{ KIRAN RAO }

Lhad a lot of miscarriages (before son Azad); was very hard to have a child.

Onher



#Timeout

GREEN DAY: LAW COMES TO THE AID OF JANAKPURI RESIDENTS RALLYING FOR PARK

#Lifestyle

IPL FEVER GRIPS THE

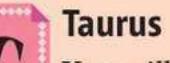


Artists, eateries and salons gear up to make the most of the first IPL match revelry in Delhi today

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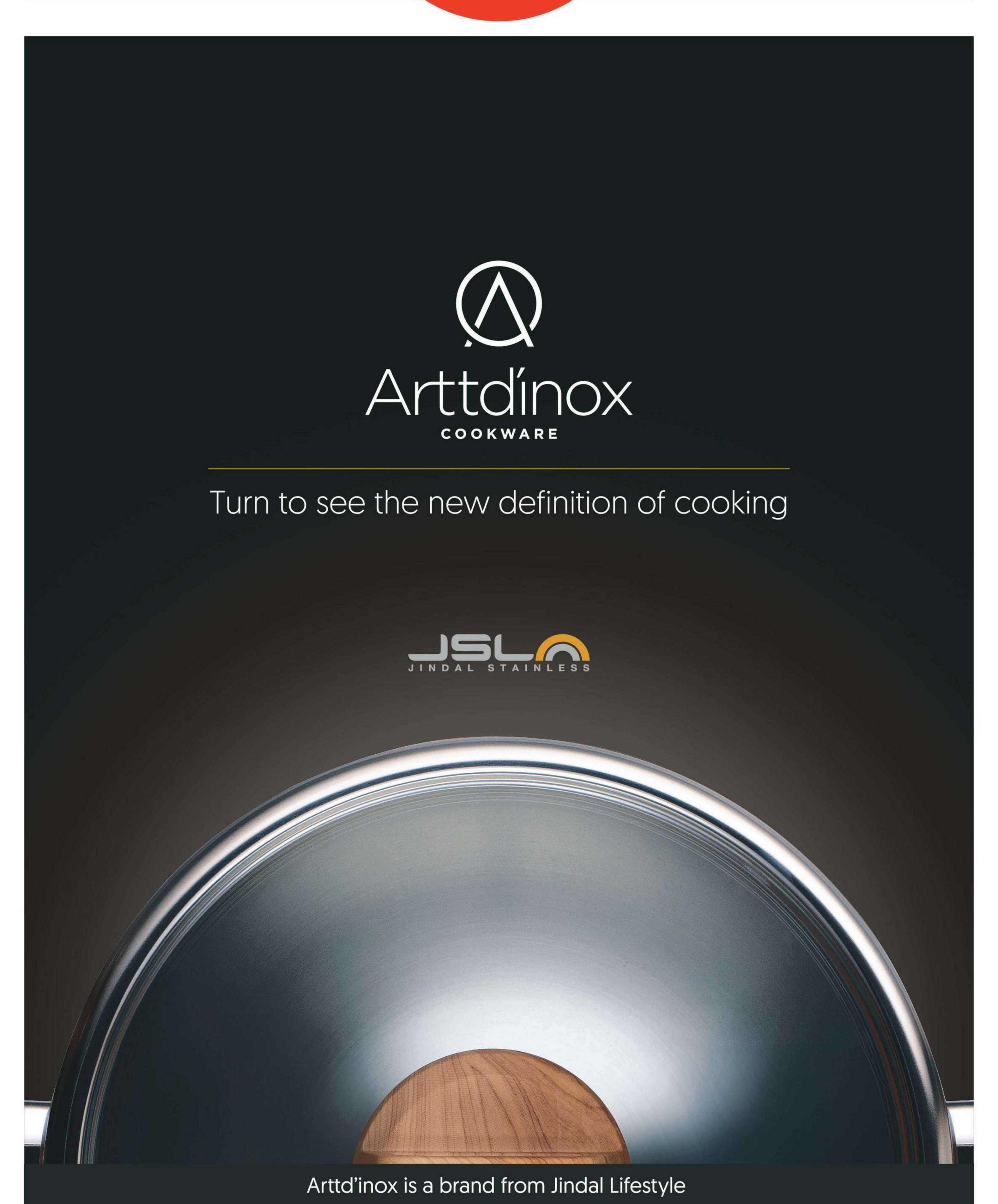


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After the recent firing outside his residence, Salman Khan has moved on to fulfil work commitments





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TRADE ENQUIRIES

{ KIRAN RAO }

Lhad a lot of miscarriages (before son Azad); was very hard to have a child.

On her difficult

journey to

motherhood

#Timeout GREEN DAY: LAW COMES TO THE AID OF JANAKPURI RESIDENTS

AID OF JANAKPURI RESIDENTS
RALLYING FOR PARK

#Lifestyle

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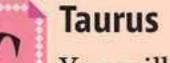


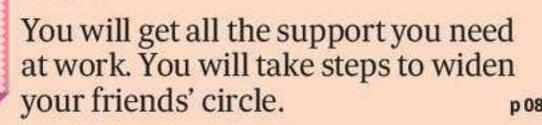
Artists, eateries and salons gear up to make the most of the first IPL match revelry in Delhi today

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DUBAI CALLING BHAI

After the recent firing outside his residence, Salman Khan has moved on to fulfil work commitments





Haircuts, tattoos and

nail art inspired by the

IPL have made their way

to the Capital; (inset far

members pose with the

portrait of Rishabh Pant

ctor Nawazuddin Siddiqui's wife,

I molestation case against him and

Thursday, the 49-year-old and his family

The special POCSO court accepted a

Nawazuddin and the other four accused.

respond to the clean chit, but her failure

Aaliya had been ordered to appear in

were granted a clean chit by the court.

Aaliya Siddiqui, had filed a

his family nearly a decade ago. On

police closure report that cleared

court multiple times, including to

right) Delhi Street Art

that they painted

PHOTOS: AFP, INSTAGRAM AND X

ILLUSTRATION: ADOBE STOCK From inspired nail art and tattoos to offers at eateries and graffiti, here's how Delhi is prepping to host its season's first IPL match

Delhi

STOP PRESS Actor Divyanka Tripathi Dahiya met with an accident on Thursday. Her husband, actor Vivek Dahiya wrote on Instagram, "Divyanka is on her road to recovery. She fell from a height, due to which she broke both her forearm bones and was advised immediate surgery."

Salman back at work; Dubai calling

PHOTO: INSTAGRAM/VIVEKDAHIYA

Sugandha Rawal Tagra

sugandha.rawal@hindustantimes.com

swiftly moved forward 1 with his professional commitments following the firing incident outside his residence. He departed for Dubai, with plans to attend a brand opening, on Friday morning, ensuring his safety by travelling to the airport in a bulletproof SUV acquired in 2023. We have also learnt that Khan will commence shooting for his upcoming project in June. A source close to the family reveals, "The whole family is in shock with the incident, but at the same time, they are not letting it get to their heads. They are coping with it fine and focusing on

commitments." Specifically addressing adds, "No shoot was

> Khan remains dedicated to his craft, with preparations underway for his role in AR Murugadoss' directed project, Sikandar, scheduled

working on his character and getting it right. The shoot location is still not finalised, as the team is on a recce," assuring that the production team prioritises Khan's security while planning the

ctor Salman Khan has

The whole

family is in shock

with the incident, but

at the same time, they

are not letting it get

to their heads.

A SOURCE

their respective work

Khan's reaction, the source cancelled or postponed because of the incident."

to begin filming in June. An insider discloses, "Salman is paying all his attention to

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sponsored content does or shall appear in any part of HT without it being declared as such to our valued readers.



he IPL is finally in town. The peaking Delhi Capitals' clash against the rampaging Sunrisers Hyderabad today at Arun Jaitley Stadium, its season's first - has fans flocking to salons and tattoo parlours and artists expressing their love for the game through graffiti.

Delhi Street Art (DSA), one of the city's popular street art groups, painted a portrait of DC captain Rishabh Pant at Jawaharlal Nehru Stadium, recently. "We had plans on creating a mural with Delhi Capitals Toli last week, which were put on hold, but the streets might see more IPL artworks soon," shares Mayuri Saini, partner with DSA.

Clean chit for Nawazuddin Siddiqui and

to do so led to the acceptance of the

family was later transferred to the

in 2020. According to government

closure report. Initially filed in Mumbai,

Aaliya's FIR against Nawazuddin and his

Budhana police station in Muzaffarnagar

counsel Pradeep Balyan, Aaliya alleged

that Nawazuddin's brother Minazuddin

molested a minor in 2012, with the actor

After an extensive investigation, the

and other family members allegedly

supporting him.

family in decade-old molestation case

Earlier, SOCIAL outlets across NCR launched special menus as part of their #DoosraStadium campaign geared for group gatherings in a stadium-inspired ambience. Brewhouse - The Bar & Brewery, Radisson Blu, Kaushambi, too, is offering IPL packages such as unlimited draught beer, for those planning to catch the home game away from the stadium.

Fanicures, the latest IPL fan trend, have entered Delhi, too, according to Reena Batra, founder, Claw Nails, Greater Kailash. "Fans are incorporating team logos, player jerseys, cricket equipment in nail art," Batra adds. "Pant's fade is also quite a rage among youngsters opting for new haircuts," says makeup artist and hairstylist Clint Fernandes.

marital troubles for some time. But

announced that they were willing to set their differences aside for

in March of this year, Aaliya

the sake of their children.



As per Delhi Police's traffic

advisory, diversions and

restrictions are in place at

Bahadur Shah Zafar Marg from

Delhi Gate to ITO Chowk, and

the JLN Marg from Rajghat to

Delhi Gate from 5pm to 8pm

today. Helpline numbers

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Stars aboard the voting boat

The first phase of the 18th Lok Sabha elections kicked off yesterday in 21 states. Getting into the voting spirit, many celebrities arrived at the polling booths across Tamil Nadu to cast their votes.

