



BACK BEAT
Shia LaBeouf expecting first child with Mia Goth
Page 4

DelhiTimes

twitter.com/DelhiTimesTweet
facebook.com/DelhiTimesOnline
instagram.com/delhi.times

To advertise with us, call 1800 120 5474
To order your copy, call 1800 120 0004 toll free
or visit subscribe.timesgroup.com

THURSDAY, FEBRUARY 3, 2022 | ADVERTORIAL,
ENTERTAINMENT INDUSTRY PROMOTIONAL FEATURE

Any feedback, complaints or tip-offs related to stories in Delhi Times?
Mail us @delhi.times@timesgroup.com

OF INDIA



WHOOPY GOLDBERG SUSPENDED FROM THE VIEW OVER HOLOCAUST REMARKS

PAGE 4

Prathamesh Bandekar

Tejasswi didn't ruin my game, she made me stronger: Karan Kundrra

@kkundrra



Karan Kundrra



With Tejasswi Prakash in Bigg Boss 15

I LIVED THE BIGG BOSS JOURNEY THE WAY I WANTED TO. IF I FELL IN LOVE, WHY WOULD IT BE TEJASSWI'S FAULT? IF SHE WASN'T THERE, MAIN GIVE UP KAR KE NIKAL GAYA HOTA

I was a little low initially and lost faith in myself, but I promised my fans that I will bounce back soon. Maine apne har show mein kaha hai that it's about the journey, not the destination, and I think I had a fantastic journey. I met the most amazing girl on the planet in Bigg Boss, made great friends like Umar (Riaz) and came out to so much love from my fans. I am overwhelmed right now."

TEJASSWI AND I ARE PERFECT FOR EACH OTHER'

Karan found love inside the Bigg Boss house. His showmance with Tejasswi Prakash started shortly after the duo entered the house. Talking about how their relationship blossomed on the show, he shares, "To be honest, I don't know how we fell for each other."

CONTINUED ON PAGE 3

Unnati Joshi

One of the strongest players of Bigg Boss 15, Karan Kundrra made maximum headlines during his stay in the house. The actor, who finished third on the reality show, was often praised by the viewers for his master gameplay aka Karan-neeti.

Reflecting on his game, he tells us, "I wanted to win the show. I was shocked to know that I wasn't in the top two. I wanted to be on the stage with Tejasswi (Prakash: BB 15 winner). Even Salman bhai was shocked. He told me, 'Karan, I think half the country is in shock right now'. Yes,

I am overwhelmed right now."

TEJASSWI AND I ARE PERFECT FOR EACH OTHER'

Karan found love inside the Bigg Boss house. His showmance with Tejasswi Prakash started shortly after the duo entered the house. Talking about how their relationship blossomed on the show, he shares, "To be honest, I don't know how we fell for each other."

I have not signed any deal with anyone for my biopic: PV Sindhu

EVERY SPORTSPERSON NEEDS TO BE MENTALLY FIT BECAUSE IT'S NOT JUST ABOUT THE PHYSICAL STRENGTH. EVERY SPORT IS A MIND GAME AS WELL

Iti Shree Misra

Breaking her dry spell of wins in Lucknow at the Syed Modi India International 2022 Badminton tournament last month, Pusarla V Sindhu, the world number seven seeded player, bagged the women's singles title. The Tokyo Olympics bronze medallist was in an ecstatic state of mind when we caught up with her in between her games to quiz her about her several wins and what they mean to her; the struggles of a woman sportsperson vs their male counterparts and whether we'll soon see her biopic on screen. Here's what she had to say:

Another win for you and another title in your long list of achievements. Do you even keep a count now?

Well, I am very happy with my achievements and how far I have come, and there is a long way to go in my career. Every match is memorable to me. Sometimes you win the match, sometimes you lose. How-

ever, you learn a lot from each.

Does this constant pressure of performing well get to you at times? How do you handle it?

Well, we definitely perform with the intention of winning. And though we sometimes perform brilliantly, sometimes we may not win the match. Every sportsperson has to face pressure at some stage in their career, and so, we train our minds to play our best game and give it our best.

Sportspersons like Naomi Osaka and Simone Biles have withdrawn from major tournaments to focus on their mental health. How important is it for a sportsperson to focus on this aspect?

Every sport is a mind game as well and sportspersons need to take care of their minds. I am sure it's different for every sportsperson, but they all need to be mentally fit because it's not just about the physical strength.

CONTINUED ON PAGE 3

PV SINDHU

BUZZ STOP

KERALA HOSPITAL USES MORGAN FREEMAN'S PIC TO ADVERTISE WART & SKIN TAG REMOVAL TREATMENT

@rejittweets



A Kerala hospital has been slammed by netizens for using Oscar-winning actor **MORGAN FREEMAN**'s picture to advertise its skin treatment facilities. Tagging *The Shawshank Redemption* star, author Rejimon Kuttappan wrote, "Using your picture as sample, they are claiming to make everyone free from dark tan, wrinkles, pigments. (sic)" Reportedly, following the backlash, the hospital has issued an apology online.

'BRING IT ON 2022', SAYS AISHWARYAA AFTER TESTING COVID POSITIVE



AISHWARYAA RAJINIKANTH has tested positive and is under treatment at a hospital. The 40-year-old director posted a picture with a cannula in her hand, writing, "Bring it on 2022! We'll see what more is that you have in store for me. (sic)". Aishwaryaa, who is megastar Rajinikanth's daughter, announced her separation from South star Dhanush after 18 years of marriage last month.

PTI

Should you work out while asymptomatic?

