, shaped

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?"

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

Yesha Bhatt

ohit 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."

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."

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



She is a sorted young adult and who's 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."

I discovered the magic of poetry with Masaan: Shweta

Raima Ganguly

e it the soft-spoken Shalu from *Masaan*, or the feisty Golu from *Mirzapur*, Shweta Tripathi Sharma is someone who can bring out shades of human emotions effortlessly on the screen. To her, there's a lot to explore beyond just the black, white and grey and that's exactly what drives her in real life as well. Excerpts from a chat:

Nine years in, how do you think Masaan would have been received if it released today?

Every story has its time and Masaan was destined to release back then. It was my debut film and it's been the tree that has borne many fruits for me. I got to audition for Mirzapur, Yeh Kaali Kaali Aankhein and so much more only because of Masaan. Stories are meant to be told, not held back. It has been a milestone for me and I am indebted to this journey of nine years since the film released.

You are known for unconventional roles, what factors do you usually consider while choosing a

role? There's so much to explore beyond just the black, white, and grey. There are so many colours waiting to be explored, and I want my characters to be colourful. While choosing a role, I adhere to my emotional response to it, because I

need to have fun, have to feel invested in it. I owe this to my audience because they have showered me with a lot of love. I don't fit into the stereotypical conventions of a 'heroine', but my audience never makes me feel that way. I feel very comfortable being who I am, and credit goes to them as well, for this. Personally, I like characters who know how to navigate difficult situations. I like when they want to do something. These women might not be superheroes, but they have courage within them to find their way.

On her love for poetry...

Shweta has always loved poetry, but it wasn't until she started writing and performing poetry, that she realised audiences would get to connect with her so much. "The magic of poetry is something I discovered because of Masaan. Poetry became a part of my life because of Shalu. If my words, my voice can offer a balm, or spark a conversation, ignite something in someone, that is the best reward I can get as an artiste."



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 col-

oured square con-

HOW TO PLAY

CONTINUED FROM 5 1 'DAUGHTER'S DAY IS A **VERY IMPORTANT** CELEBRATION'

"The idea of celebrating the girl child is so necessary in our country. There is so much debate and discussion regarding gender — from female foeticide to horrific incidents such as what happened to a young doctor in Kolkata. As parents, these are fears that cross our minds at some point, and we can do our best to provide our daughter with a safe environment," explains Pranitha.

'MY GRANDMOTHER SAYS HER GREATEST **BLESSING IS HER FOUR** DAUGHTERS'

Pranitha shares that her grandmother, Malathi, a strong and independent woman, would find Daughter's Day particularly meaningful. "She





have had to bear with for having daughters two generations ago,' she says.

'AS A DAUGHTER AND MOTHER, I ADVOCATE GIRL CHILD EMPOWERMENT

Pranitha adds, "As a mother to a daughter and as a daughter myself, I feel that conversations about the girl child, having such a mindset and celebrating the daughter is important."

This International Organic Day, make a healthier choice

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 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, GCMMF) 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,