Have a dekko

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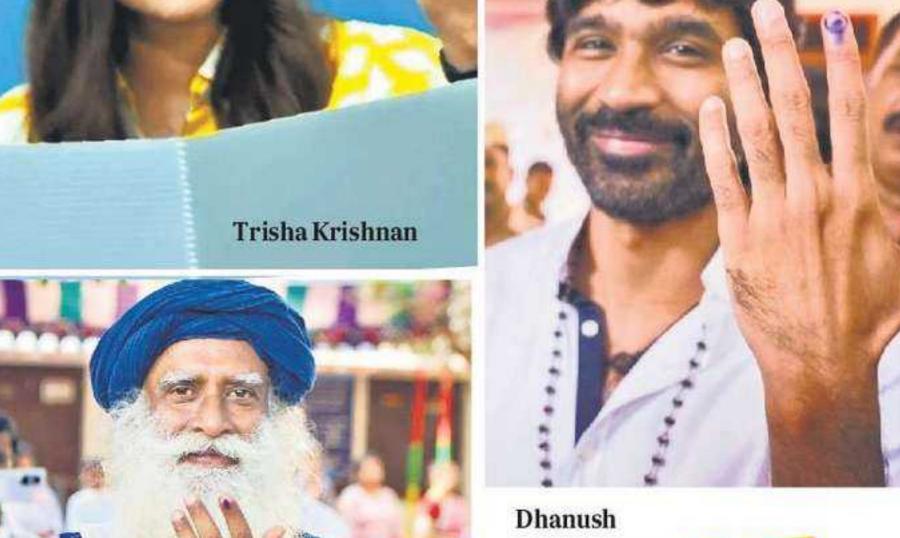
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#instastyle

Gautham Karthik

Sadhguru



Whether striking a pose or hitting the road, celebs prove that having a furry friend by your side makes every moment pictureperfect. New mum, actor Rubina Dilaik left fans in awe as she stopped to give belly rubs to an adorable stray while travelling to Himachal Pradesh. Meanwhile, actor Pratiek Patil Babbar shared a snap showing him in a chill pose with his pet Chico. Social media users called him "Indian John Wick" in the







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next directorial, Love and

Kapoor, Alia Bhatt and Vicky

War, which stars Ranbir

Kaushal.

(2023) — both romances —

having done well at the box

office. Chaturvedi, too, had

praised her work in Super 30

esigner-actor Masaba Gupta is expecting her first child with husband, actor Satyadeep Misra. The couple, who tied the knot in January 2023, made the official announcement in a joint Instagram post on Thursday. Masaba Gupta and Satyadeep Misra; (inset) a post shared by them on Instagram The series of images featured

chips (plain salted ONLY) #babyonboard #mom&dad," the 34-year-old designer wrote on the platform. Gupta's mother and actor

become a grandmum, also

an emoji of a pregnant

the couple's faces and an

adorable picture of them

woman, heart eyes avatars of

sitting on the floor. "In other

news - Two little feet are on

their way to us! Please send

love, blessings and banana

baccha aane Wala hai. Isse zyada Khushi ki baat Kya ho sakti hai," she quipped. Neena Gupta, who is set to The couple built a close

shared the post on her

on the show Masaba Masaba. handle. "Humare bacchon ka Earlier, Gupta was married to producer Madhu Mantena for four years. On the other hand, Misra was married to actor Aditi Rao Hydari between bond while working together 2009 and 2013.



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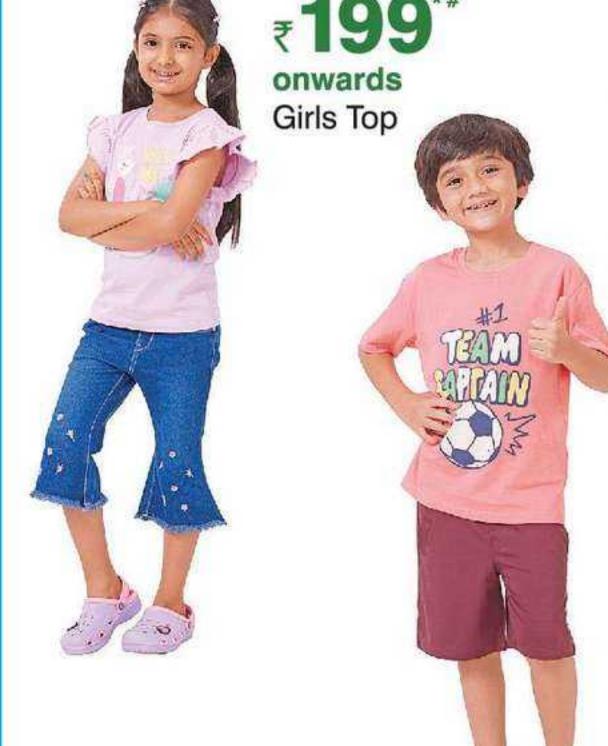
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Actor Deepika Padukone

recently took to

embroidering a

Instagram to share a

patterned cloth. Social

media users were quick

actor was practising this

part of Garbh Sanskar to

boost a child's creativity,

PHOTOS: INSTAGRAM

imagination and

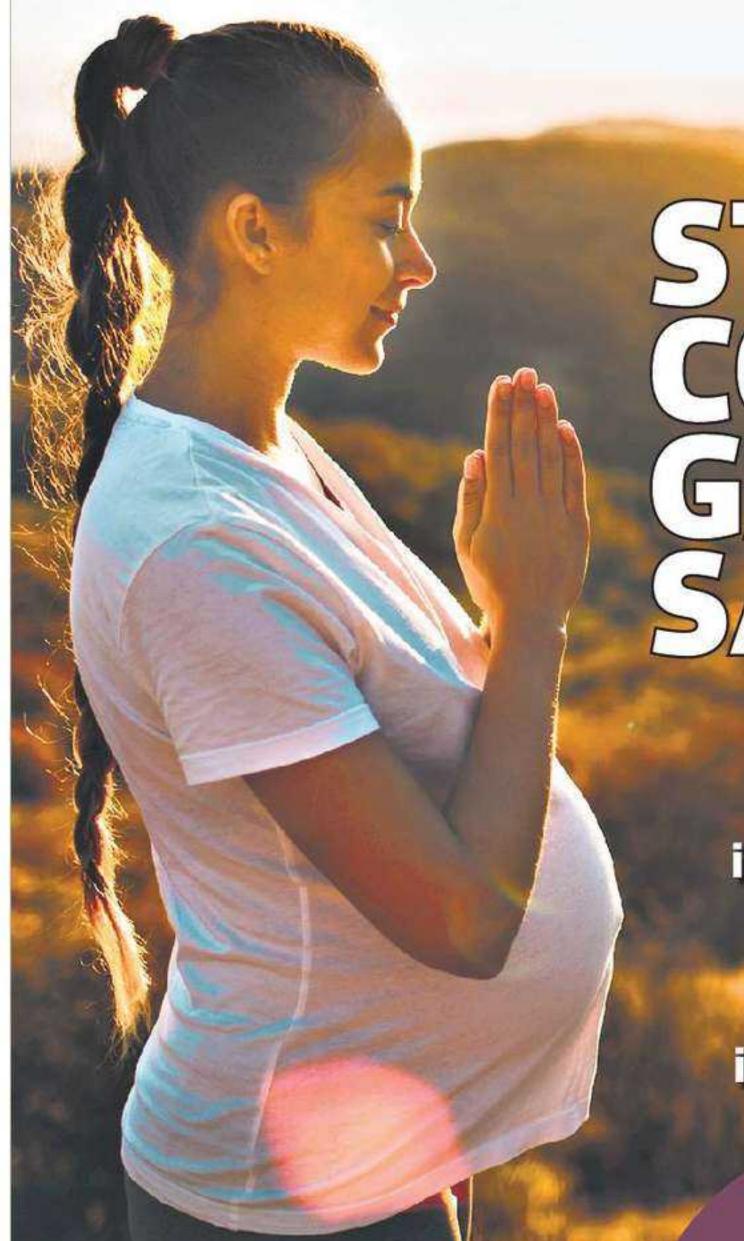
cognitive abilities.

focus-oriented craft as

to speculate that the

photograph of her





Another wrote,

part of Garbh

improves

"Excellent. That's

Sanskar and also

concentration...sense

brain development."

of fulfillment and right

Surbhi Bhagat, founder

and counsellor at the Uttam

Garbh Sanskar workshop in

Noida says, "Embroidery is

prescribed during Garbh

Sanskar to promote brain

development during the fifth

one of many activities

and sixth months of

pregnancy.'

Garbh Sanskar is believed to have originated in

Abhimanyu, the son of Arjuna and Subhadra heard his uncle Krishna narrating the formation

of a Chakravyuha (a safeguarding military tactic) while he was still in the womb.

the Mahabharata era (approximately 400 BC).

Deepika Padukone's recent Instagram post sparked interest in Garbh Sanskar, an ancient practice for foetal development. We speak to experts about the growing interest around this practice

Training the mental state to overcome external circumstances is an aspect crucial to Garbh Sanskar.

ARPITA AGARWAL, Founder, Garbh Sanskar Jaipur

RISING INTEREST?

Bhagat notes that she has seen a rise in interest countrywide. "Garbh Sanskar has become a topic of interest for people from various walks of life, from top professionals to creatives," she explains. Launched in January 2020, her holistic practice offers webinars and practical classes, varying from free sessions to courses priced at ₹15,000.

VITAL ASPECTS

From wholesome foods to meditative practices, Garbh Sanskar tailors nutrition and wellness for each month of the pregnancy.

Arpita Agarwal, founder of Garbh Sanskar Jaipur, which offers online classes designed around holistic well-being (around ₹10,000 for a nine-month service) mentions pre-conception rituals like Garbadhan (to ensure the child's good health) Punsavan (stabilise the pregnancy) and Simantunayan (purifying the mother's environment).

