

SHOWBIZ
MILLIE BOBBY
BROWN
SHARES HER
WEDDING
PICS WITH
HUSBAND JAKE
BONGIOVI
P2



Bombay Times

FRIDAY, OCTOBER 4, 2024
ADVERTORIAL, ENTERTAINMENT INDUSTRY
PROMOTIONAL FEATURE



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FRIDAY, OCTOBER 4, 2024
ADVERTORIAL, ENTERTAINMENT INDUSTRY
PROMOTIONAL FEATURE

MUMBAI IS...
LOVE WEARING
CHANIYA
CHOLIS FOR
NAVRATRI:
KARISHMA
TANNA
P3

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'My mom is my only source of motivation'

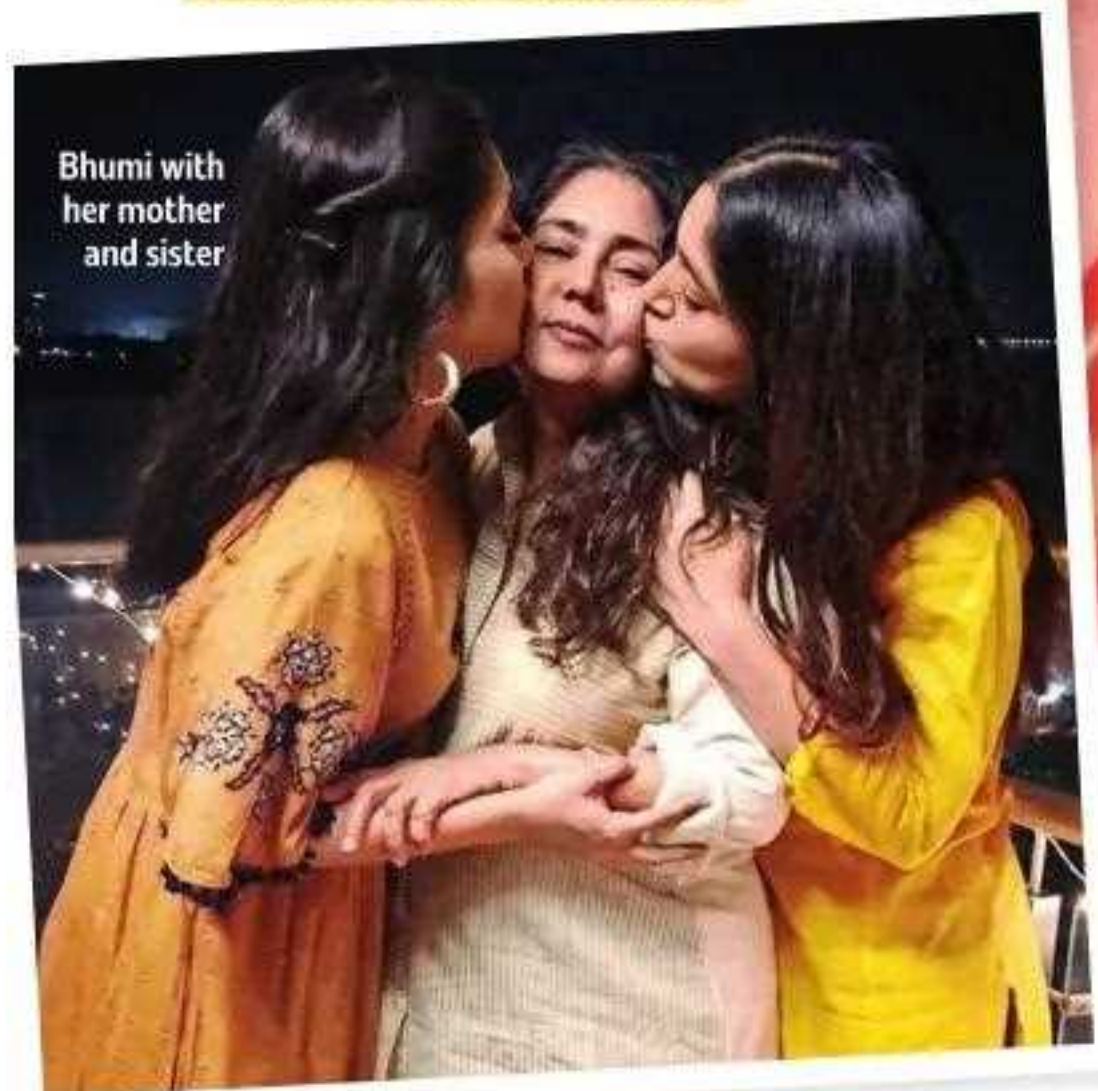
Sundas Jawed

Bhumi Pednekar believes it is important for women to be ambitious, to have a voice and an opinion. At a recent event in Kolkata, the actress opened up about how she is also someone who looks up to her mother for inspiration, the power of cinema and more. She said, "I've seen my mom work so hard to make sure that my sister and I have a beautiful life. She is an evolved individual and everyday I wonder how I can make her proud."

CONTINUED ON ▸ BACK PAGE



Bhumi Pednekar



Bhumi with her mother and sister

My mother is my hero and my idol. She became a single parent very early on in life when we lost our father. She is my single source of motivation and strength



CHAITANYA AND SAMANTHA HIT BACK AFTER MINISTER LINKS KTR WITH THEIR SPLIT

'DIVORCE WAS A MUTUAL DECISION'

What happened:

Former couple Samantha Ruth Prabhu and Naga Chaitanya hit back at Telangana minister Konda Surekha after her remarks that senior BRS leader KT Ramarao was responsible for their divorce sparked controversy, saying her claims are "false" and the decision to part ways was "mutual".

SAMANTHA RUTH PRABHU

AKKINENI NAGA CHAITANYA

'MY DIVORCE IS PERSONAL'

In a statement on Instagram, Samantha Ruth Prabhu wrote, "To come out and work, to survive in a glamorous industry where women are more often than not treated as props, to fall in love and to fall out of love, to still stand up and fight... It takes a lot of courage and strength. Konda Surekha Garu, I am proud of what this journey turned me into - please don't trivialise it. My divorce is a personal matter, and I request that you refrain from speculating about it. Our choice to keep things private doesn't invite misrepresentation."

'THE CLAIM MADE IS ABSOLUTELY RIDICULOUS AND UNACCEPTABLE'

In a statement, Naga Chaitanya wrote, "A mutual decision was made by me and my former spouse to part ways... Today, the claim made by Minister Konda Surekha Garu is not only false, it is absolutely ridiculous and unacceptable. Women deserve to be supported and respected. Taking advantage and exploiting the personal life decisions of celebrities for the sake of media headlines is shameful."

CONTINUED ON ▸ BACK PAGE



Sharmila Tagore

MY WORK IS HELPING ME EXPLORE THE NUANCES OF AGEING: SHARMILA TAGORE

The assumption that as you age, you become fragile and dependent is debatable. If you're healthy, you can lead a productive life. Ageing is not about lost youth, but seizing new opportunities, and I truly believe that

BACK PAGE

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Stargazing at Paris Fashion Week

Spider-Man star Willem Dafoe rocked the runway for Miu Miu

Forever a fashionista, Katy Perry showed up to the Balenciaga show in a knee-length dress with six horizontal silver zippers and the top portion resembling a fanny pack

Looking chic in a turtleneck long-sleeve black dress, Nicole Kidman attended the Balenciaga show

Academy Award winner Lupita Nyong'o opted for a monochrome outfit for the Chanel show

Former world No. 1, Russian tennis player Maria Sharapova made a stylish appearance at the Chanel show

Camila Cabello made a case for schoolgirl-core in a gray cropped sweater that she paired with a pleated miniskirt for the Miu Miu show

Serving Fall fashion inspo, Shailene Woodley layered up for the Miu Miu show

Zendaya put a futuristic spin on the skirt-suit in a stylish monochrome blazer and asymmetric bubble skirt at the Louis Vuitton show

Millie shares her wedding pics with husband Jake



Stranger Things actress Millie Bobby Brown, who married singer Jon Bon Jovi's son, Jake Bongiovi, in an intimate ceremony in May, shared some inside pictures of the wedding.

On Thursday, Millie dropped a series of photos showing her in a white wedding gown with lace details. Jake matched his lovely bride in a white tuxedo with a black bow tie. In the caption Millie wrote, "Forever and always, your wife."

Earlier in June, the actress had confirmed her secret marriage to Jake, who she started dating in June 2021. *People* magazine had earlier confirmed that Millie and Jake got married in May, with only close family in attendance, including Jon Bon Jovi and Millie's parents. Their wedding was officiated by her *Stranger Things* co-star Matthew Modine.

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10:30am-7:30pm | For more info, Call: +91 98204 39178

'LOVE WEARING CHANIYA CHOLIS FOR NAVRATRI'

Karishma Tanna says that she is a traditional soul when it comes to celebrating festivals. The *Scoop* actress shares, "I am very Indian at heart and like to celebrate all festivals. I love Indian outfits and *bindis*. Since I am married now, I love to wear *sindoor*. I get very excited to wear outfits created by different designers during the festive period."