How should one start off one's post-COVID workout regimen? Should asymptomatic people or those with mild symptoms exercise? Here's what experts suggest:

Riya Sharma

Planning to resume your workout after recovering from COVID-19 and don't know where to start? Doctors share that returning to your routine after recovering from COVID can be different for different people. And that is why it is important to take it slow, starting with basic exercises. The important rule here is to listen to your body. Also, if you are asymptomatic, you can walk and do breathing exercises within your isolation area, but don't go overboard just because you don't have symptoms. Here are all the other things you need to keep in mind:

'AT THE TIME OF INFECTION, SIMPLE STRETCHING OR SLOW WALKS IN THE ISOLATION AREA IS ADVISED'

Doctors suggest simple stretching and slow walks at home when one is infected. Dr Suranjit Chatterjee, Senior Consultant, Indraprastha Apollo Hospitals, New Delhi, explains, "Individually, people don't know whether they have had Omicron or Delta, although most of the cases reported in Delhi have been Omicron. Delta has behaved in a weakened manner now because of vaccination. So far, the inflammatory markers, involvement of heart and severity have been very minimally reported. At the same time, we still need more knowledge about Omicron, because it is still a new variant."

The doctor adds, "Even if you have mild or no symptoms, it's suggested to not exercise when battling an acute disease, because one needs rest in case of all viral infections to help the immune system fight the infection."



WHAT EXPERTS ADVISE:

WHILE INFECTED, doctors suggest simple stretching and slow walks in the isolation area

ONCE YOU ARE RECOVERING and out of isolation, for the initial 10-15 days, you should continue with simple stretching, mild walks

ONCE SYMPTOM FREE, you can continue with walks and light stretching exercises, along with yoga

AFTER RECOVERY, start with simple exercises like stretching, walking, breathing and then move to more intense workouts

IF ASYMPTOMATIC, go for breathing exercises and walk within the isolation area. Refrain from doing vigorous exercise for the first 10 days

FOR THOSE WITH MODERATE OR SEVERE SYMPTOMS, the body may take very long to recover, so exercise has to be tailored in consultation with your treating physician



The nature of showbiz is such one faces rejections more than acceptance: Dhairyaa Karwa

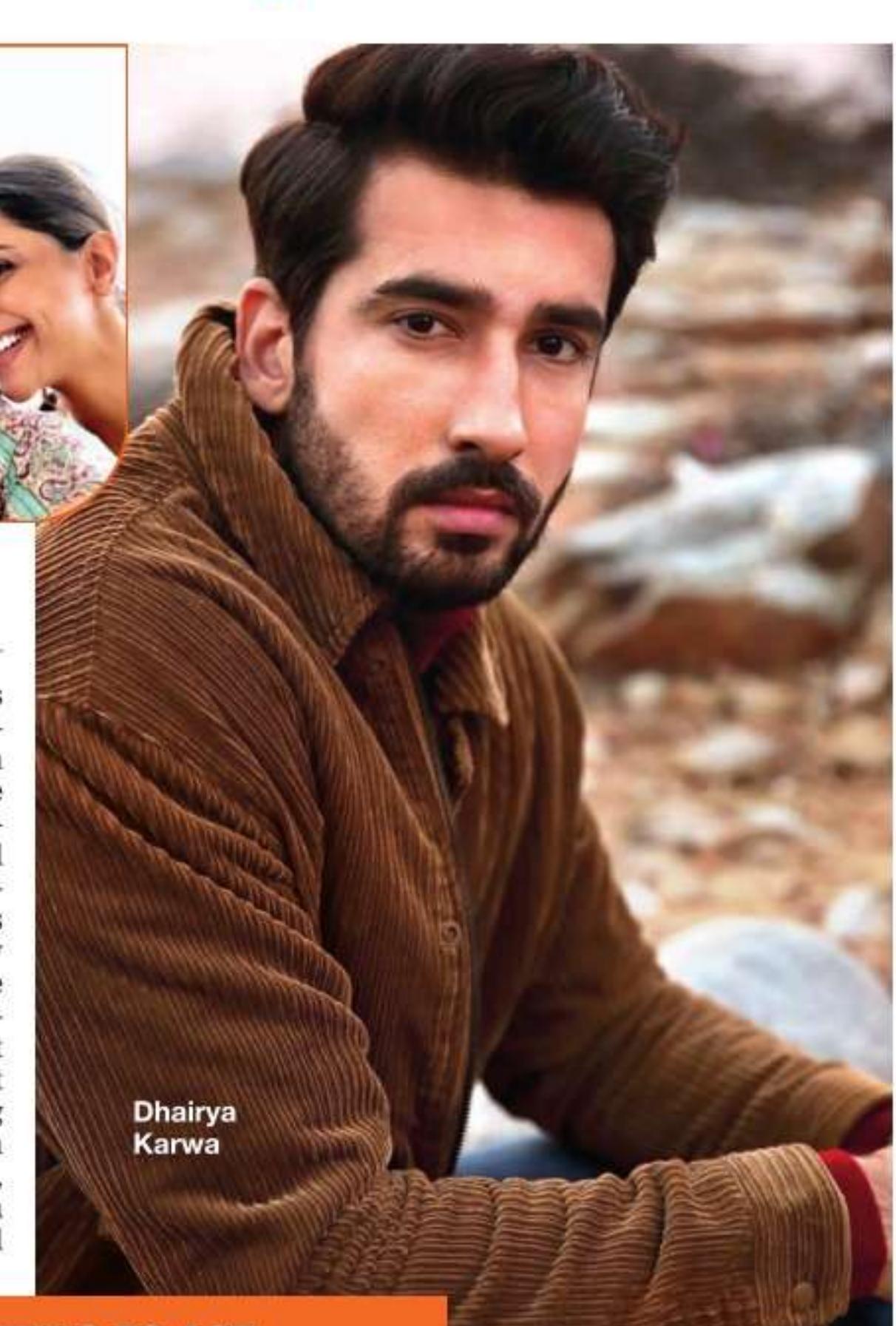


With Shakun Batra and Deepika Padukone

Onkar Kulkarni

I guess I have just been lucky," says Dhairyaa Karwa, who bagged an enviable part in the upcoming film *Gehraiyaan*. Four years ago, when he arrived in Mumbai from Delhi, he wanted to be a model. However, the city and his love for Bollywood made him pursue a career in films instead. He calls himself lucky because, unlike many other strugglers, Dhairyaa, since the time he began in 2016, kept getting interesting roles in reputed projects that helped him learn as an actor and get noticed by filmmakers. His upcoming film *Gehraiyaan*, which releases on Amazon Prime Video on February 11, features him along with Deepika Padukone, Siddhant Chaturvedi and Ananya Panday.