Agarwal, who has educated over 10,000 expecting mothers about the practice since 2018 also underscores the significance of mantras as well. "From the seventh month onwards, the foetus can hear and respond to external stimuli, including calming music and sacred mantras," she ends.

Sattu: Know the benefits of this cooling elixir

attu powder, derived from roasted gram flour, is gaining traction in the fitness community due to its rich nutritional profile. Packed with protein, fibre and essential minerals, it offers numerous health benefits, including muscle repair, improved digestion, and blood sugar regulation. With its origins in traditional Indian cuisine, sattu powder is celebrated for its versatility and can be enjoyed in various dishes,

PHOTO: SHUTTERSTOCK

Ayurveda and experts

texts can help positively

influence the baby and its

doshas (Vata Dosha, Kapha

Dosha, and Pitta Dosha).

suggest that reading spiritual

to savoury snacks. Nutritionist Deepti Lokeshappa notes that the preferred approach involves blending it with water or buttermilk to concoct a refreshing beverage. To make this drink, combine a two tablespoons of sattu powder with water or buttermilk. Season it with a pinch of salt, roasted cumin

from refreshing beverages

BOUNTY Sourced from roasted gram flour, sattu powder comprises protein, fibre, and essential minerals such as iron, magnesium and potassium. Its low glycemic index renders it suitable for managing blood sugar levels, while its antioxidant content contributes to overall health and immunity

reinforcement.

NUTRITIONAL

powder, and chopped green chilies or mint leaves if you want extra zest. This cooling elixir serves as the perfect antidote to summer.

Sattu powder also elevates the taste and nutritional profile of savoury snacks like litti chokha or stuffed parathas. "It can be used for sattu sharbat, laddoos, porridge, soup, and even pancakes," suggests Lokeshappa.

NAVIGATING SATTU POWDER CONSUMPTION

"While the recommended daily intake of sattu powder varies, individuals can typically consume 2 tbsp (20g) daily on an empty stomach," advises Lokeshappa. This allocation ensures a wholesome intake of protein, fibre and essential minerals, harmonising with other dietary sources. For those engaged in physical activity, the dosage may increase to 2 to 4 tbsp (20g-40g) per day for enhanced nutritional support. Ideally, sattu should be had during the day, either on an empty stomach or at least 2.5 hours post-meal ingestion to maximise its benefits.

#lookbook

Sneha Chakraborty

ctor Deepika

her practising

embroidery. This led social

the expecting mum was

media users to speculate that

following Garbh Sanskar, an

ancient wellness practice for

"Part of garbh sanskar... this is

maternal and foetal health.

majorly to keep the mumma

ORIGIN

relaxed! (sic)," wrote one user.

Padukone recently

posted a picture on

Instagram, showing

snehachakraborty@

hindustantimes.com



black gown adorned with sequins and intricate embroidery from Mishru. The dress featured applique work which added to the look. Her hair was styled in side-parted soft waves and she finished off the look with smoky eyes, matte lips and a peachy glow. The actor kept her jewellery minimal

with just a statement ring

and earrings.

Steal the style

Looking to turn heads for an evening soirée? Then emulate Mandanna and don a sequinned evening gown in a dark tone. Go minimal with accessories like the actor and add only a couple of statement pieces. For makeup, opt for defined brows, smoky eyes and matter lips, while keeping your mane side-parted and finished in waves.

Nora Fatehi

Pooja Hegde



vibe". She says, "Large

or white with a

sun hats in classic black

contrasting border add a touch of chic elegance,

while cream or beige

In addition to straw hats, bucket hats are also

Ileana

D'Cruz

making a statement this season. She says,

"Contemporary bucket hats pair well with

denim outfits, while oversized hats evoke a

timeless elegance reminiscent of Princess

Diana's iconic style from the Victorian era."





The nostalgia for kulfi

The kulfi here is legendary! We used to play cricket in the

ground nearby and come straight here and have kulfi for

free! I have grown up with the owner's son — and so now

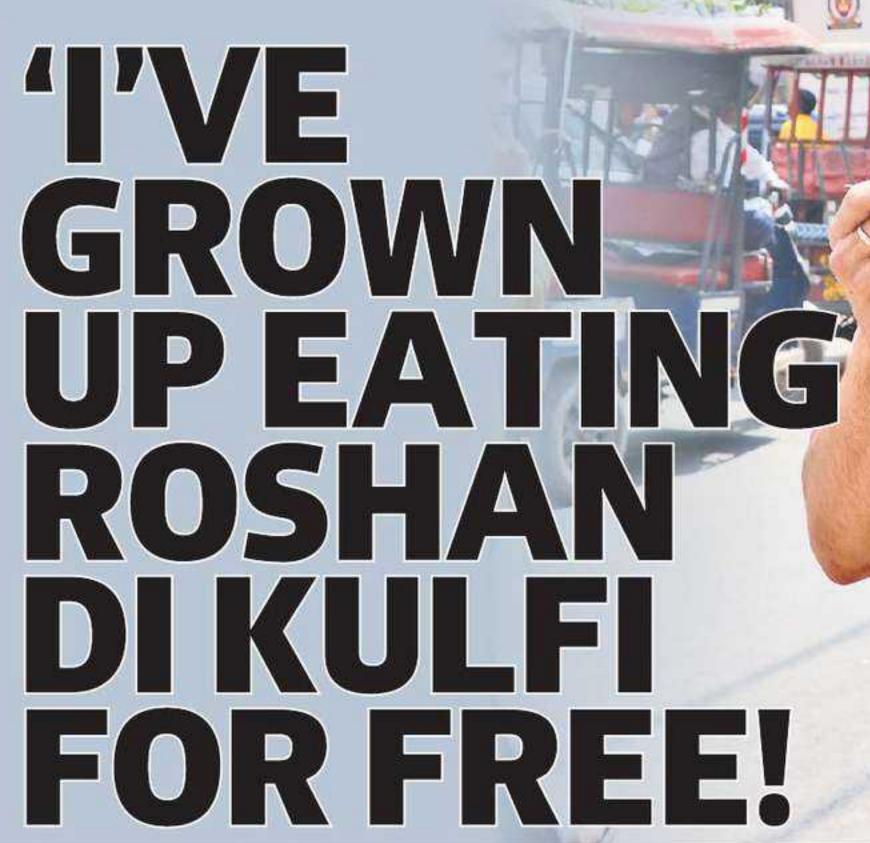
my friend is the owner... But I love, love, love sweet — like, I

had root canals when I was 26! Sweet is my guilty pleasure,

the one nemesis I have... But all bets are off when I come

and sweets hits hard

here. That nostalgia hits hard.



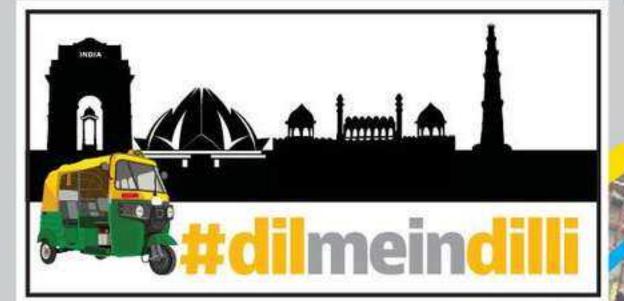
On a short tour across his neighbourhood, Karol Bagh, 'Dilli ka launda' Mrinal Dutt tells us all about the food joints and shopping haunts he loves and his #CampusKeDin

Kriti Kambiri

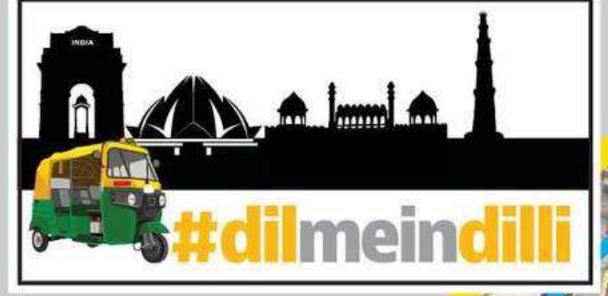
kriti.kambiri@hindustantimes.com

on a short tour of his

e's played some suave and edgy characters on screen, be it His Storyy, Ishq-e-Nadaan or Ishq Next Door (2023). And when it comes to real life, Mrinal Dutt is someone who is always on and always up for a good time - a quintessential Karol Bagh wala Dilli ka launda! The Swatantrya Veer Savarkar actor took HT City



college days.



neighbourhood, spilling the beans on his favourite food joints, shopping haunts and



After coming home, I had only chhole bhature for two days. I can't say no to them. It doesn't get better than Om's Corner in Karol Bagh and Sitaram's in Paharganj. Actually, my dad gets Sitaram and mum prefers Om. I can't choose between the two - I eat both!"

'I STILL DON'T **KNOW IF I PASSED** COLLEGE OR NOT'

A 2009 graduate of BCom (Prog) from Delhi University's (DU) Zakir Husain Delhi College, Dutt got admission via the sports quota and spent most of his time on the field, playing cricket. "I had no interest in studying. I was told, 'Go and play, win matches, forget about your attendance.' Actually, I still don't know if I passed my final exams or not," he confesses, adding, "I already had a few backs in the previous years, and in my final-year also, I left a few answer sheets blank. Also, I knew I probably might have to take 10 more exams later. So, I never bothered to check my final results or take my degree." Dutt, who joined the dramatics society of the college in his second year, shares, "I was also doing fests at that time, and while performing a play in Connaught Place, got picked up by an ad agency. Later, I went to Mumbai and got a job there even before the results were out. Nobody

from that point on ever asked me for a degree."