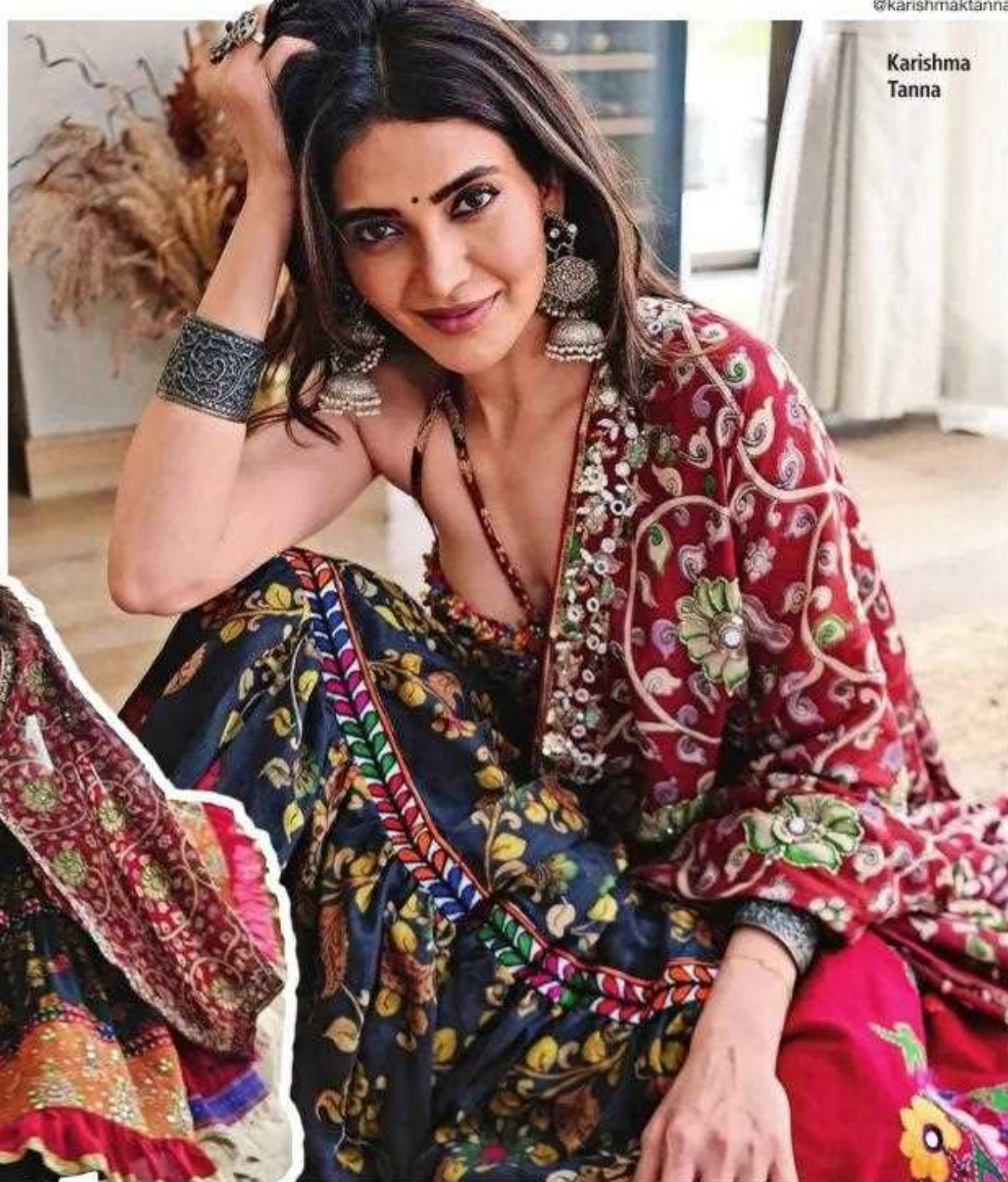
'RED, DARK PINK AND BLACK ARE MY FAVOURITE COLOURS'
Karishma's idea of festive fashion includes prints and multi-colours. She says, "When I go for garba, I wear the typical garba outfit, *chaniya choli*, because I love the authenticity of the festival. I also like different kinds of *Bandhani*, mirror work and love wearing red, dark pink and black colours."

And does she indulge in festive treats? "I believe one must enjoy life and then work out, too. I can't say *ki bhai main khaungi hi nahi, ya phir main zyada khaungi*. I am a balanced person; I like to binge eat and then work out," she says.

— Yesha Bhatt

'I want to explore different things'

Karishma, who started her career with the TV serial *Kyunki Saas Bhi Kabhi Bahu Thi* and was later seen in *Naagin 3* and *Gayamat Ki Raat*, has now moved to OTT. She says, "I watch very little TV now. I think I am done with the medium because I want to explore different things."



@karishmaktanna

Karishma Tanna



A bus needs a driver, not a beauty on duty



'Shivneri Sundari' Hostess Soon to Be Appointed by MSRTC on Mumbai-Pune Service Buses

The Maharashtra government has decided to hire female attendants on the Mumbai-Pune buses to 'up-grade' their services. They are calling the new recruits *Shivneri Sundaris*, betraying their inability to read the room, as far as societal gendering is concerned.

The travel industry relies on the soft skills that come naturally to women – communication and the ability to handle complex situations, multi-tasking with a smile. There is also the other reality, of attractive female professionals in customer-facing roles being projected as brand ambassadors for the businesses, to the extent of objectifying them. Especially in the airline business. A troubling legacy that has been passed down to us from the West.

The formidable Sara Nelson, International President of the Association of Flight Attendants, has been vocal about the public perception created by airline adverts in the '60s where women were 'defined as sex objects.' "There was a time when there were ads that were things like, 'I'm Cheryl, fly me,' or, 'I'm Amber, fly me all the way to Mexico,' ... And that was the image to the public. And that was what we had to face when people came to the door of the airplane," she had said.

A lot has changed over the years. Women are employed in roles that go beyond having to wear body-hugging uniforms, high heels and makeup. The pilots, engineers, the ground staff that remain invisible. The managers and the team leads who make your check-in and out a seamless experience. And the women driving tour buses, cabs and even handling petrol pumps. Even airlines have stopped adverts that objectify women, highlighting their fleet, cutting-edge ground and onboard services instead.

And if an 'inspired' policymaker is under the impression that more (male) passengers would flock to the *Shivneri* buses because there are women serving them orange juice in tetra packs and greeting them at the door; it just shows how much harder women have to try and be treated with the basic dignity at their workplaces.

To borrow from the '70s feminist slogan popularised by Gloria Steinem, 'A long-distance bus needs a *'Sundari'* as much as a fish needs a bicycle.'

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



Three Roald Dahl books returned to library after 40 years

A library in Ontario said a patron who recently returned a trio of Roald Dahl books that were 40 years overdue would have faced over \$1,000 in late fees if the facility hadn't gone fine-free in recent years.



Tina Datta flaunts a traditional look

Durga Puja was the time to receive unlimited gifts from parents: Tina

As Kolkata wakes up in the wee hours of dawn to the enchanting baritone of Birendra Krishna Bhadra, people know that the festive season has begun. Tina Datta, who rose to fame with the TV show *Uttaran*, listens to *Mahishasurardini* not just on Mahalaya, but on other days also. She misses Kolkata's *Pujo* and talks to us about her childhood memories of Durga Puja, *pujo* shopping and more. Read on...

TINA'S CHILDHOOD PUJO MEMORIES

As a child, Tina used to spend Durga Puja with her grandparents, memories of which she really cherishes. "Visiting *pandals* near my house was a must along with my grandparents. They would teach me the *puja* rituals. I loved to hear the stories from the *Puranas* they used to narrate. They also gave me ₹50 as pocket money for five days with which I could buy any-



Tina's Durga Puja plans

Tina, who lives in Mumbai, shares, "I will be visiting *pandals* in the city and going for a few events. There was a time when I made it a point to fly down to Kolkata on *Ashtami* for the *anjali*, but it's not possible now because of the festive rush."

'AS A CHILD, I USED TO LOOK FORWARD TO PUJO SHOPPING'

"Durga Puja was the time to receive unlimited gifts from parents and relatives. Wearing new shoes and trying them before *puja* was mandatory. My father used to give me ₹500 to buy makeup. At that time, with ₹500 we used to get so many beauty products! Now we buy things throughout the year, but in those days, waiting for the whole year to shop during *pujo* was something to look forward to."

— Ruman Ganguly

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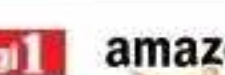
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TIMES HITORI

HOW TO PLAY

1. A number may appear just once in each row or column. Eliminate repeat numbers by darkening cells. (see example)
2. Darkened cells must never be adjacent in a row or column.
3. Unmarked cells must create a single continuous area, undivided by darkened cells.
4. Every time you darken a cell, you can automatically circle its vertical and horizontal neighbours, which means they cannot be eliminated.
5. Any cell "sandwiched" between neighbours of the same value can be circled. (e.g. 6 4 6)
6. A "triple" is a special case of sandwich. Circle the centre cells, and darken the ends. (e.g. 6 6 6)

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

Example

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).

SUDOKU CHALLENGE

Level: Medium

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

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.