"I was busy cracking exams to head abroad to study in a business school. People used to ask why wasn't I trying my hand at modelling," he says, adding, "Once in Mumbai, the kind of welcome I got made me chase a career in acting. I am happy to have scored roles in films like *Uri: The Surgical Strike*, 83,



GETTING TO ACT OPPOSITE DEEPIKA AND LEARN UNDER A DIRECTOR LIKE SHAKUN BATRA IN GEHRAIYAAN... IT'S LIKE EVERY ACTOR'S DREAM. WE KNOW OF DEEPIKA AS THIS HUMONGOUS STAR, YET SHE'S SO SIMPLE & WARM

which was followed by a web show. Then, when I was offered *Gehraiyaan*, it felt like a dream come true. It's like this big Karan Johar project, getting an opportunity to act opposite Deepika, a chance to work with actors like Siddhant and Ananya and getting to learn under a director like Shakun Batra... it's like every actor's dream."

CONTINUED ON PAGE 3



INTERNATIONAL
EDUCATION
SPECIALISTS

Neha Sharma

From the lanes of Delhi to
Financial Advisor in London, UK*

If you have the **dream**, we will show the **way**.

Attend IDP's **BIGGEST EDUCATION
VIRTUAL FAIR**

Scan to
REGISTER
for FREE



Delhi-NCR

CANADA	Fri & Sat, 4th & 5th Feb	11:00am - 5:00pm
UK	Sun, 6th Feb	1:00pm - 6:00pm
USA	Mon, 7th Feb	2:00pm - 7:00pm
IRELAND	Fri, 11th Feb	2:00pm - 5:00pm
NEW ZEALAND	Sat, 19th Feb	11:00am - 3:00pm

EVENT HIGHLIGHTS

1-on-1 interaction with world-class institutions' representatives from the comfort of your home

Discuss eligibility criteria, scholarships, and post-study work opportunities

Know about the upcoming intakes and clarify all your doubts and queries

Submit applications on-the-spot with application fee waivers* and much more

PARTICIPATING INSTITUTIONS

CANADA

- Bow Valley College*
 - Brock University*
 - Cambridge College**
 - Centennial College*
 - Dalhousie University#*
 - Douglas College**
 - Durham College**
 - Fanshawe College*
 - Fleming College**
 - George Brown College*
 - Lakehead University*
 - Lasalle College**
 - MacEwan University#
 - NAVITAS (FIC, ICM, WLIC, RUIC) #
 - North Island College*
 - Northern College*
 - Ontario Tech University*
 - Queens University#*
- #UG Only. *4th Feb. **5th Feb

IRELAND

- Dublin Business School
 - Dublin City University
 - IT Carlow
 - National College of Ireland
 - Trinity College Dublin
- TUS: Midlands Midwest
- University College Cork
 - University College Dublin
 - University of Limerick

UK

- Aberystwyth University
- Aston University
- Birkbeck, University of London
- Birmingham City University
- Brunel University
- Cardiff University
- City, University of London
- Granfield University
- Durham University
- Goldsmiths, University of London
- Henley Business School
- Heriot-Watt University
- King's College London
- Lancaster University
- London Metropolitan University
- Manchester Metropolitan University
- Nottingham Trent University
- Oxford Brookes University
- Queen Mary, University of London
- Queen's University Belfast
- Royal Holloway, University of London
- Swansea University
- University of Aberdeen

USA

- Adelphi University
- Arizona State University
- Auburn University
- Baylor University
- California State University, San Bernardino
- Central Michigan University
- Claremont Graduate University#
- Cleveland State University
- Colorado State University
- DePaul University
- DREU University
- Ful Sail University
- George Mason University
- Hofstra University
- Hult International Business School
- Illinois State University
- James Madison University
- Kent State University
- Lipscomb University
- Long Island University- Brooklyn
- Long Island University- Post
- Massachusetts College of Pharmacy and Health Sciences
- New Jersey Institute of Technology
- Northern Arizona University
- Oregon State University
- Pace University

#UG Only. #PG Only.

Global leader in
international education services

Over 50
years of experience

120+ offices
in over 30 countries

Over 800
leading
partner institutions

Proud co-owner
of IELTS

Download
the
**IDP Live
App**



Android

iOS

All IDP counselling services are free of cost!

To pre-register visit

idp.com

IDP Offices

011-44118888
(Nehru Place)
Suite Nos. 510-513 & 610-616,
International Trade Tower

011-48568888
(Rajouri Garden)
C-10, 2nd Floor, Above
Croma Store, Ring Road

0124-4411888 (Gurgaon)
Global Gateway Towers, Tower-B,
7th Floor, Sector 26, M.G. Road,
(Near Guru Dronacharya Metro Station)

0120-4077800
(Noida)
2nd Floor, Brahmdev Tower,
Plot No. 3, Block-K, Sector 18

* Conditions apply.
** Images & story content is for representation purpose only.

Simple stretching, slow walking can be done if you're asymptomatic: Doctors

...CONTINUED FROM PAGE 1

It's better to go for simple stretching or mild walks in isolation than heavy exercises. Once you are recovering and out of isolation, for the initial 10-15 days, you should still take it easy, continuing with simple stretching and mild walks. From the second week onwards (counted from the day of onset of symptoms), once you're symptom-free, one can start with walks, yoga and light stretching exercises."