Classifieds BEAUTY & WELLNESS }

'YOU CAN FIND THE BEST 'FITS IN SAROJINI, KAROL BAGH, JANPATH'

"I'm a smart shopper and look for stuff in Sarojini or Janpath. I found a really cool hat at a shop in Gaffar Market (Karol Bagh). In fact, I even bought my first second-hand phone from the market after saving my pocket money, during my school days!" says Dutt. Sharing how he scouted the streets before his Europe trip earlier in the year, he recalls, "A designer sent me a really cool jacket, but I was going for a longer time and needed more than one. I just didn't have the time, so I said, 'Chalo, Sarojini!' and let me tell you, I found the best jackets! I think we should all thrift. But one must bargain!" Does he haggle? "Karol Bagh ka naam roshan karna hai!" Dutt laughs.





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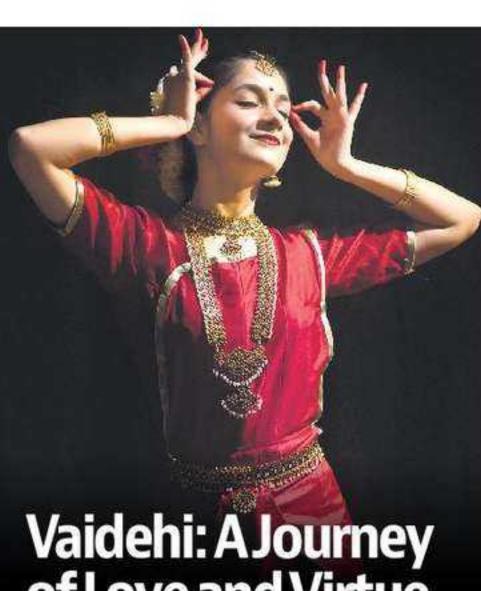
to bleed

The Divine Elements



Curated by Shahzada Khurram, this art exhibition presents a celestial journey through the intersection of astronomy, earthly elements and spirituality. It offers a unique exploration of the cosmic and the earthly realms through the lens of artistic expression.

Where: Rang Mirage Art Gallery, Sainik Farm On till: May 20 Timing: 11am to 7pm



of Love and Virtue

This Bharatanatyam showcase by Shruti Verma, disciple of danseuse Sindhu Mishra, rediscovers the different hues in the epic events of Ramcharitmanas, through the eyes of Sita. The unique spin aims at capturing her undying love and devotion towards Rama. Where: LTG Auditorium, Mandi House When: Today Timing: 6.15pm

of residents

Kriti Kambiri

nspired by an abiding love for trees and zest to preserve greenery at all costs, residents of A3 Block, Janakpuri, have successfully brought to justice the miscreants who cut down and uprooted close to 80 trees and saplings in their beloved Heaven Road Park, with the help of Delhi High Court (HC).

"We've seen it flourish on a barren tract of land for the past four decades. But on the evening of Holi, some misguided people slaughtered our park, as we watched with tears in our eyes," says resident Poonam Marwah. Resident Vipin Gupta, who was among the five people who confronted the group who first began cutting the trees, says, "We requested everyone to come for the cause, which is how 36 residents signed the petition... Clean air is our fundamental right. We were asked if we wanted to press criminal charges but we just want our park back.

Advocate Petal Chandhok says, "Delhi's air pollution concern has a lot to do with vehicular pollution, but also the lack of green cover and plantation of trees. This contempt petition was filed

THE CHRONOLOGY

- March 25: Miscreants enter A3 Block Heaven Road Park, Janakpuri, and chop down and uproot close to 80 trees and saplings April 13: PIL filed before the
- Delhi HC April 15: The PIL receives a
- mention
- April 16: Delhi HC passes a status quo order that the park may not be used for weddings or other commercial purposes and orders the MCD and Deputy Conservator of Forests to restore the space to its original glory

because a group of people would like to use this green space for personal use (wedding pandal). Residents complained to the MCD and the Delhi tree officers, but



It's a very positive way of looking at this... Hats off to the judiciary for acting very well on the matter.

PETAL CHANDHOK, Advocate

SUSHMA HOLIDAY HOMES IN KASAULI

♥PREMASTROLOGER

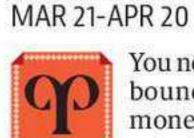
DAILY HOROSCOPE } Saturday, April 20, 2024

Dr Prem Kumar Sharma (Astrologer and Vaastu expert) can be contacted at: Delhi: 011-47033152, 40532026 (Sat to Mon); Panchkula: 91-172-2562832, 2572874 (Tues to Thurs); Mumbai: 09716145644 (Last week of every month)

ARIES

TAURUS

APR 21-MAY 20



You need to remain within bounds with spending money. Self-promotion may become important

for professionals running their shows. Peace and tranquillity prevail on the domestic front. LOVE FOCUS: Lover's ideas may amaze

you, so just follow the directions! **LUCKY NUMBER: 1 LUCKY COLOUR:** Peach

LEO JUL 23-AUG 23

© PREMASTROLOGER

There is a good chance of taking part in something on the social front. You manage to submit an important project at work. Your habit

of pitting one against the other can isolate you from others. **LOVE FOCUS**: A compatible match is likely for the eligible.

SAGITTARIUS NOV 23-DEC 21

ASKPREMASTROLOGER



You may find lucrative investment schemes and reap rich dividends. An exciting trip by road is possible. You will be able to keep yourself slim and trim by regular

exercise. LOVE FOCUS: An exclusive dinner out with a lover is on the cards. **LUCKY NUMBER: 22 Lucky Colour:**

LUCKY NUMBER: 6 LUCKY COLOUR: Saffron

CAPRICORN

AUG 24-SEP 23 A favour done to someone is likely to be reciprocated. You will get all the support

Yellow

VIRGO

LIBRA

SEP 24-OCT 23

likely.

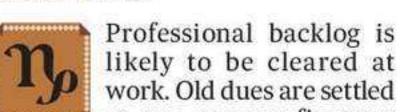
Cream

Those in business are likely to cash in on some new deals. Entrepreneurs will be able to put their plans into action. You will be able to resolve a tricky problem at home,

with some success. LOVE FOCUS: Newlyweds or those newly in love are likely to enjoy total bliss.

LUCKY NUMBER: 8 LUCKY COLOUR: Pink

DEC 22-JAN 21 Professional backlog is



work. Old dues are settled as you manage finances well. Property issues will be settled in your favour. A joyous occasion will soon be here, so expect much fun. LOVE FOCUS: You are likely to enjoy

the attention of lover today. LUCKY NUMBER: 2 LUCKY COLOUR: Peach

GEMINI MAY 21-JUN 21



Golden

Students can receive heartening news. A big break awaits you on the professional front. An ancestral property may come in your

you need at work. A good

showing on the academic front may

boost your morale. You will take

steps to widen your friends' circle.

outing will have a good time.

LOVE FOCUS: Those planning an

LUCKY NUMBER: 7 LUCKY COLOUR:

name. LOVE FOCUS: Those looking for

romance need to tread a bit carefully. LUCKY NUMBER: 7 LUCKY COLOUR: Silver

CANCER



JUN 22-JUL 22

You find things moving in a positive direction. Those ailing can expect to be taken care of well. Your networking capabilities promise to smoothen the process of getting

something officially done. LOVE FOCUS: This is the time to have a rocking time with your lover. LUCKY NUMBER: 3 LUCKY COLOUR: Brown

SCORPIO



A lot of important issues may be satisfactorily resolved today at work. You will have enough to give a treat to friends. Fitness buffs are likely to take up a serious gym

Someone new may prove

an asset to your setup.

Government officials will

get a chance to perform

well. A sightseeing tour may be

LOVE FOCUS: Seizing a good opening is

LUCKY NUMBER: 7 LUCKY COLOUR:

organised by your organisation.

LOVE FOCUS: Attending an event with a lover will prove most enjoyable. LUCKY NUMBER: 11 LUCKY COLOUR: White

AQUARIUS JAN 22-FEB 19



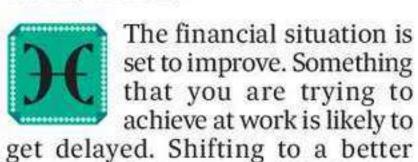
Office politics threaten to get the better of you, so remain guarded. Things may go on a downswing

on the academic front. LOVE FOCUS: Look your best if you want to win the heart of the one you

secretly love.

LUCKY NUMBER: 18 LUCKY COLOUR: Orange

PISCES FEB 20-MAR 20



accommodation is possible. Setting out on a short vacation is likely. LOVE FOCUS: Lover's suggestion for spending time outdoors will work. LUCKY NUMBER: 4 LUCKY COLOUR:

Beige

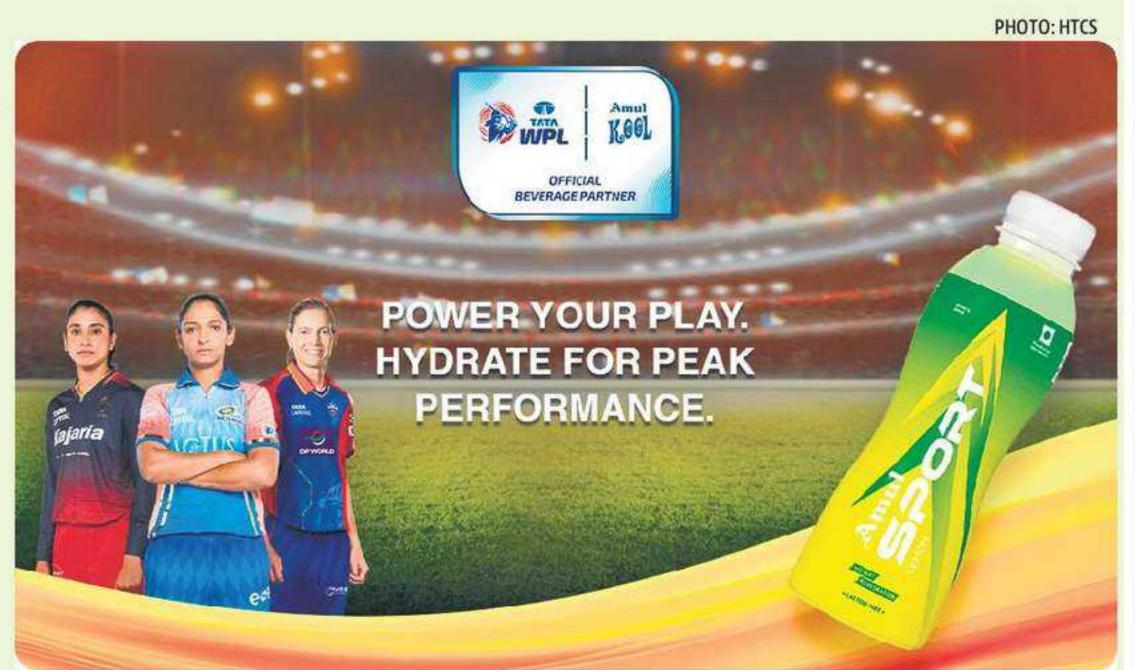
PHOTOS: HTCS

Entertainment & Promotional Features

Unleash your athletic potential with Amul Sport

or athletes and fitness enthusiasts, the quest for better performance is never-ending. Taking note of this consumer need, Amul has launched Amul Sport, a gamechanging sports drink designed to help you power through intense training sessions and gruelling competitions like never before. It was the official beverage partner of the 2024 Women's Premier League (WPL) and powered all the players of the tournament.

India's first lactose-free sports drink, Amul Sport packs an impressive 155kcal of energy, 450mg potassium, 150mg sodium, 150mg phosphorous, 210mg calcium and 30mg magnesium per 500ml PET bottle for instant energy and hydration. This nutritional profile scores much higher than leading sports drinks in the country. Whether you workout, play sports or run, Amul Sport effectively replenishes what's lost through sweat to keep you firing on all cylinders during the most strenuous activities.



But the brand doesn't stop at superior functional benefits. It has also crafted Amul Sport to be delicious with a refreshing lemon flavour that quenches your thirst like no other sports drink.

As you take your training sessions and competitions to the next level, arm yourself with the superior hydration of Amul Sport. You'll feel a

difference from the very first sip - in your performance, endurance and your insatiable drive to be the best athlete you can be. Visit shop.amul.com or scan the QR code to get a pack of four Sport drinks delivered to your home at zero delivery

charges. So, in your relentless pursuit of self-improvement and competitive excellence,



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don't let inferior hydration hold you back. Unleash your full potential by fuelling every stride, every rep, every bead of sweat with the power of Amul Sport. HTC

Enjoy a relaxing pool day at The

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Dive into fun with The Leelal

Ambience Convention's kids

ooking for a way to keep your kids cool and ✓ entertained? Look no further than The Leela **Ambience Convention Hotel** Delhi's exciting kids pool party package! Designed for children between four and 12 years of age, this package offers a day of splash-tastic fun that will leave them with unforgettable memories.

WHAT THE PACKAGE **INCLUDES** Poolside fun: A designated

time slot for your kids to make a splash in the hotel's refreshing pool that is supervised by attentive staff.

• Creative corner: Bring out your child's inner artist with exciting activities. · Cool treats: A delicious kidfriendly menu will keep their

energy levels up. • Family time: This package is perfect for creating lasting memories with your children. Relax by the pool while they enjoy the supervised activities, or join

The package consists of exciting activities for kids

Wash your worries away at The Leela Ambience Convention

in for a day of family bonding. Limited spots are available for this exciting event. Package starts at ₹1,500 per child (terms and conditions apply).

Address: The Leela Ambience Convention Hotel, 1 CBD, Maharaja Surajmal Road, Near Yamuna Sports Complex; Call: +91 9560142436 or +91 8130990929

HTC



A Camphor oil has the ability to soothe dry and flakyskin

Natalia Ningthoujam

racked heels, also known as heel fissures, are a common foot condition characterised by dry and flaky skin. These cracks can range from superficial to deep fissures and may cause discomfort, pain or even bleeding, according to cosmetologist and skin expert Dr Jatin Mittal. The solution? Looks like it all lies in the bark of a particular tree.

HOW DOES CAMPHOR HELP?

Camphor, which is derived from a tree of the same name, has been used since ages for its medicinal properties including its ability to soothe and heal the skin. It makes the skin hydrated, reduces inflammation and redness around cracked heels, and helps provide pain relief.

HOW TO USE THE OIL Dilute it: Mix a few drops of camphor oil with a carrier oil like coconut oil to avoid skin

irritation.

Soak your feet: Before applying the oil, soak your feet in warm water to make it easier for the oil to penetrate in the skin.

Dry your feet: Make sure to dry your feet in order to prevent infections. Apply the mixture: Take a small amount of the diluted mixture and gently

massage it. Wear socks: Finally, put on a pair of socks to lock in the moisture.

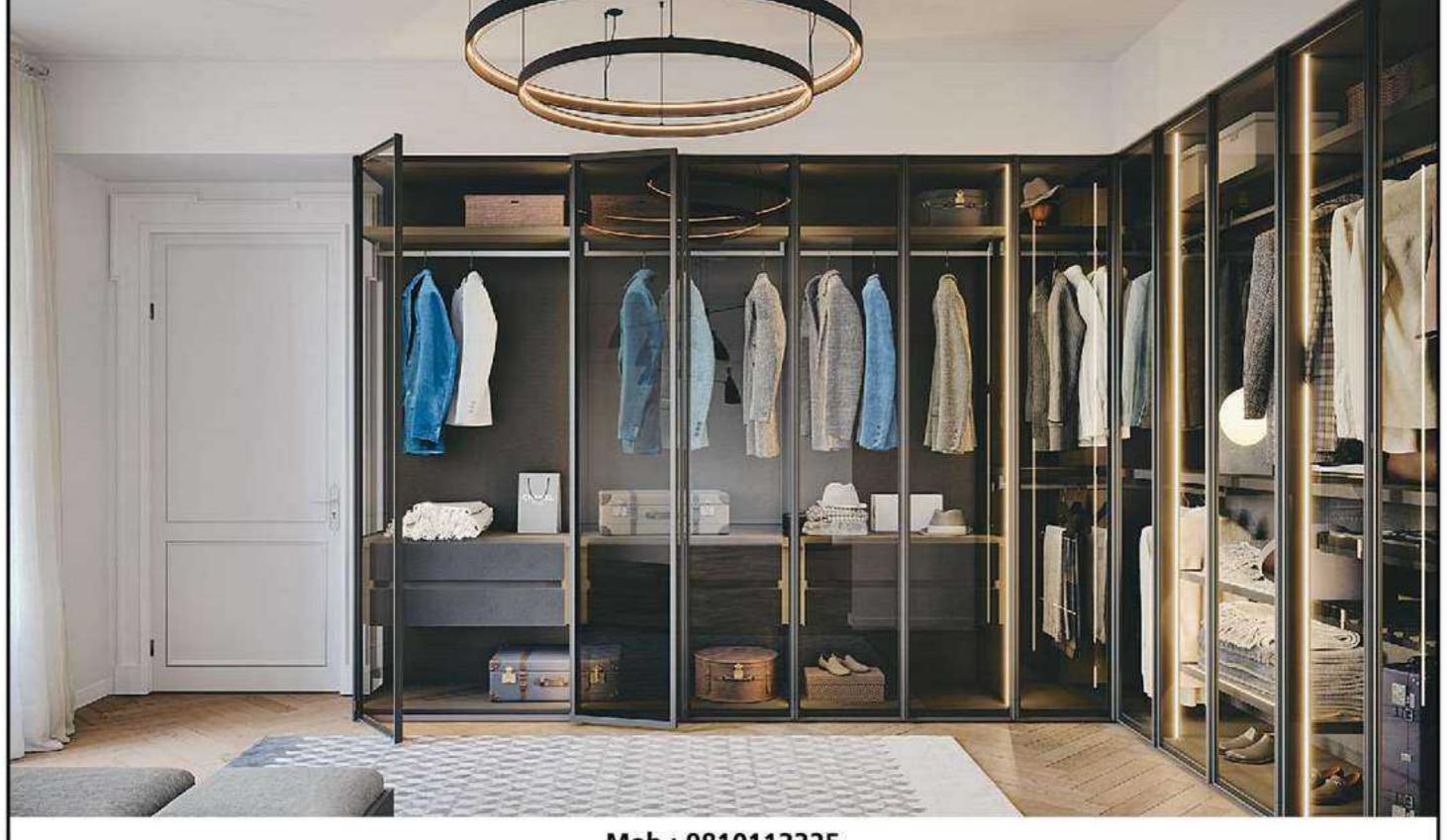
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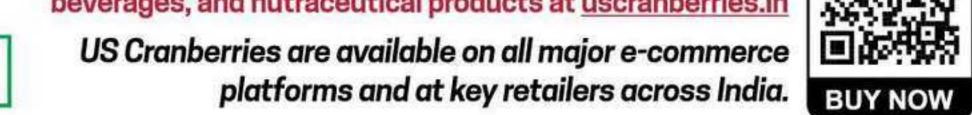
• GURUGRAM 306, City Center, Sector 29 (Near Hotel Pllazio) PUNCHKUIAN ROAD, Garwal Bhawan, (Near Jhandewalan, Gole Chkr.)