THE DAILY CROSSWORD

By Katherine Baicker & Laura Dershewitz

4/10/2024

ACROSS

- 1 Light melody
- 5 Singer Del Rey
- 9 Photographer Adams
- 14 Nice companion
- 15 Sister of Castor and Pollux
- 16 Raises or rises
- 17 Orientation for new senators?
- 19 Possessed
- 20 "Way cool!"
- 21 "Wabbit" hunter
- 22 A/Q monitor
- 25 "Margaret won't be in the comedy showcase!"
- 29 New England state
- 31 Conclude
- 32 Lingus
- 33 Theme park serviced by the Disney World monorail
- 34 Took to court
- 36 IRS IDs
- 37 Exclamation when a product lives up to the hype?
- 41 Pupil's place
- 43 Wee bit
- 44 Needed a sick day
- 47 Boxing Day mo.
- 48 Part of a pod cast?
- 49 Q-Tip and Ice-T
- 51 Tables and chairs that wobble?
- 55 Circular
- 56 Scull pair
- 57 Reptiles in the logos of some dojos
- 59 Muddle
- 61 "Straight up, please," to match 17-, 25-, 37-, and 51-Across?
- 65 Shampoo brand since 1947
- 66 Correct spelling, say
- 67 Beltmaking tools
- 68 Source of waste
- 69 Movie night rooms

DOWN

- 2 Cozy cat seat
- 2 "Sez me"
- 3 Smaller than sm.
- 4 Bitter brews
- 5 Showed the door
- 6 First Hebrew letter
- 7 Mythical lion's home
- 8 "minute now ..."
- 9 Word with poke or push
- 10 Fresh cut
- 11 Beach homes?
- 12 Afore
- 13 Acid initials
- 15 Wore
- 18 University of South Dakota athlete
- 21 Italian luxury brand
- 22 Morn's opposite
- 23 Pizzazz
- 24 Permafrost predators
- 26 Turn sharply
- 27 "of the woods mushroom
- 28 Alternatives
- 30 Hardness scale name

70 Nerd (out)

35 Prepare for takeoff, maybe

36 Katie Ledecy's team: Abbr.

36 Pickup alternative

38 Docking stations?

39 Reddish horse

40 Watch in wonder

41 "Who wants cake?" response

42 Slo-mo reviewer

45 Time worth studying

46 Bargain footwear chain

48 Red and blue

49 Flemish painter Peter Paul

50 Extra Extra Dry brand

52 Server error?

53 Beginning of a famous boast

54 Part of NFT

58 Unexpected hitch

59 Speed letters

60 Rollover subj.

61 Larger than sm.

62 Fleece source

63 Bitter brew

64 Judy sound

GARFIELD

YOU LOOK LIKE YOU JUST LOST YOUR BEST FRIEND

EVEN WORSE

THE REMOTE

ARCHIE

ARCHIE! HE'S OUTSIDE PLAYING CATCH WITH JUGHEAD, DADDY!

HE'S LEAVING WITHOUT SAYING GOODBYE! THAT'S SURPRISING!

NOT REALLY!

DENNIS THE MENACE

"A COMB? I LIKE IT WIND-BLOWN!"

SCRAMBLE

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.

It is an unscrupulous intellect that does not pay to _____ its due reverence. - Desiderius Erasmus (9)

SPELLATHON

Today's Ratings: 10-average | 12-good | 14-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.

SOLUTIONS TO GAMES/PUZZLES

ANSWER: It is an unscrupulous intellect that does not pay to flatter its due reverence. - Desiderius Erasmus

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ARIES: Success is just as much about resilience as it is about talent, hard work and luck. You'll get to your goal by falling and picking yourself up. Insights from past experiences will help you make more realistic decisions about yourself, and your future potential.

TAURUS: Don't focus on the qualities you lack. Play to your strengths. You bring a level of total involvement and commitment to everyday life that others find fascinating and ultra-attractive. There may be unexpected financial gains.

GEMINI: You can become more spiritually oriented, and lean towards mysticism. There will be a new person in your life who will have a huge impact on your goals, and some of these people may be in positions of power.

CANCER: You will receive the enlightenment and insight into your own self and make a major transition to a position that will suit your personality more adequately. Your intuition may be off key and this could cause you to make errors.

LEO: You may feel your imagination is running away with you and leaving you to pick up the pieces and sort out what is real and what is not. Secrets may suddenly be revealed at times they must be dealt with. Sudden upsets are signs of subconscious self-defeating beliefs.

VIRGO: You may take a little stroll down the wild side and be surprised at how much fun this is. This can be a time when you selflessly give to others with no thought of reward for yourself.

LIBRA: You have learnt now to make more sense of your life and help you to come to terms with something you did not have a very good grip on up until now. You are attracted to groups who share your dream or your ideals.

SCORPIO: This can be an excellent time to get into your past that can help you to discover what makes you tick. You will find it easier to concentrate and thus accomplish the goals you set. If you are single, you may meet someone.

SAGITTARIUS: Make changes and adjustments and find the niche you have been looking for all your life. By seeking mental support, you may experience swift and profound growth. Explore new and exciting ways to enrich your life.

CAPRICORN: Your body is asking for your care. You'll be amazed at how much your life can reset by giving your body the love and attention it deserves. This is a time to learn when your help is being wasted. You'll attract allies who share your values and spiritual beliefs. Delays in love may impact a relationship.

AQUARIUS: There may be moments when you realize that those you are helping might not truly deserve it. A friendship could offer mutual moral support or assistance. It's important to first stabilise your home, family, and financial situation, while also finding something that brings you happiness.

PISCES: Speak about yourself as if you already are the person you aspire to be, and you'll naturally grow in that direction. It's also a way to try on this potential version of yourself and see if it feels right. You're aware of the challenges you're facing, but remember that the best friendships are those that encourage growth.

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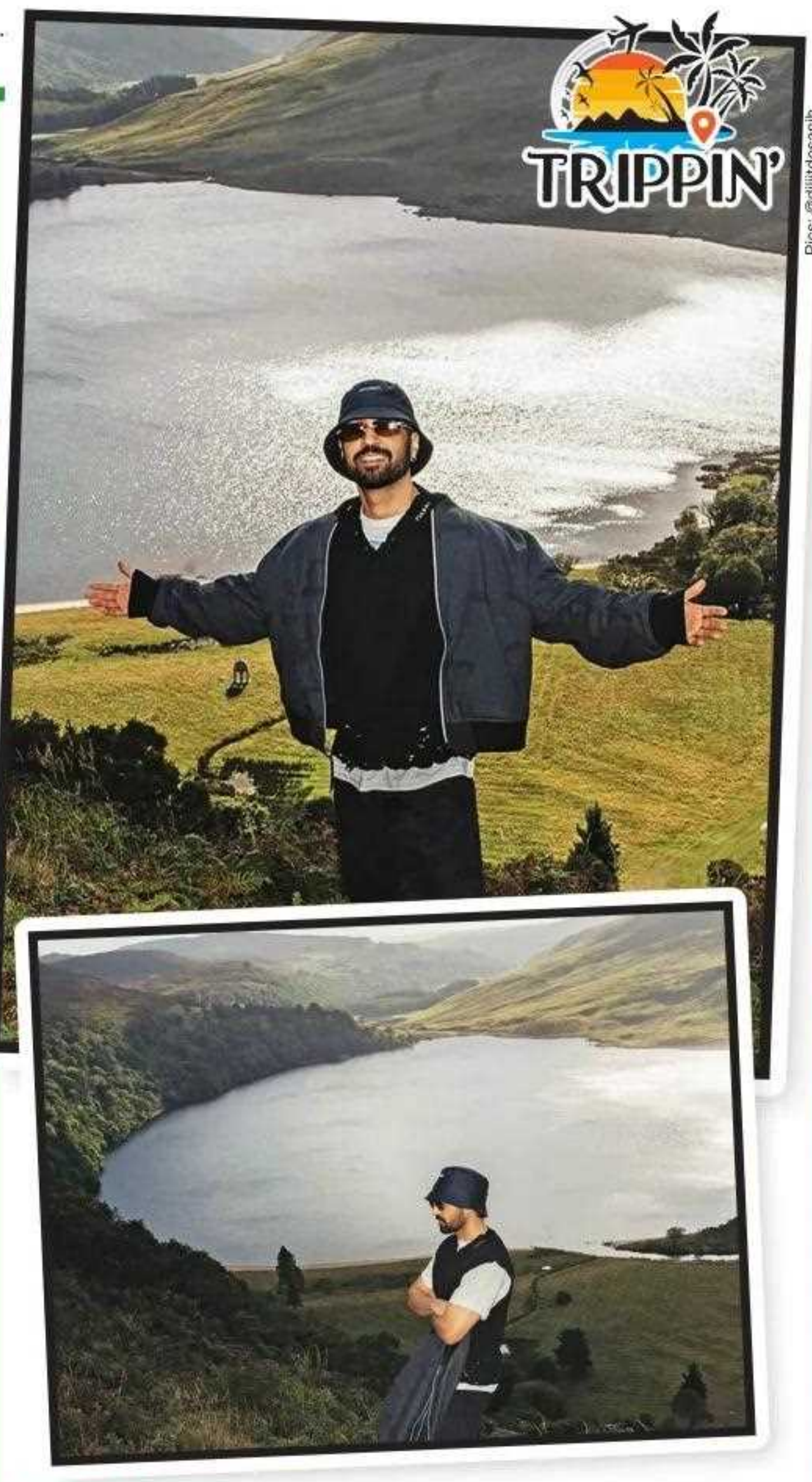
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BRAID PINS, HAIR BANDS, FORK PINS

Dress up your hair in the latest festive trends

Pics: Anindya Saha; hair and make-up by: Deepali Ahalani Kirrimchandani

Model Moushmi Bhattacharya feels the tiara has enhanced her festive outfit



DILJIT DOSANJH shared some stunning panoramic views of DUBLIN's Wicklow Mountains in his recent Instagram post

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Model Zoya Ahmed, who sported the braided look says, "This accessory is so pretty and manageable at the same time."