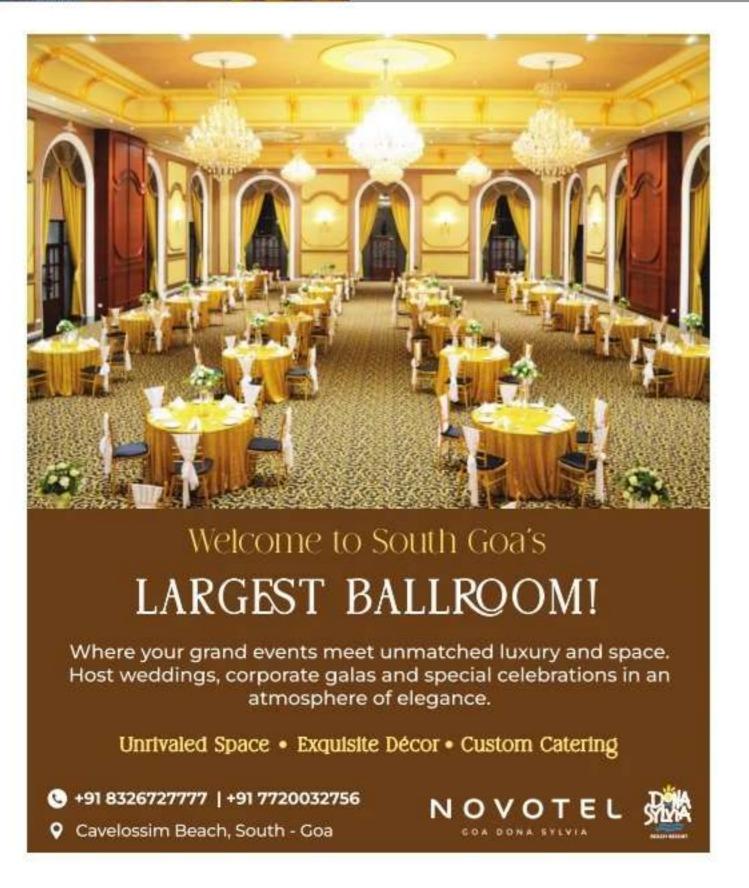
ELIAN.EIM Scan to shop for organic

products

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. 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, Sona Masoori Rice, Dehraduni Basmati, Besan, Toor Dal, Chana Dal, Masoor Dal, Desi Chana, Kabuli Chana, Whole Moong, Whole Urad, Rajma, Ginger Powder and Turmeric."

Website: shop.amul.com

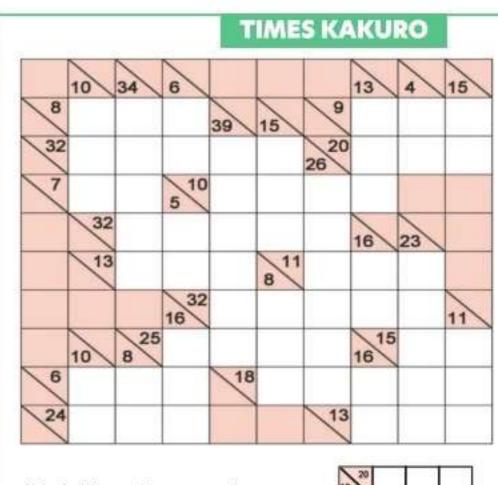


Level: Medium 8 9 9

SUDOKU CHALLENGE

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.

HOW TO



1-1-1-

-2 1 2

(Fig A)

Not allowed

(Fig B)

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

LOOP THE LOOP

· Connect adjacent dots with

vertical or horizontal lines.

creating a single loop (Fig A).

· Crossovers or branches are not

allowed (As shown by dotted

Numbers in the puzzle indicate

surround it, while empty cells

may be surrounded by any

You can't draw lines around

the number of lines that should

Each puzzle has just one unique solution.

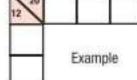
TIMES SUDOKU

lines in Fig B).

number of lines.

HOW TO BEGIN:

RULES

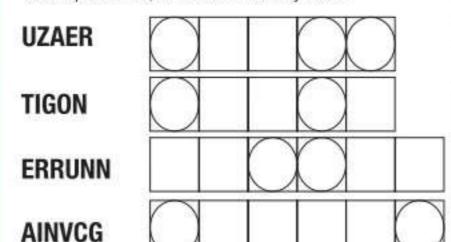


taining the number. For instance, in the given example. the 2 boxes below 12 must contain 2 digits that add upto 12, whereas for 20, the 3 boxes placed horizontally next to it must add upto 20. No zeroes are used here, only the digits

one through nine.

SCRAMBLE

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



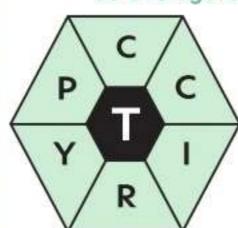
Now arrange the letters in the circles to form the answer to the riddle or to fill in the missing word as indicated

HOW TO PLAY

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

SPELLATHON

Today's Ratings: 03-average 104-good 105-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.

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'M GOING TO MAKE MOM'S MEATLOAF.

HAVE HER RECIPE

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PICKLES,



WHO NEEDS KETCHUP, RIGHT?

IS GROUND BEEF SUPPOSED TO BE KETCHUP! THAT SHADE OF AND ONE-QUARTER TEASPOON WHO NEEDS



Hall, Chetpet.

Kathakali Festival: Don Quixote by

Bharata Kalakshetra, Tiruvanmiyur.

Kuchipudi at 6.30pm, at Bharatiya

3.8 GRAMS

Margi Kathakali School at 6pm, at

Dance Performance:

Bharatanatyam at 5.30pm,

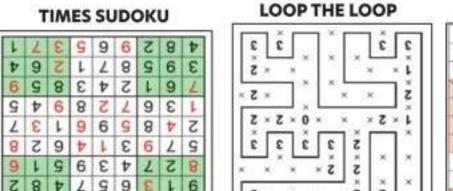
Vidya Bhavan, Mylapore.