• WAZIRPUR A-5, Near Richi Rich Banquet (Opp. Shalimar Bagh) JANAKPURI B-1/2, Main Najafgarh Road, Opp. Metro Pillar 543 • NOIDA, Nirula's Sec-2, Near Metro Station, Sec-15, Noida, UP LAJPAT NAGAR, 49, Main Ring Road, Adj. Haldi Ram, Near Moolchand Crossing





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NEW DELHI 10 **SATURDAY APRIL 20, 2024** बिहार सरकार

OTTplay recommends top 5

Best political series to watch this week



HE REGIME This show narrates the tale of Elena Vernham, chancellor of a fictional nation in Europe that is falling apart under her rule. Kate Winslet gives a powerful performance as Madam Chancellor, while Matthias Schoenaerts plays a soldier who becomes her confidant in a game of power and politics. Platform: Jio Cinema Language: English OTTplay rating: 6.4

CITY OF DREAMS In its third season, this series follows the power tussle in state politics after the chief minister goes missing. Priya **Bapat plays MIA CM** Poornima Gaikwad alongside Atul Kulkarni in the role of her father, the powerful Amey Rao Gaikwad, in this thrilling drama created by Nagesh Kukunoor. Platform: Disney+ Hotstar Language: Hindi OTTplay rating: 7.8

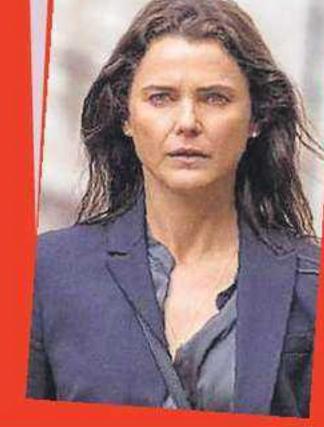


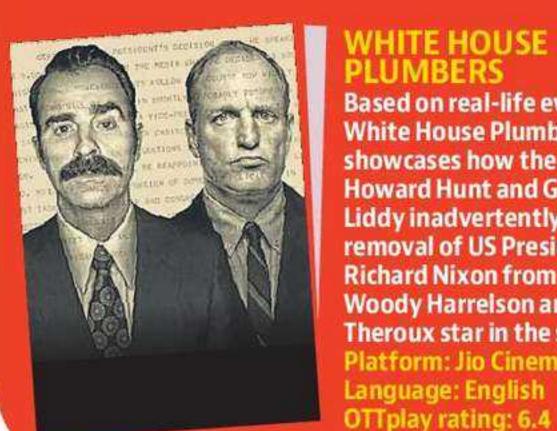


ERILLOOR PREMIER

In a small village in Kerala, hilarious events unfold after a reluctant youngster agrees to contest in the panchayat election. Nikhila Vimal portrays the protagonist alongside Sunny Wayne, Aju Varghese and Vijayaraghavan in this light-hearted series. Platform: Disney+ Hotstar Language: Malayalam OTTplay rating: 7.2

THE DIPLOMAT Created by Debora Cahn, this series follows US ambassador Kate Wyler as she attempts to de-escalate a global crisis even as she deals with the issues in her marital life. Keri Russell stars as Wyler, while Rufus Sewell plays her husband Hal, also a former ambassador. Platform: Netflix Language: English OTTplay rating: 6.4





HITE HOUSE UMBERS Based on real-life events, White House Plumbers showcases how the actions of Howard Hunt and Gordon Liddy inadvertently led to the removal of US President Richard Nixon from power. **Woody Harrelson and Justin** Theroux star in the satire. Platform: Jio Cinema Language: English



Actor Huma Qureshi believes bold content may be necessary for

narrative impact, but she cautions against gratuitous depictions

Rishabh Suri

rishabh.suri@htlive.com

uma Qureshi has experimented with a variety of genres in both film and OTT platforms. She's appeared in a lot of films lately, including the dark comedy Monica O My Darling (2022), the suspenseful thriller Mithya, the biographical drama Tarla (2023), and the politically charged series Maharani, whose third season debuted last month and for which the actor has been receiving plaudits. However, amid the plethora of options available to viewers today, Qureshi acknowledges the challenge of standing out. When we ask about the difficulty of making a project distinguish itself in the competitive OTT landscape, the 37-year-old responds, "That's a very marketing related question. I don't think it comes from a place of honesty. You make a good film or series when you are just trying to make it with the right intention. It will travel. You don't think about marketing and then make a project around it."

SELF-CENSORSHIP

by OTT platforms, Qureshi

Despite the creative freedom afforded

Stills from Tarla and Mithya

acknowledges the responsibility to selfcensor content. "I feel OTT has often been blamed for showing too much nudity and foul language. I feel some of it is needed in the script sometimes, for shock value. Sometimes it is zabardasti. Dikhane ki zaroorat nahin hai," she reasons.

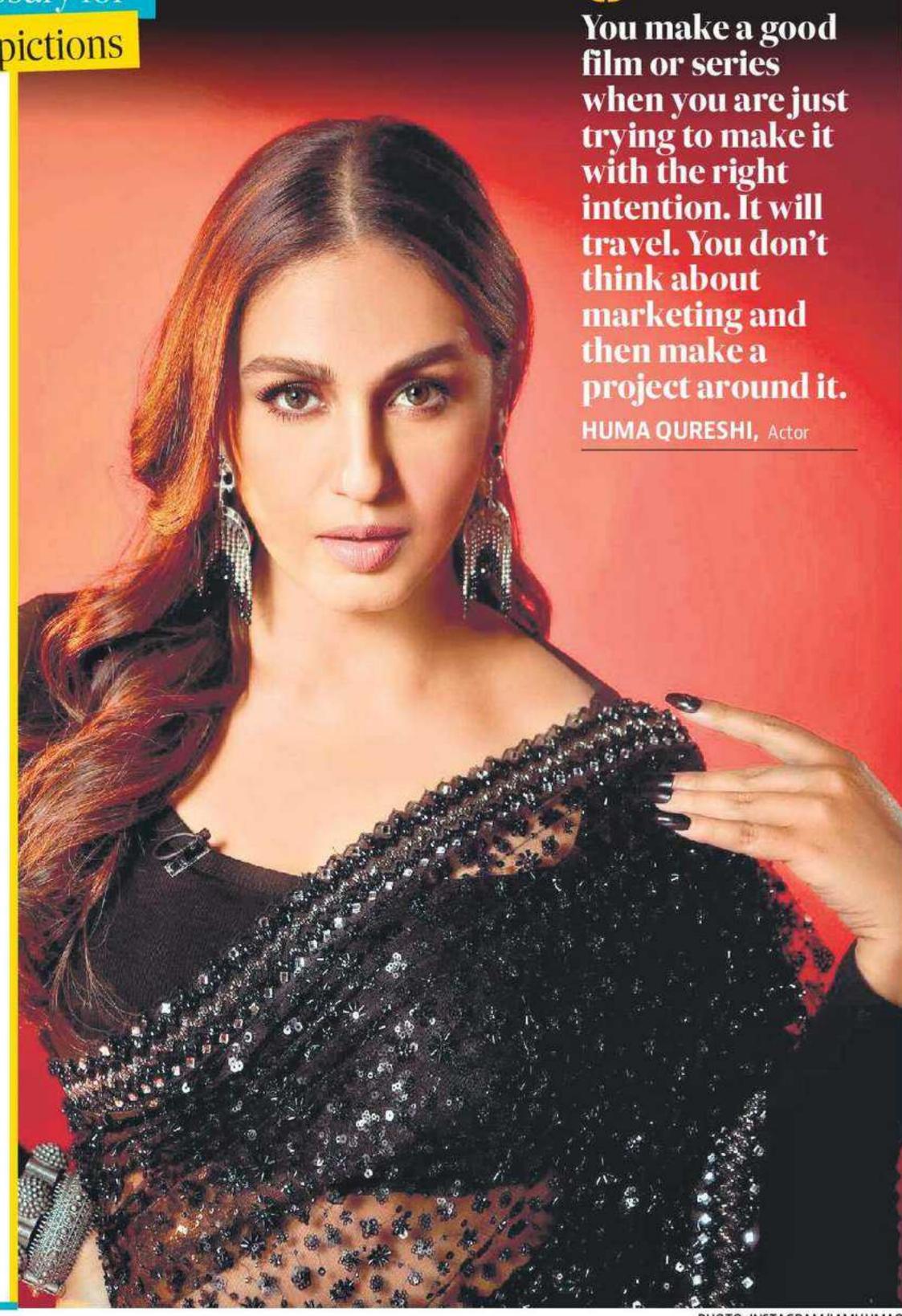
QUEEN'S JOURNEY Her portrayal of Rani Bharti in Maharani has particularly resonated with audiences, evident from the show's success and the renewal for multiple seasons. Qureshi describes Rani's journey as a classic "hero's journey", highlighting her evolution from naivety to courage amid political turmoil. "She is somebody who was naive in the beginning, she doesn't know anything about politics, and she is thrust into a position of peers along the way. She meets people and realises her husband is a bad guy. How she finds inner morality and courage is what has evolved over the different seasons. I am amazed to see the response and respect the show has received," says the actor.

'TARLA WAS SCARY'

Reflecting on her role in the direct to OTT biopic, portraying the late cooking legend Tarla Dalal, Qureshi admits it was her most challenging

yet rewarding experience. Mastering the "dialect and portraying the iconic figure with authenticity" were paramount for her, as she "aimed to avoid caricaturing the character". "I am a hard-core North Indian: Gujarati and

Marathi sounds are alien to me. I had to work hard to get the dialect right." she



Scan here

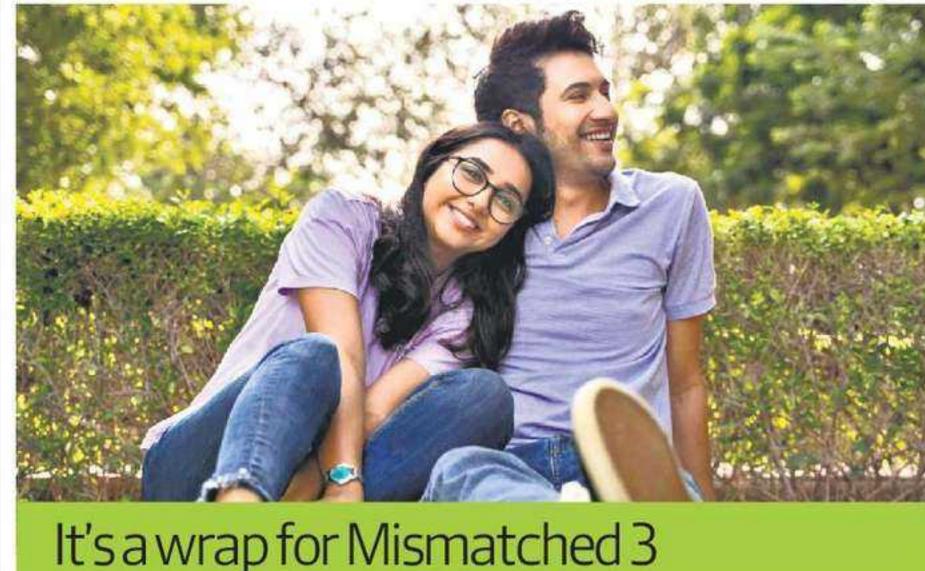
PHOTO: INSTAGRAM/IAMHUMAO

#inbrief

Zendaya doubtful about Euphoria 3?