Braid it beautifully
Looks best with: Indo-western outfits
Accessories needed: Bobby pins, U-shaped jura pins and jhumkis
How to style your braid: Start by parting your hair into three sections. Crimp the front section. Back comb the other two parts. Make two side braids, one in the middle braid and weave them into a final long braid. Pin the chain accessory using U-shaped jura pins.



Add fun with a ballerina bun

Looks best with: Sari, shararas and ethnic gowns
Accessories needed: Crystal tiara, jura pins, a donut puff
How to style your bun: Make a ponytail and curl the ends. Crimp the front section of your hair and back comb it. Now, using a bouffant, tie your hair into a bun and secure the crystal tiara using jura pins



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with different tops and shirts are a must-have. Opt for versatile, trans-seasonal clothing like kurtas which you can style all year long. Turn to easy-to-wear and multi-functional items; for instance, shirts which can be worn day to night, sundresses or linen co-ord sets suitable for both work and travel, etc.," details Kaveri Lalchand, the founder of an eponymous fashion label.

*** MAKE ETHICAL CHOICES**
 Select ethically made fashion which supports artisans. "Handcrafted weaves and looms make for high-quality

At the same time, identify pieces for special occasions. "A sari is a versatile garment that can be paired with various styles and drapes, be it traditional or modern. It's best to pick saris made meticulously from the finest materials so that they last you a lifetime," mentions Lavanya Nalli, vice chairperson of Nalli Silk Sarees. Select designs, prints, and motifs that can be pared down for a casual appearance and dressed up with accessories like choker necklaces, clutches, and belts for a more striking look during the festive period. Further,

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Do you feel guilty every time you indulge in a little retail therapy? Well, fear not, because here's a list of sustainable items that you can wear and show off with style repeatedly

asserts the importance of buying less, but choosing well. "Go with timeless styles that are not trend-focused," she says. A few quality essentials can lay the foundation of a sustainable wardrobe. From organic cotton T-shirts to leggings and more, prioritise durable daily wear that is worn frequently. "High-end fabrics such as linen, silk, etc., also result in a longer shelf life. Moreover, staples like white or black pants that go well

ity, long-term wardrobe companions. Whether it's Kantha, Jamdani, Shibori or Benarasi, shop for crafts that give the garment an everlasting charm," mentions Lalchand. Today, such crafts are also found in contemporary, regularly worn silhouettes like dresses, jumpsuits, etc., made from bamboo fibre, hemp, recycled fabric, and other eco-friendly materials.



ALL PHOTOS ARE FOR REPRESENTATION PURPOSE ONLY

Saundarya Jain
 @timesofindia.com

A fashion continues to evolve, so does the concept of sustainability. Today, an eco-conscious wardrobe includes items that not only have a lower impact on the environment but are also made from

high-quality materials and designed to last longer. Here, we explore the quality pieces you can invest in to benefit the planet while introducing style and sophistication to your wardrobe.

*** GET YOUR BASICS RIGHT**
 Meghana Goyal, founder of Summer Somewhere,

ing the spotlight like a crown jewel: emeralds.

*** SPARKLING INVESTMENTS**
 Festive occasions like Navratri and Dhanteras offer the perfect opportunity to invest in assets such as fine jewellery and gemstones. Dr C. Vinod Hayagriv, director and managing director of C.

All that glitters is GREEN

Rumour has it that emeralds are a girl's new best friend. Let's find out more



However, the real magic lies in how you style and wear your jewellery. Yash Agarwal, partner and creative director at Birdhichand Ghanshyamdas Jewellers, emphasises, "Jewellery should complement the outfit, and the outfit should enhance the jewellery. It's always wiser to invest in timeless pieces rather than fleeting trends. Classic designs have enduring appeal."

When it comes to gemstone-encrusted jewellery, few stones are as timeless as emeralds. "Invest in a pair of diamond and emerald earrings," says Agarwal. "Emeralds are incredibly versatile and can be styled with almost anything. Pairing them as a striking contrast to your outfits has become a major trend. For me, the one essential piece of jewellery is an emerald ring—there's no better way to showcase the versatility of emeralds than with a bold statement ring."

Krishniah Chetty Group of Jewellers, explains, "Traditionally, base metals like iron, lead, or aluminium are not considered ideal purchases during these festivals. Instead, this is the best time to acquire high-quality gemstones and precious metals. We've observed that clients, well-versed in cultural and scriptural significance, don't buy simply because it's part of tradition to do so. Instead, they focus on investing in top-tier gemstones, 22-carat gold, platinum, diamonds, and fine pearls—valuing craftsmanship, heritage, and long-term appreciation."

* GO GREEN FOR GLAMOUR

For jewellery to be special beyond just one special occasion, it's important to consider some key factors. "Timeless designs with versatile appeal effortlessly transition across different settings—be it formal or casual," says jewellery designer

*** GEM OF THE SEASON**
 If you've got your heart set on emeralds, there's little need for convincing—after all, it's one of the finest choices you can make.

PROPER HANDLING AND CARE ARE ESSENTIAL TO MAINTAIN THE BRILLIANCE AND LONGEVITY OF AN EMERALD. HERE ARE SOME EASY-TO-FOLLOW TIPS TO HELP PRESERVE YOUR PRECIOUS PIECES:

- Store with care:** Jewellery set with gemstones, especially emeralds, should be stored in high-quality, soft-lined boxes to shield them from environmental factors and prevent wear and tear.
- Keep pieces separate:** Avoid storing multiple items together, as this can lead to scratches or damage over time.
- Clean regularly:** Regularly cleaning your emerald jewellery ensures its longevity and maintains the gemstone's vibrant colour. However, avoid harsh chemicals—emeralds require delicate care.

Archana Aggarwal. "Choosing pieces with high-quality craftsmanship not only ensures durability but also longevity. Practicality is equally essential—think about the size, weight, and versatility." When curating jewellery for special events, a few considerations should be at the top of one's mind. First, the pieces should complement your outfit and suit the nature of the occasion. Comfort is also crucial—you'll want to feel at ease wearing your jewellery throughout long cele-

brations. Lastly, think about practicality and durability to make sure your jewellery is low-maintenance and can be cherished for years to come. "This approach helps balance aesthetics with comfort and longevity, making your jewellery investment truly worthwhile."

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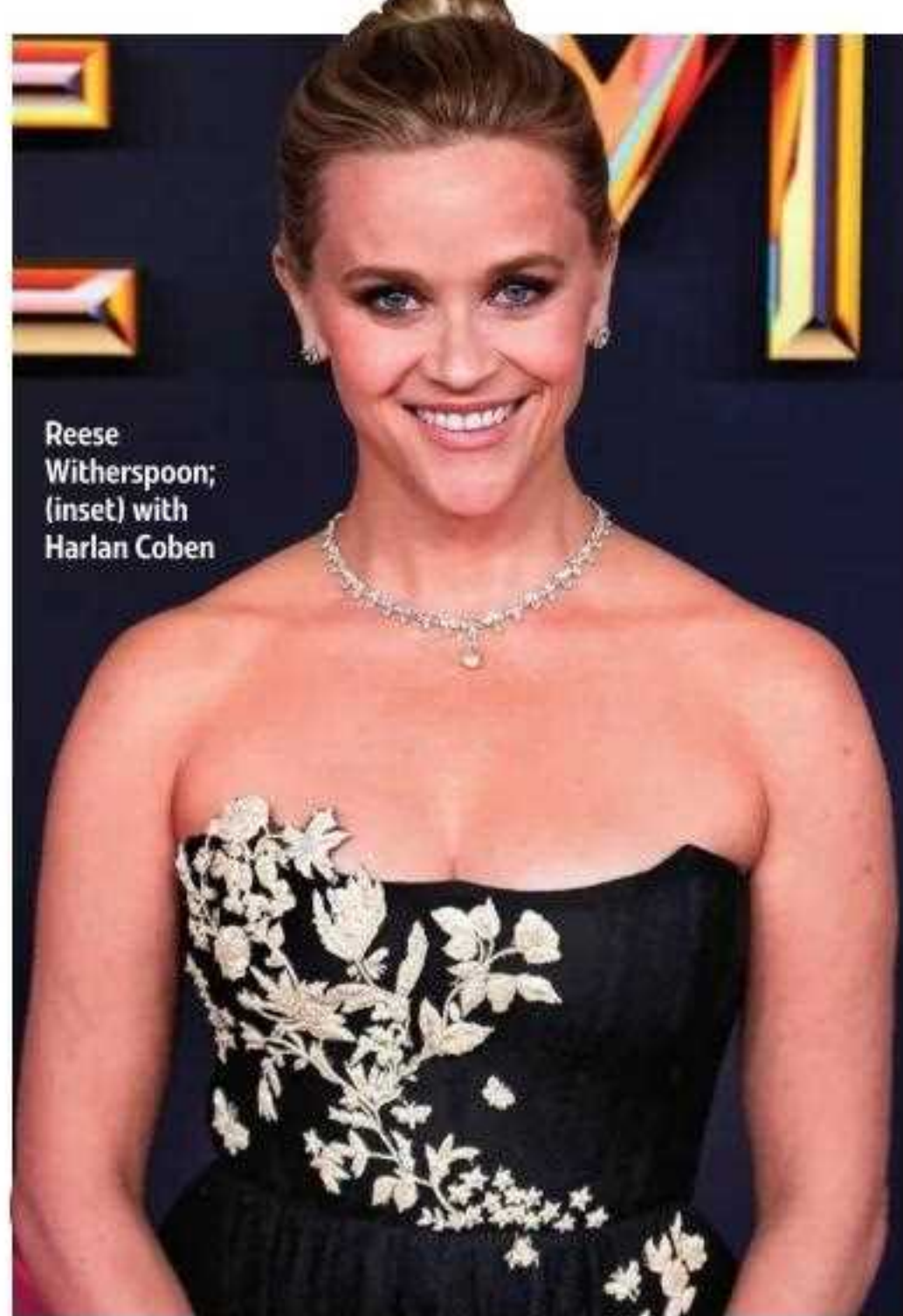
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Reese to co-write debut novel with Harlan Coben