YEAH! MAKE 'EM OF MEATLOAF.

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

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

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 create a branch or cause a deadend (Fig B).



SOLUTIONS TO GAMES/PUZZLES

2 1 3 11 2 7 5

TIMES KAKURO

SPELLATHON

city, crypt, CRYPTIC, pity, trip

SCRAMBLE of average ignorance. - Herbert Spencer Answer: A jury is composed of twelve men Words: Azure, ingot, runner, caving



EVENTS

Madhuradhwani: Concert by R Raghavaraman at 4pm, followed by R Swaminathan at 6pm, at Arkay Convention Center, Luz. Sing Along: Live band and interactive show for kids, by Krishna lyer and team, at 6pm, at Museum Theatre, Egmore.

TITANIUM

THEATRE Short + Sweet 2024 Theatre Festival: A theatre festival featuring 10-minute plays at 7pm,

at AFM, Nungambakkam. STAND-UP Hoemonal: Stand-up show by

Sumukhi Suresh at 7.30pm, at Sir Mutha Venkatasubba Rao Concert

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Volkswagen has officially launched its annual Volksfest offers for the festive season. It is the best time to buy of Volkswagen cars with benefits of up to ₹2.30 lakhs. In addition buyers also get assured attractive gifts on test drives and bookings.

There is much more! They have topped it up with exciting service benefits for every purchase of a Volkswagen car which comes up with 5 star Global NCAP safety features.

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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 hos-pitality 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 Agharkar

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

SATHYAM CINEMAS | ESCAPE | INOX | PVR AMPA SKYWALK A/C dts | PERAMBUR S2 A/C dts | PALAZZO A/C dts

PVR VR MALL A/Cetts | PVR REDHILLS A/Cetts | PVR ECR A/Cetts | PVR GRAND MALL A/Cetts | AGS CINEMAS, T NAGAR A/Cetts

AGS CINEMAS, MADURAVOYAL ACORS | AGS OMR ACORS | AGS VILLIVAKKAM ACORS | MAYAJAAL ACORS VELACHERY LUXE Mediumb Ave dos | CINEPOLIS BSR MALL, OMR Ave dos | INOX NATIONAL | GOPIKRISHNA Ave dos

AMBATHUR MURUGAN & RAKKI CIREMAS A/C ctts | EVP, CHEMBARAMBAKKAM A/C ctts

Chidambram 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

he 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-

PREETHI THIAGHARAJAN

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

nai 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 tapri 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 selflove than spending hours perfecting the glassy skin and thigh gap...

t 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 be-coming more prominent in India, as actresses confidently own their years. Vidya Balan, Kareena Kapoor along with Neena Gupta, Manisha Koirala, and Shefali Shah, exemplify this significant shift. These women are breaking long-held stigmas, proving their worth through powerful, nuanced performanc es 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 - R Sreestut for so much more.

Whenever I find myself exploring new streets or savoring a quiet 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 ter Pooja Sinha ms.

very 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 Bhasin

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...

eople 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

here 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 obvi-- Subir Mahanta ous safety reasons.

Clarification

Credit attribution: In the

article, Elevate your payasam

with an offbeat spin, carried

on September 15, in Chennai

Times, the image given below

should have been credited to

www.meemiskitchen.com

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

UCCESS

DAYS

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 fun-filled week. Achievements and entertainment are anticipated.

ARIES

From Tues-

Sun-Mer-

cury move-

day, the

ments in

your sixth

house bring



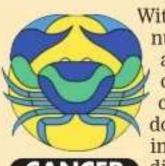
would be toiling hard and results will show. Wealth inflow improves, financial constraints will soon be cleared and you will have the nec-

essary 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

Don't start the week with ambitious planning or impossible targets as you wont be able to achieve them. Virtually, no progress at work GEMINI can be made on Monday/Tuesday.

applaud you for a job well done.

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.



With Mars and Venus ill placed, you are warned to be careful in financial matters, don't do impulsive buying, nor get into CANCER disputes/legal dis-

putes. 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.

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



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flow 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.



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.



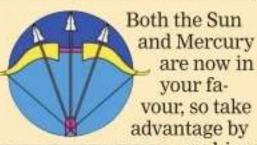
and shall help you in improving your image. Expenses will rise, do not sign any contracts with any risky clauses and stay away from

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.



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 SCORPIO with women are indicated. Complete all your productive 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.