A few weeks ago reports claimed that Zendaya-starrer Euphoria 3's shoot has been delayed. Now, during her ongoing press tour, the actor gave some disappointing update. During the Challengers premiere in Los Angeles, Zendaya, who is also the executive producer of the series, shared that she is "not in charge" of whether the show returns for season 3. "If it's right for the characters and everything turns out the way it should, of course. But it's beyond me.," she said.





Actors Rohit Saraf and Prajakta Koli have wrapped up the shoot of the third season of Mismatched. The Netflix series follows their characters, Rishi and Dimple, as they explore love, life, friendship and its complexities.

The second season ended with the two completing their course and Rishi bagging the internship that Dimple was vying for. Directed by Akarsh Khurana, it also features Vidya Malavade, Rannvijay Singha and Taaruk Raina.

Time for Dil Dosti Dilemma

Web show Dil Dosti Dilemma, starring Anushka Sen recently dropped its trailer. The series is an adaptation of author Andaleeb Wajid's book Asmara's Summer. The show also features Kush Jotwani, Tanvi Azmi and Shishir Sharma in the lead. It starts streaming from April 25 on Prime







Sonali, Jaideep back with The Broken News

Actors Sonali Bendre, Jaideep Ahlawat and Shriya Pilgaonkar are back with the second season of their thrilling newsroom drama, The Broken News. The show's trailer dropped this week and it will start streaming on Zee5 from May 3. The show explores the field of yellow journalism, TRP battles, politics and more.





Emma Thompson, Ruth Wilson come together for Down Cemetery Road

Actors Emma Thompson and Ruth Wilson will be headlining the series adaptation of Mick Herron's novel Down Cemetery Road for Apple TV+, reports Variety. The investigative drama centres on Sarah Tucker (Wilson) and Zoë Boehm (Thompson) trying to find answers to the mysterious explosion of Tucker's neighbour's house, where a girl goes missing. As the duo digs deeper, they find themselves ensnared in a complex conspiracy.



Reliving the action of Balakot

Lara Dutta Bhupathi and Jimmy Shergill-starrer Ranneeti: Balakot & Beyond's trailer was unveiled recently. The show delves into behind-the-scenes action of India's largest defence operation, set in the background of the Pulwama attack in 2019 and the subsequent Balakot airstrike by the Indian Air Force. The series also features actors Ashutosh Rana and Ashish Vidyarthi, and will be out on Jio Cinema on April 25.

Compiled by Akash Bhatnagar

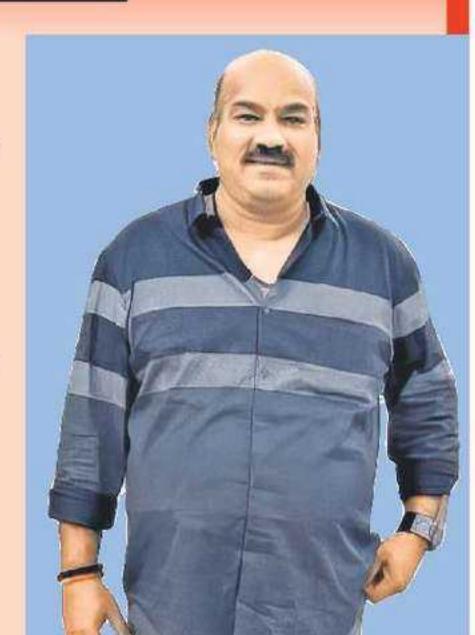
#theburningquestion

What qualifies as a successful show/film on OTT today? How can streamers measure the success of a release?

of evaluating the performance of a movie or show on a streaming platform would range from total number of watched hours, number of users who've watched it to the number of users who've completed a show or movie within a given period. That said, streaming platforms are now evolving to consider new parameters to measure the kind of buzz or excitement a show or movie generates and how that alters their perception and engagement level with users. For instance, platforms are also increasingly measuring

the propensity of a movie

The conventional metrics



KISHORE KUMAR KOLLA, MANAGING DIRECTOR, **SUBHODAYA DIGITAL** ENTERTAINMENT PVT LTD

or show to drive subscriptions or renewals. There is also a concentrated effort to deep dive into titles that bring dormant users back to the platform.





HT Citylifestyle





Akanksha Agnihotri
akanksha.agnihotri@htdigital.in

and this is

known as

snail mucin

olks, snail mucin is surely the latest sensation in skincare. This revolutionary ingredient has captivated the attention of beauty enthusiasts and experts alike, marking a shift in skincare trends toward innovative and high-quality products. With the global skincare market projected to surpass \$167 billion by 2030, emerging treatments and ingredients like snail mucin are sparking excitement and driving industry evolution. But what

exactly is snail mucin and how does it work its wonders? Let's delve into the details.

Snail mucin, or snail secretion, is a viscous substance produced by snails as they move. Dr Neha Khuraana, MD, a board-certified dermatologist explains, "This slimy secretion is rich in proteins, nutrients, and antioxidants, serving to protect snails from cuts and wounds. It has gained popularity in the skincare world due to its

potential benefits."

Whether in the form of serums, moisturizers, or

with proteins,
peptides, enzymes,
and hyaluronic acid,
snail mucin
stimulates collagen
production, enhancing skin
elasticity and firmness.

Promotes skin hydration:
 The high hyaluronic acid content deeply hydrates and moisturizes the skin, preventing moisture loss and maintaining a soft, plump complexion.

Delays skin ageing: Rich in antioxidants and nutrients, snail mucin combats visible signs of aging such as fine lines and wrinkles, providing nourishment and protection to the skin.

• Improves skin texture: With gentle exfoliating properties, snail mucin removes dead skin cells, gradually softening and smoothing • Aids in wound healing:
Containing manganese,
zinc, and glycoproteins,
snail mucin accelerates the
healing of skin wounds like
cuts and acne scars, while
its anti-inflammatory
properties soothe redness
and irritation.

Whether in the form of serums, moisturizers or sheet masks, snail mucin offers a natural and effective olution for radiant, youthful-looking skin



PHOTOS: SHUTTERSTOCK

Ismat Tahseen
ismat.tahseen @partnerhindustantimes.com

fter a long, exhausting day, imagine sinking into your sofa, closing your eyes and simply listening to the soothing sounds of falling water. You don't need a luxurious resort for this tranquil experience; you can create

your own Zen fountain at home.

Harsha Murarka, an interior stylist, explains the appeal of water fountains in home décor: "Water features effortlessly enhance interior spaces, serving as captivating focal points. They are also believed to promote positive energy flow within the home, evoking feelings of abundance. The sound of flowing water has an immediate stress-reducing effect,

inducing relaxation."
If you're considering adding a water feature to your home, here

 Indoor fountains: Whether it's a small tabletop model or a large floor-standing piece, indoor fountains offer versatility. They can be placed anywhere from the entryway to the living room or even the bedroom. Incorporating a fountain into the office lobby is

also a popular trend.Wall-mounted fountains: Opt for

a wall-mounted fountain if you have limited living space. It adds a vertical dimension to the area without taking up valuable floor

Introduce aqua

waves of wow

accents to create

From bamboo fountains and table-top fountains to

pondless waterfalls, one can explore several home

décor ideas this summer

Garden fountains: Extend the tranquility outdoors with garden fountains or pondless waterfalls. These features create a serene oasis and add a rustic charm to outdoor spaces. They are perfect for outdoor gatherings, parties, or simply as a personal retreat amidst nature.





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limitations of the printing process. The black shade on glasses is due to lighting effect. Scrappage bonus is only applicable on select models. Based on Certificate of deposit (issued by government approved and operational centre) by the customer. Visit your nearest Hyundai dealership for more details. Hyundai urges you to follow traffic rules - these are meant to keep you safe on roads.

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SUITS

will continue its

story through a

brand-new spin-

the upcoming

actor Stephen

series featured

actors Patrick J Adams, Gabriel

Markle and Gina

Macht, Rick

Torres.