Reese Witherspoon; (inset) with Harlan Coben

Reese Witherspoon is all set to co-write a thriller novel with bestselling author Harlan Coben. The Hollywood star did not reveal the title of the book, which will be released next year. The *Legally Blonde* actress took to Instagram to write, "I'm beyond excited to share that I'm co-writing my very first thriller with #1 bestselling author, Harlan Coben! As a massive fan of Harlan's work, I can't believe he agreed to co-author a novel with me. I'm either the most persuasive person alive or the idea of this book is just too good! Maybe both?? I honestly can't wait for you all to read it!"

In the past, Witherspoon wrote a memoir, *Whiskey in a Teacup* and has authored three *Busy Betty* children's books. Her collaboration with Coben marks her first novel.



@reesewitherspoon



Matthew Perry

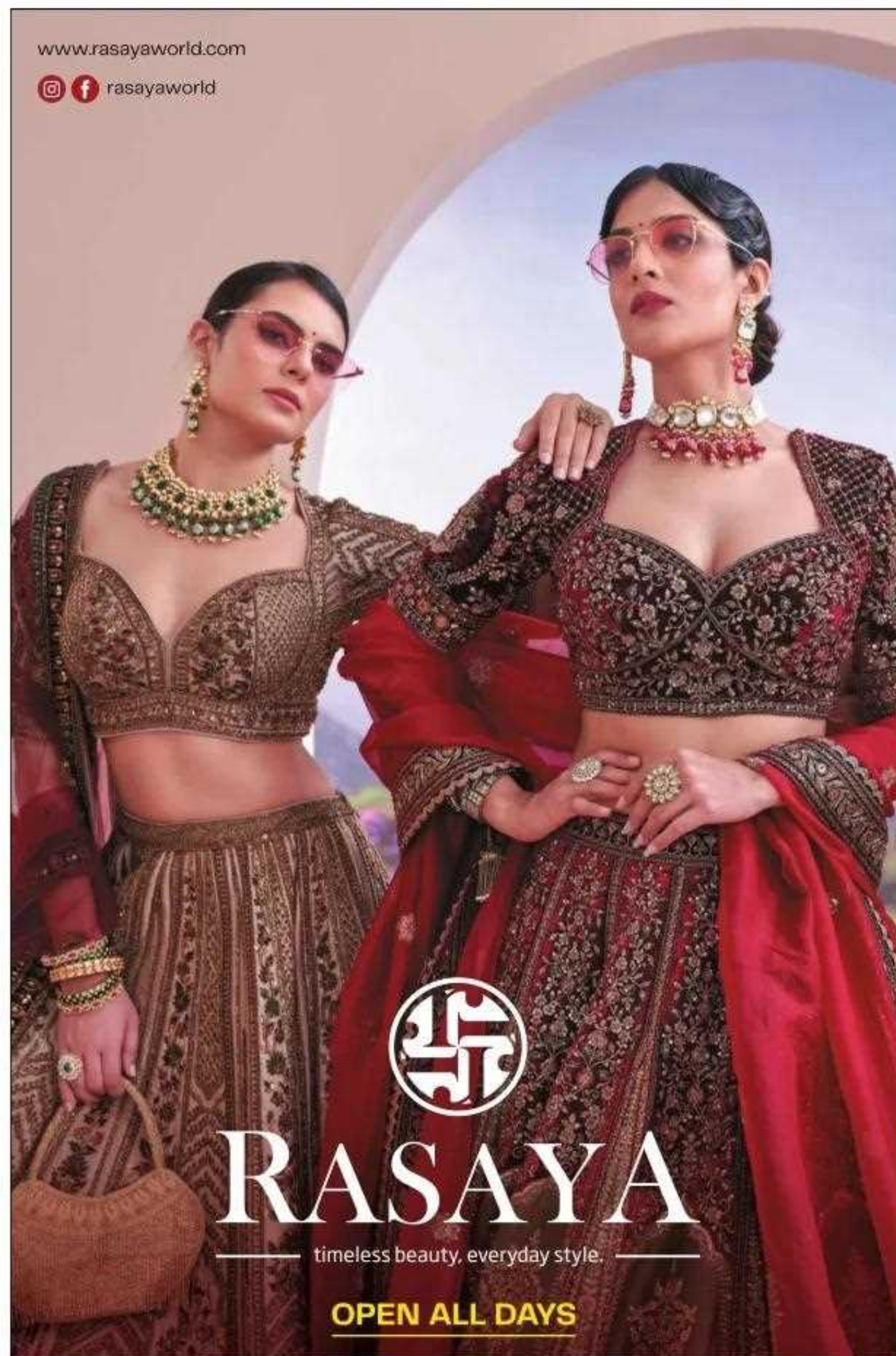
Doctor who supplied Matthew Perry ketamine pleads guilty to drug charge

One of the two doctors charged in connection with Matthew Perry's death has pleaded guilty. Mark Chavez, 54, was one of the five defendants who were charged in connection with the investigation surrounding the *Friends* actor's

death aged 54 last from the "acute effects of ketamine" at his home in Los Angeles.

Chavez appeared in a LA court on Wednesday to enter his plea and could face up to 10 years in prison. Perry had been taking ketamine six to eight times a

day before he died, according to court documents. Chavez's lawyer said after his client's first court appearance in August he is "incredibly remorseful" and is attempting to do "everything in his power" to "right the wrong that happened."



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ing them highly drought tolerant. They can survive long gaps between waterings without wilting, which is ideal for people who may forget to water or those with limited time for plant care." Khanna, who keeps a Haworthia Turgida succulent in her office, shares, "I'm often busy, but my office succulents bring me joy. I water them once every two weeks, and they thrive. It's amazing how low maintenance they are."

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Although their care varies slightly, succulents are highly adaptable. "A general

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Succulents have grown in popularity among plant enthusiasts, especially busy individuals who want to enjoy the beauty of nature without the maintenance. These hardy plants are perfect for those with limited

time, offering a simple way to bring greenery into their lives. For Asmita Khanna, a marketing manager, succulents are her go-to plants as a full-time working professional. "They're forgiving and easy to care for, perfect for those with hectic schedules."

*** FOR BUSY LIVES**
Succulents are resilient

and require minimal care. Sneha Singh, head of content at Ugao, an online plant store, notes, "Unlike other plants that require frequent watering, succulents have thick, fleshy leaves that store water, mak-



Succulently Simple

Are you a nature lover with a busy schedule? Look no further. Our guide to growing succulents will help you start your plant parenting journey today

SUCCULENT STARTER KIT:

- Aloe vera:** It thrives in bright, indirect sunlight and needs watering every couple of weeks.
- Jade plant (Crassula ovata):** It is hardy and tolerates almost any condition.
- Echeveria and Haworthia:** They are compact, easy-to-grow succulents requiring occasional watering and indirect light.

—With inputs from Sneha Singh

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growing season (spring to summer) helps maintain their health. Ensure they're placed in well-ventilated areas and rotate them occasionally for even light exposure," concludes Singh. So, select low-maintenance varieties of succulents and follow simple care guidelines, to bring a touch of green serenity to hectic lives.

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Here's how to give traditional pujo treats a unique twist

Utsa Ganguly

Durga Puja is not just about pandal-hopping and dressing up; it's a celebration that embraces gastronomic extravaganzas as well. Here's how to give pujo dishes a modern twist.