SAGITTARIUS 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.



portunity 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. Then maybe 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 impor-

This is a tough week, and with a lot of backlog to attend, you may run behind schedule. Monday and Tuesday are the best days of the week to complete all

PISCES important work. The next few

tant on the work front.

weeks are going to be tough on your health, so 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 the things you cannot change.

This festive season, add Aussie almonds to your gift hampers

ustralian 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." 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."



(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

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'Benign prostatic hyperplasia is a non-cancerous condition affecting men' enign prostatic hyperplasia

Dr D Karthikeyan

enign prostatic hyperplasia (BPH), commonly known as an enlarged prostate, is a noncancerous condition that affects the prostate gland in

men as they age,' states Dr D Karthikeyan, a urologist.

Speaking about the causes for BPH. he says, "While the exact cause of BPH is not fully understood, it is believed to be linked to hormonal changes that occur as men age. The balance between testosterone and oestrogen shifts, leading to an increase in the size of the

prostate." The risk factors for BPH include advancing age, family history, and lifestyle factors such as

ity, says the doctor. "The symptoms of BPH include a frequent need to urinate, a weak urine stream, difficulty starting and

> stopping urination, and a feeling of incomplete bladder emptying. Some men may also experience urgency and leakage. While these symptoms can vary in severity, they can lead to significant discomfort and inconvenience, affecting daily activities and sleep quality," he adds.

According to the urologist, diagnosing BPH typically

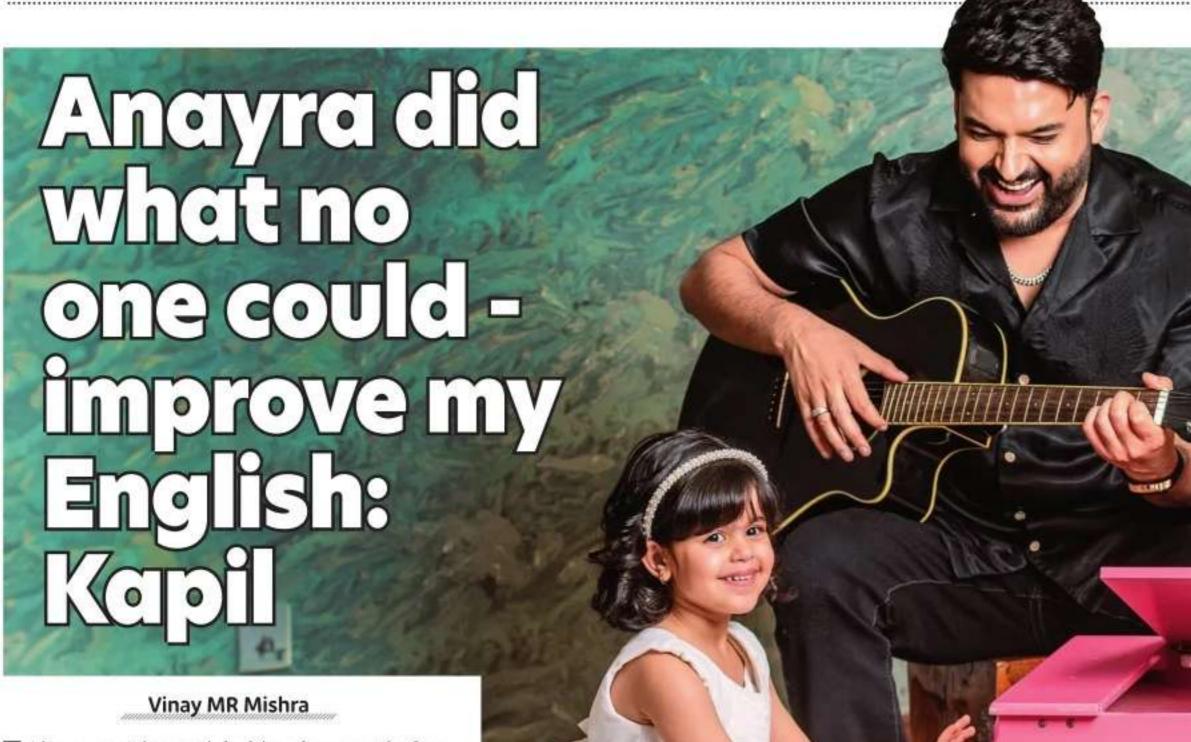
involves a physical examination, including a digital rectal exam (DRE), a urine test to check for infection, a prostate-specific antigen (PSA) blood test to rule out prosobesity and lack of physical activ- tate cancer, and imaging tests.