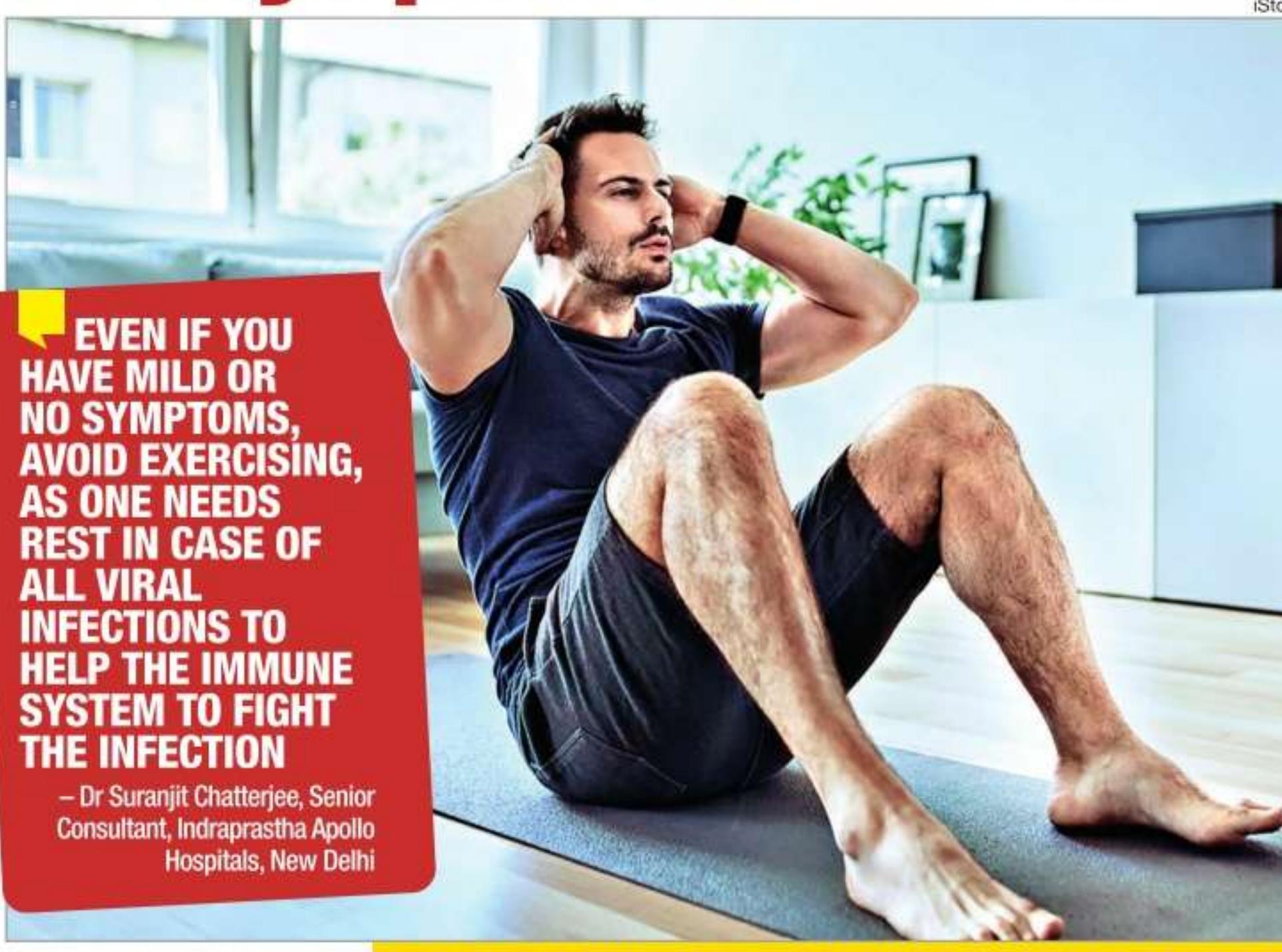
Those with cardiac involvement, however, should wait for two-three weeks. Dr Neetu Jain, Senior Consultant Pulmonology, PSRI Hospital, New Delhi, says, "Returning to exercise should be a gradual process. It's better to start at about 50% of one's previous exercise levels. The target should be to do moderate exercise on a week-to-week basis, gradually. Listen to your body, and stop as soon as you start getting tired."

Doctors share that it is important to fully recover before resuming your workout. "If you start too early, you may suffer from prolonged fatigue or malaise," shares Dr Vikas Deswal, Consultant Internal Medicine, Medanta, Gurgaon.

FOR THOSE WITH MODERATE OR SERIOUS SYMPTOMS, EXERCISE HAS TO BE TAILED BASED ON YOUR PHYSICIAN'S ADVICE'

Dr Ravi Shekhar Jha says, "The newer variant of Omicron is mild but that doesn't mean we can completely write it off. The body takes its own time to heal and therefore, we should refrain from exercising for at least two weeks." He adds, "For those with moderate or severe disease, especially if someone needed high flow oxygen or ventilator, the body may take very long to recover; so exercise has to be tailored by being in consultation with your treating physician."

Like other doctors, he also advises that the aim after recovery should be to keep the body moving. "The aim in the recovery phase is not bodybuilding but to keep your body in such a state that your muscles don't go into contraction due to prolonged inactivity. Also, the inactive body has the tendency to form blood clots. Moving regularly and doing regular stretching exercises can prevent these issues. Simple breathing exercises and stretching is sufficient, to begin with," he says.



EVEN IF YOU HAVE MILD OR NO SYMPTOMS, AVOID EXERCISING, AS ONE NEEDS REST IN CASE OF ALL VIRAL INFECTIONS TO HELP THE IMMUNE SYSTEM TO FIGHT THE INFECTION

— Dr Suranjit Chatterjee, Senior Consultant, Indraprastha Apollo Hospitals, New Delhi

CAN YOU EXERCISE IF YOU'RE ASYMPTOMATIC?