Quirky desserts with khichuri

Khichuri, which is usually accompanied with chutney and payesh, can be paired with other quirky dishes like:

- **K-Pop:** Freshly made semi-fluid *kesariya kalakand* with chopped mangoes
- **Orange Blossom:** Sweet boondi in rose-flavoured syrup mixed with finely cut, dried rose petals and cardamom, topped with whipped rabri and sprinkled with shredded nuts
- **Palm Rose:** Thick payesh with a dollop of *gulkand*, shredded almonds and pistachios

— Anchana Chandak, founder and CEO of a Singapore-based Bengali restaurant

Apple oats payesh is a modern, healthy twist to the traditional affair



Dessert made up of sweet boondi in rose flavoured syrup, topped with rabri

Meal and mythology

Goddess Durga celebrates these days without Shiva, and despite feeling sad for him, she doesn't share her feelings. Instead, she only shares the story of the last meal which is offered. Koyal Roy Nandy, co-head chef at a café in Kolkata says, "We offer a lot of meals as bhog to the Goddess, however, the last meal offered is *aluni kochur shaag* (colocasia cooked without salt) served with *panta bhat* (fermented rice), and this is what she goes and tells Shiva."

While sandesh cheesecake or roshogolla tiramisu bring in modernity, quinoa khichuri and apple oats payesh are health-conscious options

— Supreet Ghai, chef and director of culinary at a hotel

'Stay true to tradition with creative plating'

Contemporary versions of traditional dishes can be created to make pujo meals interesting. But what truly keeps the tradition alive is how these dishes are served. "Presenting on *matir thala* (clay plate) and *khuri* (bowl) enhances the dining experience but also reconnects us to the cultural roots of Bengal," says Tanmay Karmakar, executive chef at a Kolkata restaurant.

Food during Durga Puja is associated with the fondest memories when everyone gathers and enjoys a lavish meal together

— Avinandan Kundu, head chef at a café in Kolkata



A dish not to be missed on Navami is Niramish mutton curry, in which the mutton is replaced with jackfruit, and cooked without onion and garlic

— Rukma Dakshy

Contemporary food items served as bhog

Traditional Bengali dishes that define Durga Puja bhog include khichuri, labra, bhaja, luchi, aloo dum, payesh etc. Here's how a contemporary touch can be added to bring a newness to these:

- Vegetable fried rice or *shyama chaaler pulao* (pulao made out of barnyard millet)
- Palak fritters
- *Goyna bori bhaja* (a dried dumpling in the form of decorative patterns, made out of lentils, popular in Midnapur district of West Bengal)
- Paneer fingers
- Aloo tikki
- Moong dal pakori
- Sago payesh
- Luchir rabri

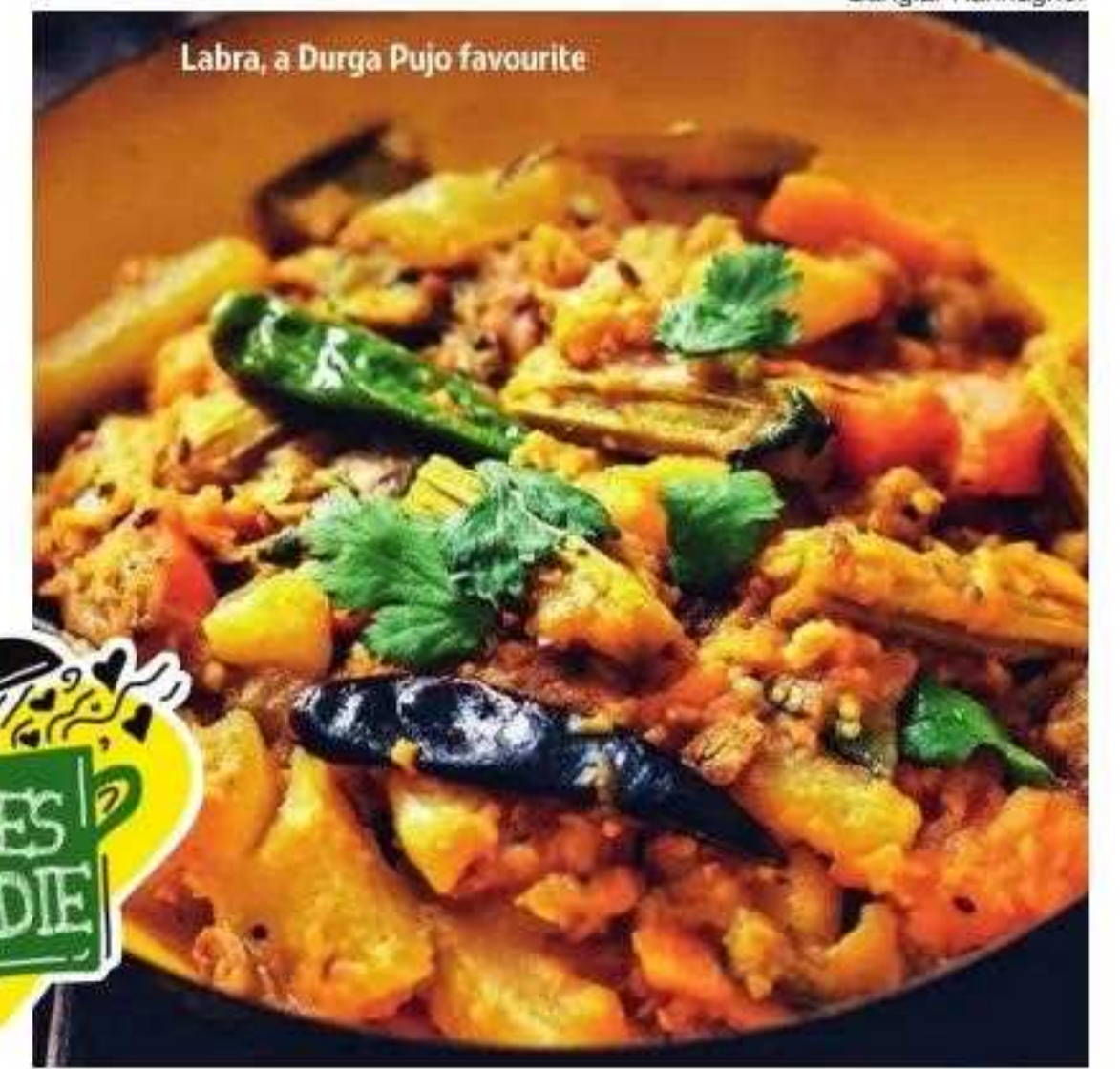
— Rukma Dakshy, cookery columnist and culinary artist



Luchi and shrikhand as contemporary bhog item

Make labra at home this pujo

Banglar Rannaghor



INGREDIENTS
Potatoes (cut lengthwise) 2; brinjals (chopped) 2; radishes (chopped) 2; cabbage (chopped) 2 cups; cauliflower (cut into pieces) 1; pumpkin (cut into pieces) 1; a pinch of asafoetida; *panch phoron* (5 spice blend that includes jeera, kalonji, methi, wild celery seed, and saunf in equal parts); ginger, grated; 3-4 green chillies (slit) 3-4; mustard oil to taste; turmeric powder ½ tsp

METHOD

- Heat oil in a pan, add asafoetida, *panch phoron* and dry chillies.
- Add the vegetables one after another in the pan. First add potatoes, fry for a bit and add other vegetables except pumpkin. Finally add brinjals.
- Add turmeric and salt, cook on medium flame.
- Now add pumpkin and a little bit of sugar. Add grated ginger and mix well.
- Let potatoes soften, and then cook for another 5-10 minutes.
- Serve with steamed rice or hot khichuri.

PRO TIP: When making labra the vegetables are added as per the time taken to cook them. So potato is added first, followed by cauliflower, brinjal, pumpkin - in that order.

Relish authentic bhog

A standard pujo bhog spread comprises dishes including khichuri (khichdi), beguni (brinjal fritters), dum aloo, bhaja (bhajiya), labra (mixed vegetables), with a sweet and sour chutney (usually made with tomato and dates), and *chaler payesh* (rice kheer).

Solar eclipse's ring of fire shines over Chile, Argentina



The 'ring of fire' eclipse is pictured from Puerto San Julian, Santa Cruz Province, Argentina

The annular eclipse occurred on Wednesday lasting just a few minutes. The moon blocked most of the sun across the Pacific Ocean in the afternoon creating a ring of fire which was witnessed by Easter Island and small areas near the southern tip of Chile and Argentina.

How it happens...

An annular solar eclipse occurs when the moon is far away from Earth to completely block the sun, creating a dark silhouette bordered by a ring of bright light called an antumbra, or more popularly called the ring of fire.



A man sets his telescope to watch the solar annular eclipse



People watch an annular solar eclipse in Puerto San Julian, Argentina

What is sleepmaxxing? The latest viral wellness trend



Anagha Sawant

In today's hectic world, many struggle to achieve restful sleep amidst the pressures of modern living. Sleepmaxxing, a viral wellness trend on social media, reflects a growing obsession with perfecting sleep quality by utilising various methods and tools aimed at enhancing rest.