KEEPING IT NOSTALGIC: SPIN-OFFS CARRY THE

LEGACY

Complied by Sugandha Rawal Tagra

Recently, loyal fans of The Real Housewives series were treated to a new tantalising spin-off that followed the legacy of the original. Riding this wave of old glory, Hollywood is set to keep many beloved classic series afloat with new spin-offs serving fresh storylines in the OG universe

RAY DONOVAN

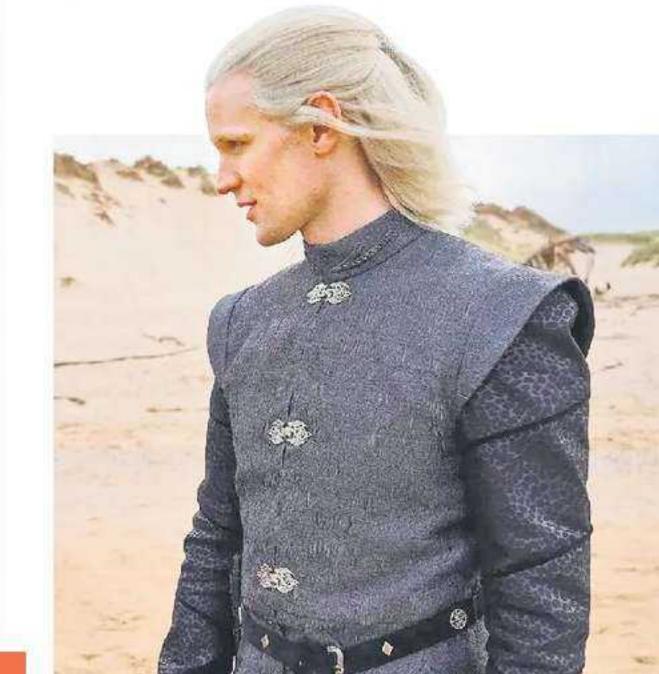
A spin-off of Ray Donovan, a hit crime drama, is set to be directed and executive-produced by Guy Ritchie, who recently directed The Covenant (2023). Titled The Donovans, the new series will be loosely based on the successful 2013 series that ran for seven seasons and starred Liev Schreiber as a professional mediator for law firms in Los Angeles (US).



The world of Young Sheldon will expand with a spin-off series centred on new parents Georgie and Mandy.
Actors Montana Jordan and Emily Osment are set to reprise their roles in the new half-hour, multi-camera comedy, which is slated to launch during the 2024-2025 season. It will be created by The Big Bang Theory and Young Sheldon executive producers Chuck Lorre, Steven Molaro and Steve Holland.



Legally Blonde (2001) is getting a spin-off series for the streaming world. Screenwriters Josh Schwartz and Stephanie Savage, best known for their work in the hit teen drama series Gossip Girl, will write the show, as per Variety. The series will be backed by Witherspoon's production banner.



THE REAL HOUSEWIVES OF BEVERLY HILLS In this spin-off of The Real Housewives of Beverly Hills (RHOBH), we follow singer Erika Jayne as she prepares for her solo music residency in Las Vegas. The documentary series, titled Bet It All on Blonde, features exclusive behind-the-scenes footage of her performances that also feature in the 13th season of the original reality show. While the first part of the series was aired in March, the second part is set to come out in the latter half of 2024. Jayne first made her appearance in RHOBH in the sixth season of the series.

GAME OF THRONES

Several spin-offs stemming from the world of Game of Thrones are in development. The first spin-off, House of the Dragon, has already emerged as a success. Other series in development include one focusing on the legends of Aegon the Conqueror, The Hedge King and The Sea Snake. However, a possible spin-off centered around Jon Snow, which was initially said to be in the works but has encountered delays, has been cancelled.





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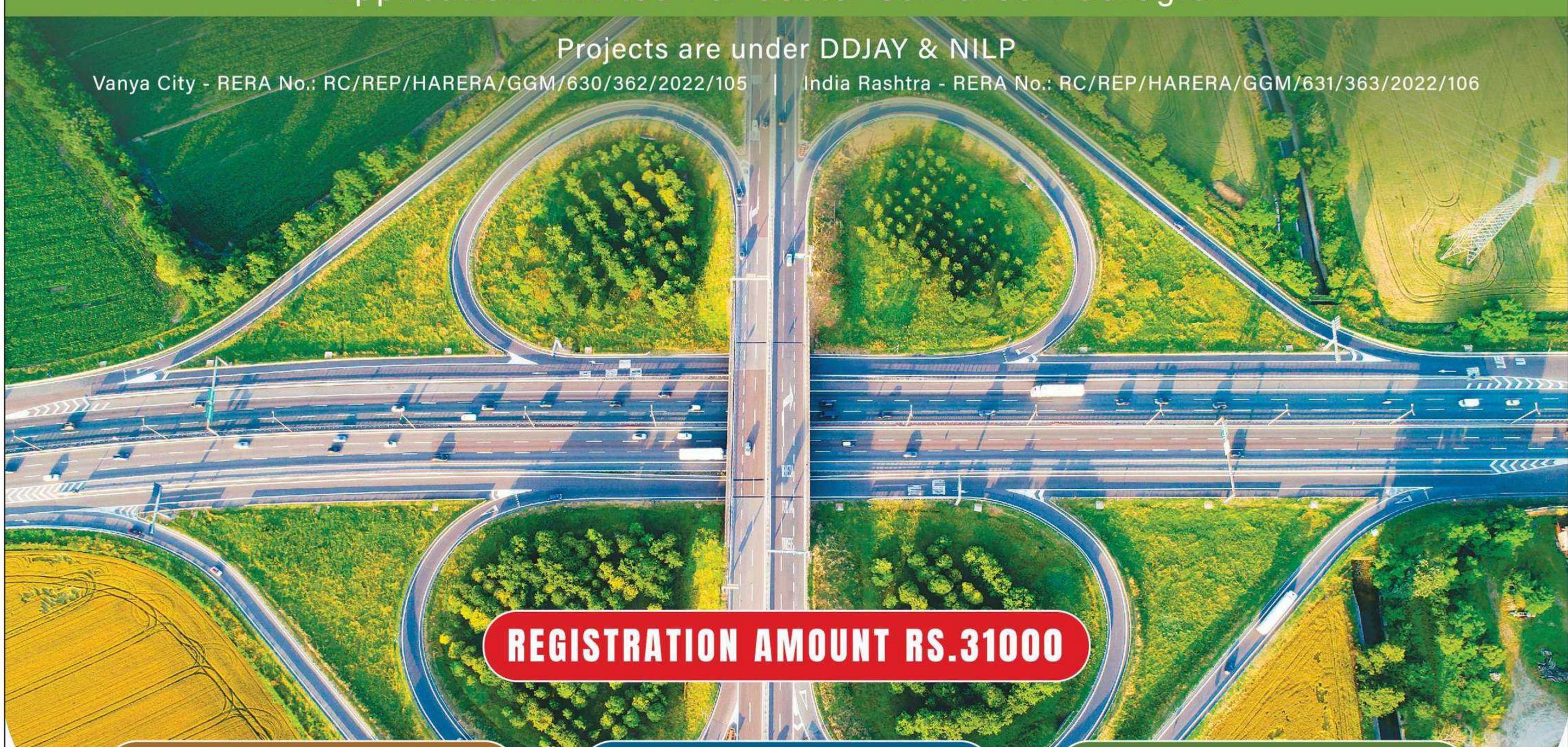
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24TH APRIL 2024

ALLOCATION VIA DRAW OF LOTS 26TH APRIL 2024

CONSTRUCTION LINKED PAYMENT PLAN

99A DWARKA EXPRESSWAY

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FLOOR	RATE PER SQ. FEET	SIZE IN SQ. FEET	REGISTRATION FEES	ON ALLOCATION 9% (INCLUDING RES. AMT.)	WITHIN 45 DAYS FROM THE DATE OF BBA (21%)	ON COMPLETION OF BASEMENT/ 1 ST /2 ND /3 RD & 4 TH FLOOR ROOF SLAB [10% EACH]	ON OFFER OF POSSESSION (20%)	TOTAL BASIC COST (TBC)
Ground + Lower Ground Floor	Rs. 16,500	950.73	₹31,000	Rs. 14,11,834	Rs. 32,94,279	Rs. 15,68,705 (EACH FLOOR)	Rs. 31,37,410	Rs. 1,56,87,048*
Ground Floor	Rs. 16,500	399.95		Rs. 5,93,926	Rs. 13,85,826	Rs. 6,59,918 (EACH FLOOR)	Rs. 13,19,835	Rs. 65,99,177*
First Floor	Rs. 14,300	399.95		Rs. 5,14,735	Rs. 12,01,050	Rs. 5,71,929 (EACH FLOOR)	Rs. 11,43,858	Rs. 57,19,288*
Second Floor	Rs. 12,100	399.95		Rs. 4,35,546	Rs. 1,016,273	Rs. 4,83,940 (EACH FLOOR)	Rs. 9,67,880	Rs. 48,39,399*
Third Floor + Terrace	Rs. 9,900	499.94		Rs. 4,45,447	Rs. 10,39,375	Rs. 4,94,941 (EACH FLOOR)	Rs. 9,89,882	Rs. 49,49,409*

*GST & govt charges as applicable | Mandatory Car Parking with Ground & First Floor

OA DWANKA EKPNESSWAY										
FLOOR	RATE PER SQ. FEET	SIZE IN SQ. FEET	REGISTRATION FEES	ON ALLOCATION 9% (INCLUDING REG. AMT.)	WITHIN 45 DAYS FROM THE DATE OF BBA (21%)	ON COMPLETION OF BASEMENT/ 187/2***/3*** & 4** FLOOR ROOF SLAB (10% EACH)	ON OFFER OF POSSESSION (20%)	TOTAL BASIC GOST (TBC)		
Ground Floor	Rs. 19,800	312.328	₹31,000	Rs. 5,56,568	Rs. 12,98,660	Rs. 6,18,409 (EACH FLOOR)	Rs. 12,36,818	Rs. 61,84,091*		
First Floor	Rs. 15,400	312.328		Rs. 4,32,887	Rs. 10,10,069	Rs. 4,80,985 (EACH FLOOR)	Rs. 9,61,970	Rs. 48,09,851		
Second Floor	Rs. 13,200	312.328		Rs. 3,71,046	Rs. 8,65,773	Rs. 4,12,273 (EACH FLOOR)	Rs. 8,24,546	Rs. 41,22,730		
Third Floor	Rs. 9.900	384.537		Rs. 3.42.622	Rs. 7.99.452	Rs. 3,80,692	Rs. 7.61.384	Rs. 38.06.918*		

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