"Treatment options depend on the severity of symptoms. Some medications help relax the prostate muscles and shrink the prostate, thereby improving urinary flow. In cases where medication is ineffective or symptoms are severe, surgical options may be considered," he concludes.

Dr D Karthikeyan Urologist, Noble Hospital, Purasaivakkam, Chennai *(Procedures given are based on the expert's

understanding of the said field.)



t is way past Anayra's bedtime, however, the fouryear-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 clicked. 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.

'I HAD ALWAYS HEARD THAT A FATHER AND DAUGHTER'S LOVE IS VERY UNIQUE'

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 his equation with his daughter, the comedian shares, "I had always heard that a father and daughter's love is very unique. Once you become a father to a daughter, you realise that the love between the two is unparalleled. She is my biggest blessing. Daughters have always received more love in our house. 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 Trishaan. 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. I really love my sleep, 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 - SHE HAS HELPED ME 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

Katy Perry talks about hot & fast arguments with Orlando Bloom

ENTERTAINMENT

Kapil Sharma with

daughter Anayra

When she was a child, it was only my wife Ginni who could

make her laugh. I would wonder, I

am making the whole world laugh

laughing. But she is the one who

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

but my own daughter is not

makes me laugh the most



aty Perry recently shared that she and her partner, Or-lando Bloom, are very loud and are filled with energy. She also confessed that they have hot and fast arguments. The singer, 39, is engaged to Bloom, and they also share four-year-old daughter Daisy. As per a media outlet, when opening up on the energy in the household, the singer confessed she calls

the clan the "chaos crew". Touching on their arguments in their relationship, Perry said, "We are a loud family. We are fire fire fire. Orlando and I, when we argue, we argue kinda hot and fast and then cool really quickly. It's like, 'La la la la la, I love you. Alright, let's move

The singer also spoke about the ego they both have as she opened up on her man's energy as a romantic partner. "He's a real sage. We both have parts of ourselves. There's two parts of us, our highest good, and then our carnal, material self. Ego. When the ego is running the show, then it's like, 'Whoa.' But when that's in check, then we're both something else," she said.

The Dark Horse singer admitted both hers and Orlando's personality is already showing through in their daughter. She revealed the youngster is "a product of both parents being very bold", as she revealed the tot is not a shy child. Daisy made her singing debut on the latest track released by Perry.

I'm an aunty and proud of it: Zeenat



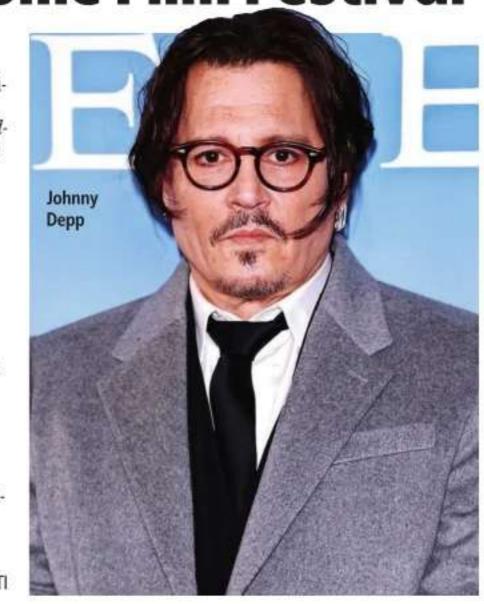
eteran actress Zeenat Aman's social media posts are always unique. In her latest, she decided to address the term 'aunty' and asked, "Which genius decided that "aunty" is a derogatory term."

Waxing eloquent about the "Indian aunty," she wrote, "Where would we be without those ubiquitous older women who make our lives comfortable and warm and secure. The Indian aunty is everywhere, and she doesn't even have to be related to you. She provides a shoulder to lean on, an ear to your problems, a hot meal, a silly joke, a welcoming home, a righteous scolding, a pearl of wisdom. When you hear the word "aunty" you can imagine a frumpy nag, or you can truly think about the older women in your life and see what I see. In my life I had my stepmother Shamim aunty, who was a huge support to me when my sons were young. She would cook us meals and babysit the boys and check-in on me everyday."

Johnny Depp to be honoured with Lifetime Achievement **Award at Rome Film Festival**

ohnny 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 films like Pirates Of The Caribbean, Alice In Wonderland and Charlie And The Chocolate Factory, made his directorial debut with Brave, in 1997. Oscarnominated actor Viggo Mortensen will also receive a Lifetime Achievement award at the festival.





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