Those with sleep disorders like insomnia or sleep apnea may find that sleep-optimisation techniques aggravate their symptoms rather than relieve them and improve their quality of life

— Dr Sheetal Radia, consultant otorhinolaryngologist

WHAT IS SLEEPMAXXING

- Sleepmaxxing, is a growing trend that focuses on helping people achieve perfect sleep without any distractions
- On social media, sleepmaxxing, or sleep optimisation, is gaining popularity as people experiment with different supplements and gadgets to enhance their sleep quality and get a better night's sleep



- As per the shared videos, the common methods used by people are mouth tape, chin straps, magnesium foot spray, and sleep trackers
- Social media influencers promote this trend by recommending products to enhance sleep
- While sleepmaxxing can help some people sleep better, it can also lead to problems like orthosomnia. This is when people become too focused on tracking their sleep, which can make them anxious

Common misconceptions about sleepmaxxing

According to experts the common myth about sleepmaxxing is that quantity (of hours) is more important than sleep quality. "Many people believe that sleeping for eight hours will automatically mean that they can get enough rest. However, this may not be true as various factors such as sleep cycles, environment, and lifestyle can impact sleep and even well-being," says Dr Sheetal Radia.



Influencers promote sleepmaxxing methods to optimise sleep quality

- A survey report from How India Sleeps revealed that 61% of Indians have had less than 6 hours of uninterrupted sleep each night in 2023
- Studies by the National Institute of Health have connected insufficient sleep (less than seven hours) to obesity, diabetes, heart disease, high blood pressure, anxiety, depression, and alcohol abuse in both children and adults
- Researchers at the Centre for Consciousness Studies, NIMHANS, found that one-third of Indians suffer from severe sleep disorders (dyssomnia)

@bhumpednekar

Gender bias is not just an India problem, but a global one: Bhumi



Bhumi Pednekar

CONTINUED FROM 1

'FIRST IS ALWAYS SPECIAL'

At the event hosted by the ICC, Bhumi shared how her first film *Dum Laga Ke Haisha* helped her find purpose. "I've seen the power of cinema in the way it can change mindsets. It gave me the clarity that if you choose stories that represent real India, you will surely find an audience," said the actress, adding, "Your first is always special but *Bhakshak* is also close to my heart because what the film stands for is really close to me as I work a lot with children."

ON CHOOSING SOCIALLY DRIVEN SCRIPTS

When asked about choosing scripts that are heartland-centric or socially driven, Bhumi smiled and shared how her heart belongs to that part of India. "Our country is diverse, culturally rich and there are so many stories of resilience and courage that need to be told." Further the actress shared how such roles and movies turned out to be smart business decisions for her. "I always wanted to create a space for myself that would be tough to take away from me and the uncon-

'On a daily basis, I have faced casual sexism'

Reflecting upon the recent tragedy in Kolkata, the actress shared how gender bias & violence against women is not just a problem in India, but a global one. "This is a result of years of conditioning and stems from a place where we are trying to create an equal playground that has still not been successful. I have faced casual sexism and didn't even realise it till women I looked up to told me that it was not normal and I should stand up against it. The only way we can deal with it is by calling out that behaviour collectively," she shared.

ventional worked so beautifully for me," added Bhumi.

'WE NEED TO HAVE STRICTER LAWS FOR WOMEN SAFETY'

Speaking about the need to have



A still from *Dum Laga Ke Haisha*

women representation at all levels and spheres, Pednekar said, "It is empowering to be on set and see equal presentation of my gender, but it's not enough yet. I'm hopeful that we as an industry will achieve it. The only way we can ensure women's safety is by having stricter laws." The actress also added how much it scares her that violence has become an inherent part of our being and there is no empathy left in the society.

Cinema is considered to be a dark industry but it is not. When used correctly, this platform can be a powerful one. It also creates so many jobs and opportunities for so many people

In the second innings of my life, I choose to stay active: Sharmila

Ajay Kumar Gautam



SHARMILA TAGORE

Niharika Lal

Sharmila Tagore recently spoke about ageism, the taboos surrounding it, and how people stereotype the older generation, affecting how they are perceived and treated. At an event on the International Day for Older Persons in the capital, Sharmila Tagore, who will turn 80 in December, shared how much she is enjoying what she calls her second innings in cinema.

'AGEING IS NOT ABOUT LOST YOUTH, BUT SEIZING NEW OPPORTUNITIES'

Ageing is highly misunderstood and brings with it varied preconceived notions. Speaking on this, Tagore said, "What happens when one retires or, let's say, transitions from 59 to 60? Does one suddenly lose their persona, talent, or whatever you may call it? It's still you. But now, they are tagged with words like frail, dependent, old-fashioned, tired, slow and what not!"

She said that we cannot paint all older



Sharmila Tagore has so far worked in three films in this "second innings" of her life. Her film *Gulmohar* also won the National Award for the Best Hindi Film

people with the same brushstroke, as each individual is different. She said, "The assumption that as you age, you become fragile, dependent, unable to take care of yourself, less capable or productive, is debatable. Yes, many lack economic or social security and are heavily dependent, which is a problem that needs to be addressed. But there are also many who choose to be independent. If you're healthy, you can lead a productive and healthy life. Ageing is not about lost youth, but seizing new opportunities, and I truly believe that."

'IT'S IMPORTANT NOT TO BOX PEOPLE INTO CATEGORIES'

The veteran actress added, "I have led a very public life and have been working since the age of 14. I thoroughly enjoyed it. I'm fortunate to be a part of the world of cinema. Being an actor allows you to understand different perspectives, lives and mindsets, making you less judgmental and more sensitive to the gray areas of human behaviour. It's important not to box people into categories, which often happens with age - we can't help it."

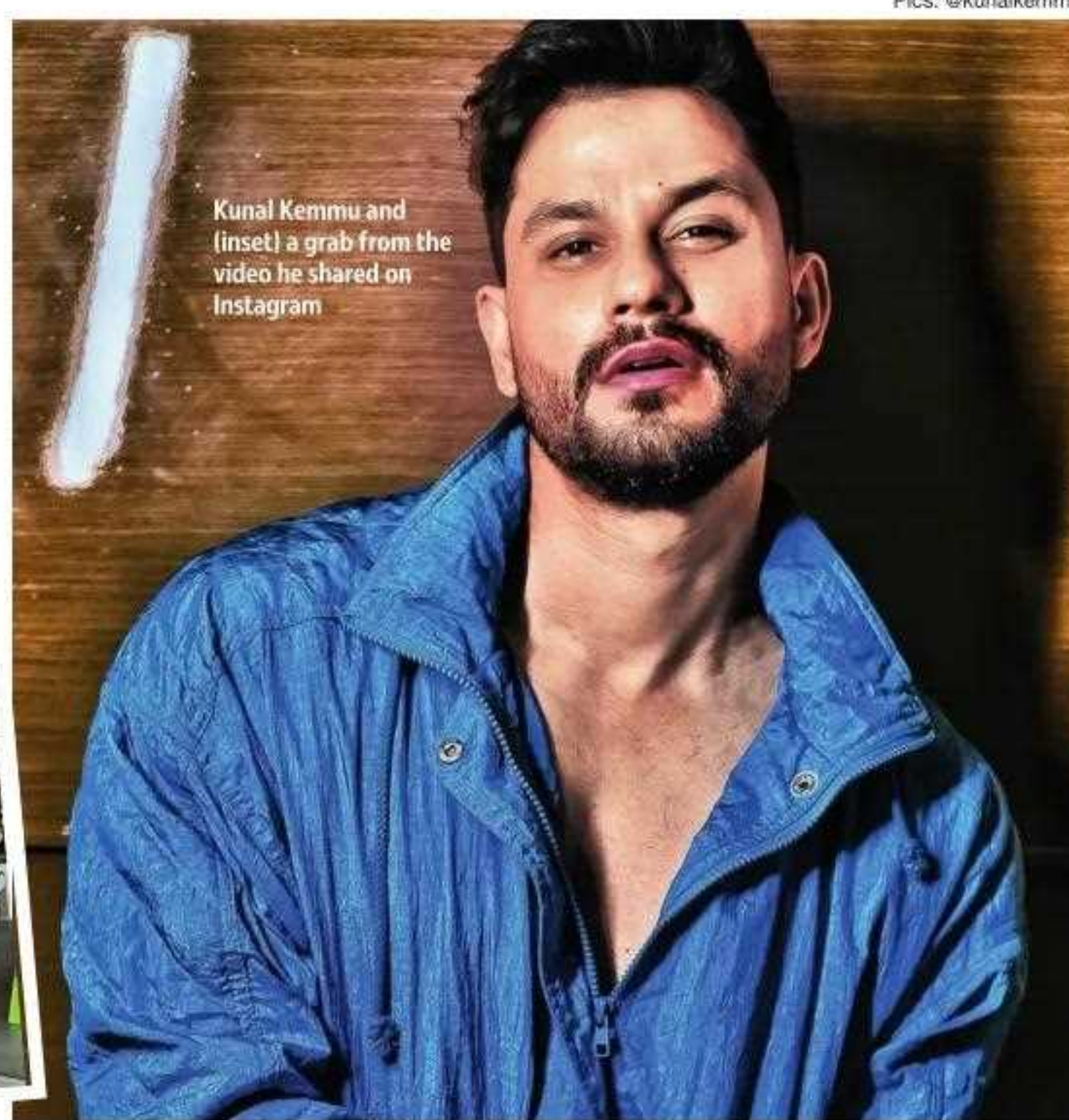
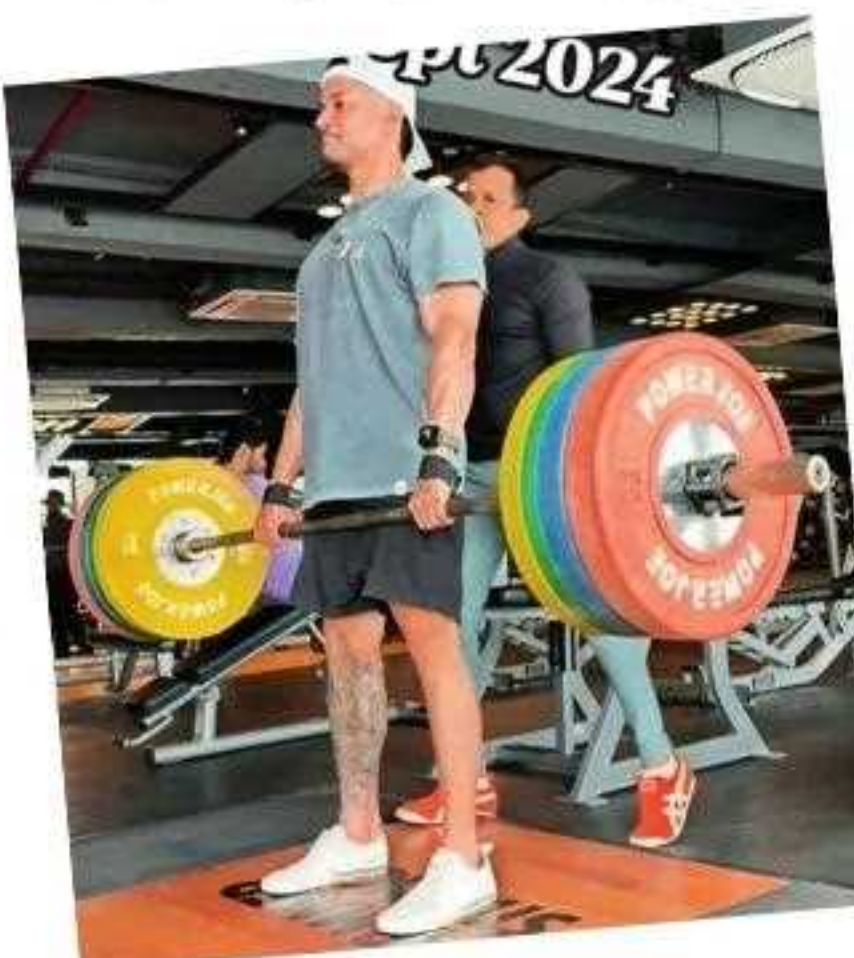
'At this age, I'm enjoying my space'