Dr Vikas Deswal says, "Additionally, if someone is asymptomatic, then they can do breathing exercises and walk within the isolation area. The idea should not be to start exercising strenuously, but to get the body moving, start slow and then eventually go back to the original amount of exercise pre-COVID. Post Omicron, one can start with simple exercises like stretching, walking, and breathing and then move into more intense workouts."

Dr Ravi Shekhar Jha, Additional Director & HOD – Pulmonology, Fortis Escorts Hospital, Faridabad, adds, "The problem in asymptomatic cases is that it is difficult to ascertain if the patient has an active infection or not. Therefore, we must refrain from doing vigorous exercise for the first 10 days."

Karan on finishing third in Bigg Boss 15: Was shocked that I wasn't in the top two

...CONTINUED FROM PAGE 1

Karan says "In fact, Tejasswi and I were discussing this last night, and she had no idea either about how we fell for each other. Initially, I thought *yeh ladki pagal hai*, but she is cute, and I was fond of her. I would often find myself staring at her. Then I told myself that I am not here for this, I have to play the game and started ignoring her. She thought I was giving her attitude, and she stopped talking to me. *Pata nahi kya chal raha tha*, both of us were fighting this feeling (laughs). But everything happened naturally. I confessed my feelings for her on the show, and I am glad I did that."

He adds, "Tejasswi didn't have my address or phone number, but as soon as she came out of the house, instead of enjoying her win at home with family, she asked the production people to drop her at my house. She landed at my house at 5.30am. It was cute. I am so used to spending all my time with her that now when she is not with me, I start missing her. We are both going bonkers (laughs)."

While many think Tejasswi affected Karan's game negatively, he thinks otherwise. "I lived the *Bigg Boss* journey the way I wanted to. If I fell in love, why would it be Tejasswi's fault? Why are people blaming her for this? She made me stronger; gave me the strength to survive till the end in that madhouse. If she wasn't there, *main give up kar ke nikal gaya hota*. She didn't ruin my game, she was my strength there. Tejasswi and I may not be perfect, but I guess we are perfect for each other," Karan says.

'SHAMITA AND I HAD A LOT OF RESPECT FOR EACH OTHER ON THE SHOW'

The *Yeh Kahan Aa Gaye Hum* actor shared a good friendship with Shamita Shetty, but the two grew apart as Tejasswi and Shamita weren't on talking terms. He says, "Throughout the game, Shamita and I had a lot of respect for each other. We were never the best of friends, but we weren't enemies either. So our bond will stay the same. *Ek jo respect hai Shamita ke liye woh kabhi nahi jaayegi*. But Tejasswi *meri* girlfriend *hai*, *main uske* against *bhi nahi jaaunga*. If she is wrong somewhere, *main usko samajhaunga* but I won't

AS SOON AS TEJASSWI CAME OUT OF THE BIGG BOSS HOUSE, SHE LANDED AT MY HOUSE AT 5.30AM. IT WAS CUTE

go against her. I will stand by her."

Karan rubbed a lot of people the wrong way when he age-shamed Shamita initially. Then again, when he didn't stand up for her when Tejasswi age-shamed her. He clarifies, "When Neha (Bhasin) entered the show, she told me about the 'aunty' comment. But I couldn't recall saying it, despite that I went to Shamita and apologised. She accepted my apology, and we were both fine after that. As far as Tejasswi's comment is concerned, I was the one who asked her to apologise. And she apologised after that. Also, I don't think Tejasswi wanted to age-shame her; she just casually said, 'uss par bhi chad gayi aunty'. Shamita *mujhe teen saal badi hai, agar Tejasswi usko age-shame kar rahi hai*, then she would have called me uncle, too. I don't think she meant it the way it was perceived."

'PROUD OF PRATIK'S JOURNEY'
During the show, Karan had several major blowups with his *Love School shishya* Pratik Sehajpal. "Pratik and I have done two shows together, and he was one of my favourite contestants there. We couldn't bond well on the show because we are both alphas, and we wanted to do our own thing. Deep down, I knew that he would never backstab me. *Woh kuch galat karta tha toh* I would get affected because he was like my younger brother. And when I saw him standing next to Teja, I was super proud. I am very proud of his game and his journey," he shares.

Every sport is a mind game too, so we need to take care of our minds, says PV Sindhu

...CONTINUED FROM PAGE 1

How does PV Sindhu relax or destress? What apart from badminton do you like doing?

Apart from badminton, I just play with my dog and spend some time with my nephew.

A sportsperson has to make several sacrifices in their life to achieve physical and mental fitness, what is the one thing that was the most difficult for you to let go of?

There have been a lot of sacrifices for me, as well as my parents. The day I started my jour-

ney, I gave up a lot of things like I stopped going out with friends in order to give time to my practice. I enjoy what I do now, I do not regret anything when I look back.

Is marriage on the cards, or are you happy being married to your sport at the moment?

At the moment, it's just badminton for me. Rumour has it that you have signed a deal with Deepika Padukone for a film. It was also reported that Deepika herself will play you in the biopic. Is that true?

No, I have not signed any deal with anyone and nothing has been decided yet.

@pvsindhu1



PV SINDHU

In Gehraiyaan, we handled intimacy with a lot of care & sensitivity, says Dhairyा

...CONTINUED FROM PAGE 1

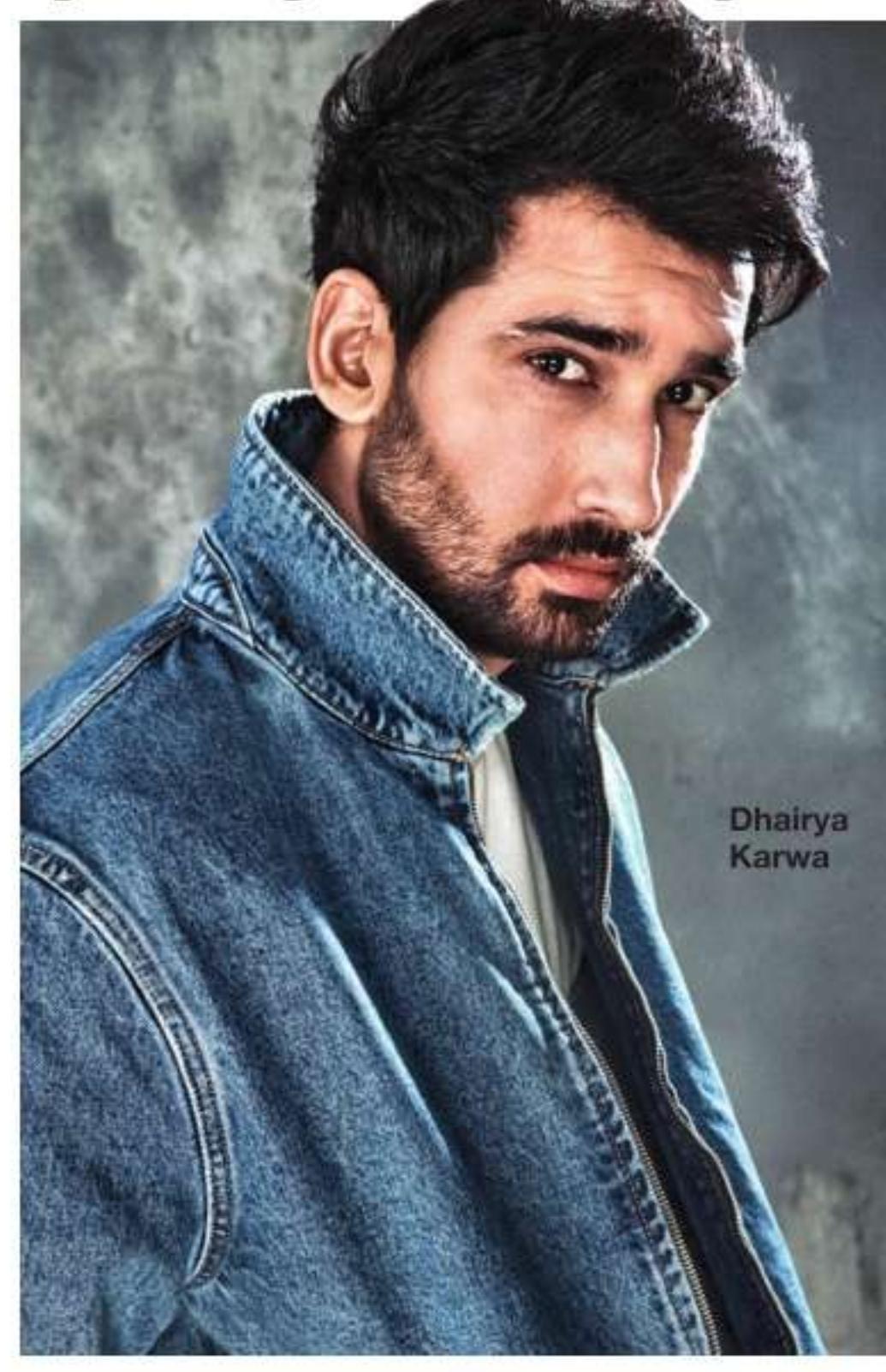
He adds, "I am not a trained actor. I have learnt on the job. The experience and the time I spent on my initial projects prepared me for a film like *Gehraiyaan*. Now that I look back, the experience and the confidence I gained from my first two films was necessary for me to be the actor that I am today."

Apart from his work experience, he is thankful to Karan and Deepika, who made him feel extremely comfortable on set. "When I met Karan for the project, he gave me the biggest and the warmest hug. He told me, 'You are here, and you are here for a reason. You are good, now just enjoy it. Don't take any pressure and keep doing what you are doing.' His words were reassuring and comforting. As for Deepika, I was just smitten by her. She is everything you would expect her to be and more. We know of her as this humongous star and a fabulous actor, yet she's so simple and warm."

Dhairyā first met Deepika at the wrap-up party of *83*. He shares, "I remember at the party, people were busy clicking pictures with her. I didn't do that. At one point, I saw she was all by herself. I mustered up the courage, went up to her and told her I am not going to click pictures with you because I am going to do a film with you. At that time, *Gehraiyaan* was not even being discussed. When I met her for the first time for this film, she was surprised that we indeed were doing a film together."

Gehraiyaan is creating buzz for its beautifully shot, intimate sequences. Dhairyā says, "The credit goes to Shauhan, who's the captain of the ship. For these scenes, we had an intimacy director on board. Intimacy is not a part of the film for a shock value, but because it is essential to the story. We dealt with intimacy with so much care and sensitivity when we performed these scenes. The set felt so safe and secure for us to express ourselves during these sequences."

The actor hopes that the film opens up more avenues for him. He says, "Surviving in Mumbai



Dhairyā Karwa

itself is a challenge and Bollywood is an altogether new field for me. Finding your feet can be challenging. But then everything comes with its own challenges. It is all about your outlook towards it. The nature of the business is that it is going to be disheartening for you as the rejections are always going to be more than the acceptance you receive. However, the rejections are never personal. You need to understand that you didn't suit the part and hence, you didn't qualify for the project. That's it. But at the end of the day, we are humans and have a heart. We tend to get affected, and at times, it does break us. Instead of crying over the opportunities that I missed, I celebrate the fact that I got to be a part of three fabulous films. That's all that matters."