Speaking about her films, Sharmila Tagore said, "At this stage in my life, I'm enjoying my space, doing what resonates with me, and still exploring and learning new things every day. It's also coincidental that my work in cinema is helping me explore the nuances of ageing. In this second innings of my life, with two projects *Gulmohar* and *Outhouse* - and the recent Bengali film *Puratawn*, which I think is my best performance yet - I choose to stay active and productive. I am responsible for me."

There is no mountain that can't be conquered: Kunal deadlifts 150 kilos

Kunal Kemmu took to social media to share an achievement in his fitness journey. Sharing a video that spans from April 2023 to September 2024, he wrote, "Heard the saying, 'Try and try until you succeed?' Been trying to deadlift this weight (162kgs) for almost over a year. Every time I would attempt it, I would fail. I would often delete the videos of the failed attempts. But I still found some of them and I'm happy that I had these to remind me that just because it looked unachievable once didn't mean it can never be done (sic)."

He further added, "We got to believe in it and train for it and there is no mountain that can't be conquered. It may not be tough or heavy for someone else, but for me, it meant something to be able to lift it off the floor in a clean movement #gym #gymmotivation #stepbystep #trainharder #deadlift (sic)."

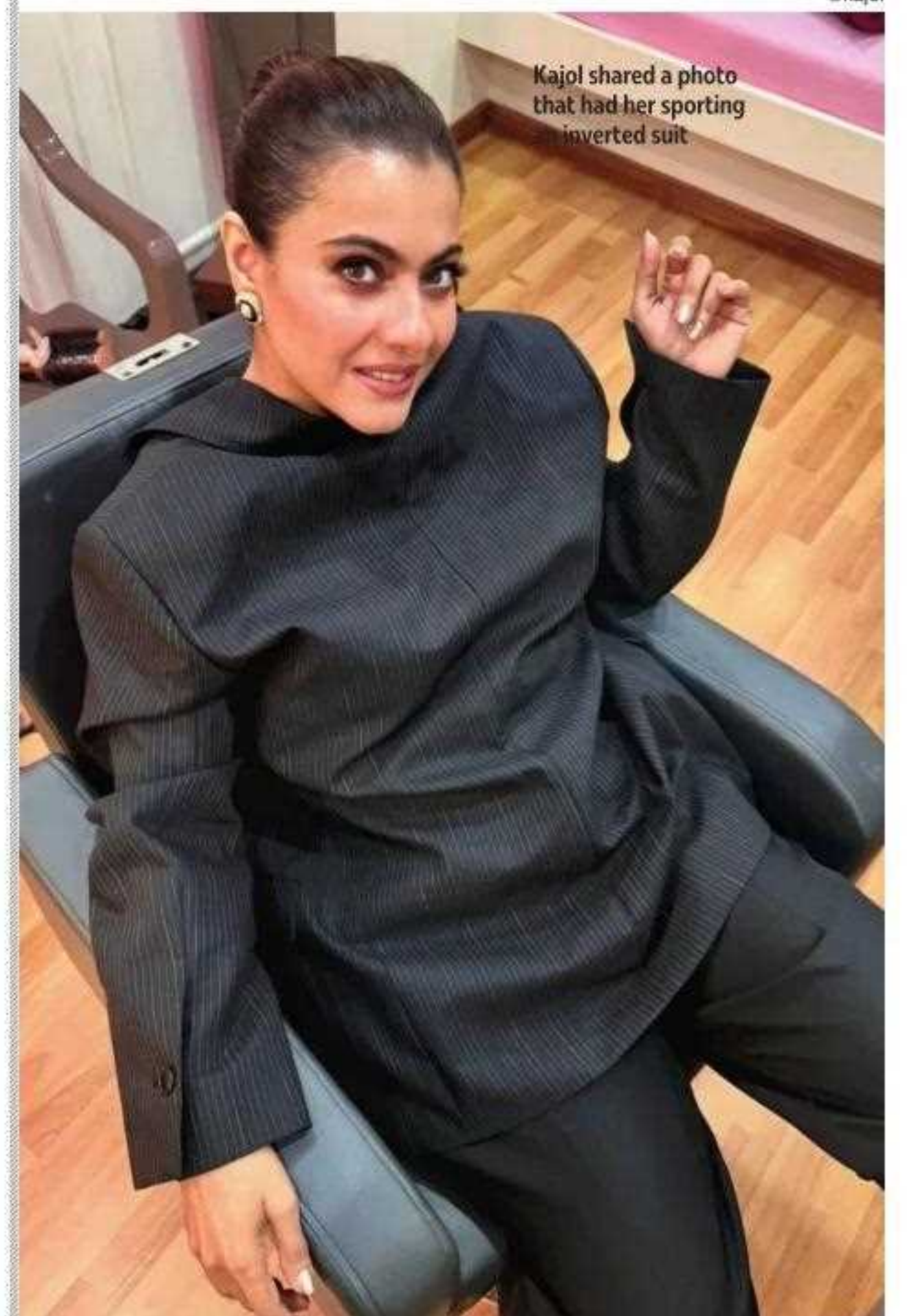


Kunal Kemmu and (inset) a grab from the video he shared on Instagram

Pics: @kunaikemmu

Kajol is all for challenging norms

@kajol



Kajol shared a photo that had her sporting inverted suit

Kajol has never been one to play by the stereotypical rules of the film industry. The actress is known to speak her mind and dress the way she wants to. On Wednesday, she took to her Instagram and shared several pictures of herself wearing an

inverted suit with the button closure of the blazer at her back. "If u don't like the rules... break the damn book! #suitup #dontfollowtherules #rulebreaker #wearitbackwards," she wrote with the pictures.

Agencies

Telangana minister retracts divorce remark

CONTINUED FROM 1

Shameful. Withdraw your comments: Nagarjuna and Amala Akkineni

Naga Chaitanya's father, actor Nagarjuna, took to social media and wrote, "Don't use the lives of movie stars who stay away from politics to criticise your opponents. Please respect other people's privacy. As a woman in a responsible position, your comments and accusations against our family are completely irrelevant and false. I request you to withdraw your comments immediately (sic)." Nagarjuna's wife, Amala Akkineni added, "Madam Minister, do you rely and believe people with no decency to feed you utterly scandalous stories about my husband without an iota of shame or truth? This is really shameful (sic)."

Konda Surekha's clarification

On Thursday, Konda Surekha took to social media to clarify her comments. "The intention of my comments is to question a leader's belittling attitude towards women but not to hurt the sentiments of Honorable actress Samantha garu. The way you have grown up with self-reliance is not only my admiration, but also an ideal! If you or your fans are offended by my comments, I unconditionally retract my comments. Don't think otherwise (sic)." The politician tagged Samantha, Naga Chaitanya and Nagarjuna in the post.