WEDDING & FESTIVAL OFFER

raymond

Extra fine Pure Wool, Silk, Linen & Cotton blended Fabrics
For Formals, Casual & Party Wears

By Economy Sales: 9212758425
Latest Range of Designs & Colors
GIFT PACKS AVAILABLE
upto 60% off
BLAZER • SUIT
SHIRT • TROUSER • JACKET

raymond PARK AVENUE ColorPlus OPEN 7 DAYS

PUNCHKUAN 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



Soni
JEWELLERS
GIVING SHAPE TO PERFECTION

IS NOW

SRI
Shri Raghuvir
JEWELLER

EXCLUSIVE AFFORDABLE
WEDDING COLLECTION AVAILABLE

MAKING CHARGES
STARTING FROM
6% ON 22 K 916 HALLMARK
GOLD JEWELLERY



L92, Shop No. 1,
Lalji Shopping Complex, Munirka,
New Delhi

7011394686 | 7827975767 | 9354076024 | sonijewellers33@gmail.com

WE DON'T HAVE ANY BRANCHES

Little Blazer Dress: Power dressing with a hint of chic

Alia Bhatt ties her checkered Little Blazer Dress with a belt, and completes her look with thigh high boots

Dharitri Ganguly

A short blazer, when worn as a dress, is called a Little Blazer Dress. It is chic and adds the right notes of sexiness to a look. Flaunting a mix of classy and powerful, actresses have been serving major fashion goals in blazer dresses.

WHAT MAKE LBDS SO APPEALING?

Falling under the umbrella of power dressing, these pieces not only provide a nice silhouette, but always look smart and sexy. In fact, you can also attend virtual meetings, parties, and create a fashion statement by wearing suits, shirts and jackets over other outfits.

Designers are also playing with the silhouette by increasing the length of a usual double-breasted blazer with a nip at the waist to create the perfect hourglass shape. Sans a shirt or turtleneck tee, it has the perfect plunging neckline.

Deepika Padukone keeps it stylish by pairing a mini black blazer dress with a lace bralette and a choker and black stilettos

A FEW STYLING TIPS

- A Little Blazer Dress works as a perfect option to switch your look from office wear to your girl's night out. All you need to do is change your footwear. Keep it casual with loafers or glam it up with stilettos
- Accessorise it with drop or hoop earrings, and carry a matching handbag
- You can either go for a formal, monocoloured LBD or a quirky, multicoloured one
- You can even layer it up with a shirt or turtleneck top and pair the dress with it

>>
Fashion blogger Micah Gianneli pairs her white LBD with a pink handbag



Kendall Jenner dons an oversized orange Little Blazer Dress with gold earrings and black gloves



Hina Khan experiments in a half LBD

Priyanka Chopra sports a brown LBD with a chain lining the collar



Deepika Padukone keeps it stylish by pairing a mini black blazer dress with a lace bralette and a choker and black stilettos

Thinking that a single man cannot be a good father is wrong: Tusshar Kapoor

Pics: @tusshark89

Tusshar Kapoor says that it is high time for our society to look at single fatherhood differently. He says, "While single motherhood is celebrated – and rightfully so – thinking that a single man cannot be a good father and raise a child properly is wrong. Nurturing a child emotionally and providing every need so that they can grow up as a happy child is very universal."

He adds, "When I decided to have my child, there were a series of thoughts in my mind because I had never done it before." He continues, "On one hand, I did not want to compromise on my life for the child, but on the other hand, I also wanted to be part of every milestone... his first smile, first walk, everything. So, time management and planning, how I can give equal attention to my child as well as to my work, were some questions on my mind. But, I think I am managing it well now."

Tusshar became a single father to Lakshya Kapoor in 2016 through IVF. When asked what



AN EMOTIONAL SHIFT HAPPENED WITHIN ME WHEN I HELD LAKSHYA FOR THE FIRST TIME IN MY ARMS



Tusshar became a single father to Lakshya Kapoor in 2016 through IVF

the most fulfilling part of becoming a father was, he says, "An emotional shift happened within me when I held my newborn for the first time in my arms. It really can't be explained in words. There is no room for emotional loneliness. A huge sense of contentment happened when Lakshya happened to me."

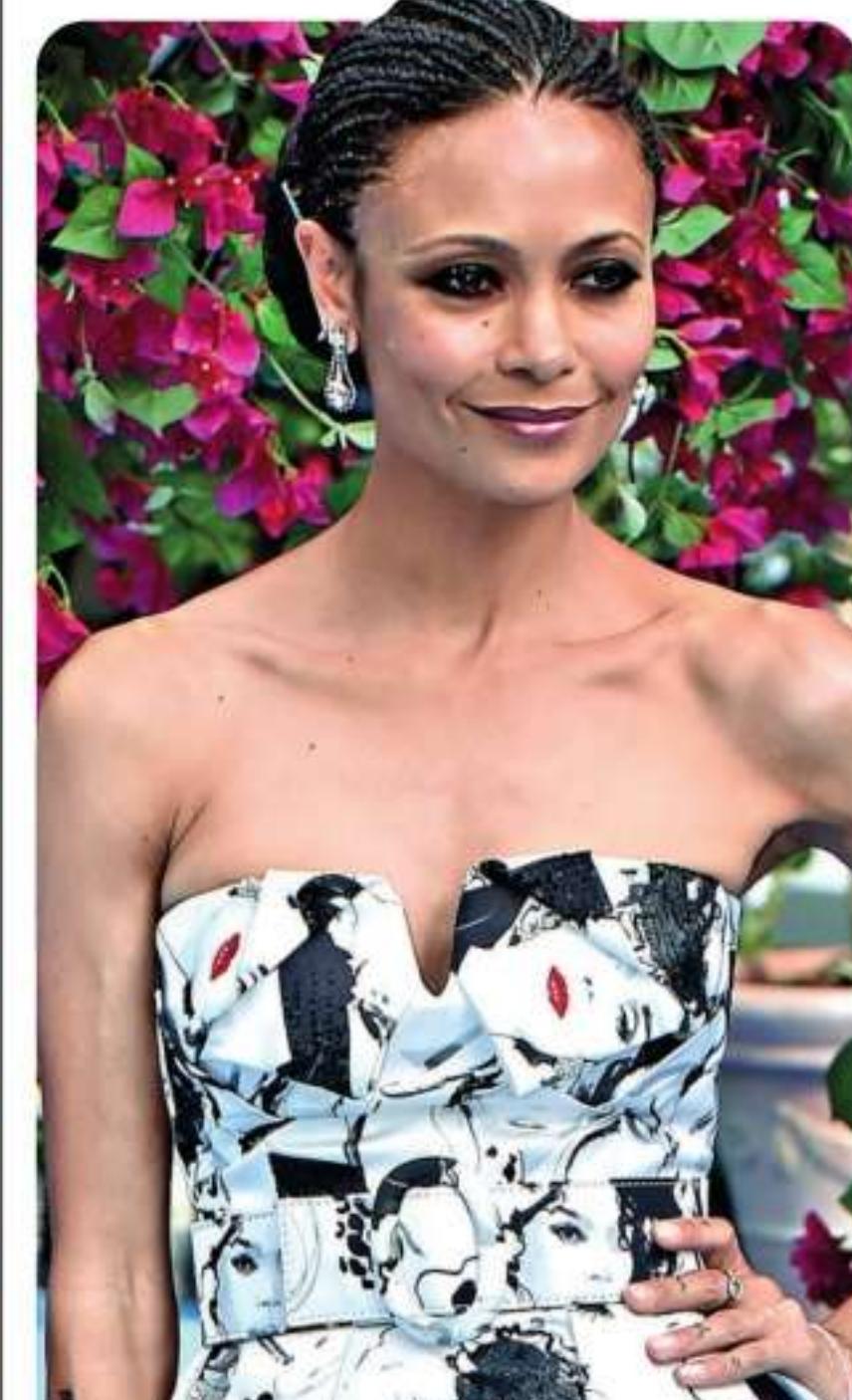
Talking about the challenges of working from home as a father, he says, "My boy is quite naughty at times but I like that too! Children should be like that. Now I understand that work from home could be challenging. During the lockdown, when I had video calls, my boy would seek my attention, randomly come and sit on my lap and he is so cute that I can't say no but work is also important."

Tusshar adds, "Single fatherhood has taught me to constantly learn how to balance things in life."

Tusshar has appeared in several Bollywood films like *Mujhe Kuch Kehna Hai*, *Kya Kool Hai Hum*, *Golmaal*, *The Dirty Picture*, *Shor In The City* and *Laxmi*.

IANS

Thandiwe calls Sean 'a fool' over his sexist comments



British actor Thandiwe Newton has called out Sean Penn for his recent comments about men being too "feminised" in American culture.

According to an American news channel, Penn had recently argued that he believes men are finding it fashionable or empowering to adopt more feminine traits and reject masculinity. Penn stated that he believes "cowardly genes" are to blame for what he sees as masculinity becoming vilified in American culture.

In an interview, Penn stated, "I think that men have, in my view, become quite feminised. I have these very strong women in my life who do not take masculinity as a sign of oppression toward them. There are a lot of,

I think, cowardly genes that lead to people surrendering their jeans and putting on a skirt."

In response, Thandiwe, took to Twitter to sound off on Penn by calling him a "jibbering fool." She wrote in a tweet on Monday, "Dude what are you SAY-ING?? Like for REAL? You're a jibbering FOOL. MF you used to be sexy but now you're just tragic." In a follow-up tweet, Newton implied that Penn should feel bad for making his statements next to his daughter, who the newspaper stated was "quiet" and "stared into space" while her dad sounded off about gender roles. "In front of your DAUGHTER? That poor little mite," she said.

Pen previously criticised the #MeToo movement in 2018. "We don't know what's a fact in many of the cases," he said at the time. ANI



Mia Goth and Shia LaBeouf

Shia LaBeouf, Mia Goth expecting first child

Big transformations are happening in Shia LaBeouf's life. The 35-year-old actor is expecting a baby with Mia Goth, according to an American magazine.

Although neither of the two have publicly announced the pregnancy, Mia, 28, was seen stepping out with a baby bump on January 28 in California.

The two first started dating in 2012 after meeting on the set of *Nymphomaniac: Vol. II*. In October 2015, Shia confirmed that the two had tied the knot in Las Vegas. By 2018, the two had split. Although Clark County officials in Nevada later said that the couple never filed a marriage license, and that their Elvis-themed nuptials was more of a "commitment ceremony," a rep for Shia told an entertainment portal in September 2018 that the pair did file for a divorce when they broke up. "Shia and Mia have filed for divorce. The separation is am-

icable and all details pertaining to the divorce proceedings will remain private," the rep said at the time.

However, the duo appeared to be back together in March 2020, when they were both seen wearing their wedding rings.

Talking about the idea of marriage, Shia said, "I've been lied to my whole life." He added, "You always hear these people who are all cynical, like, Ah, man, once you get married everything changes. But for the better though!"

In 2020, Shia was sued by singer FKA Twigs, who alleged she was mentally and physically abused over the course of their nine-month relationship. Last year in February, Shia denied "each and every" allegation and said in a court filing that she had "not suffered any injury or damage" from his actions. Court filings show that as of November 23, the case was still proceeding toward trial.

Agencies

Whoopi suspended from show for Holocaust remarks



Whoopi Goldberg

Whoopi Goldberg is suspended for two weeks as co-host of *The View* because of what the ABC network said her "wrong and hurtful comments" about Jews and the Holocaust.

"While Whoopi has apologised, I've asked her to take time to reflect and learn about the impact of her

comments. Effective imme-

diately, I am suspending Whoopi Goldberg for two weeks for her wrong and hurtful comments," said the network's president, Kim Goodwin in a statement.

The suspension came a day after Goldberg's comment during a discussion on the show that the Holocaust was "not about race... it's about man's inhumanity

to other man."

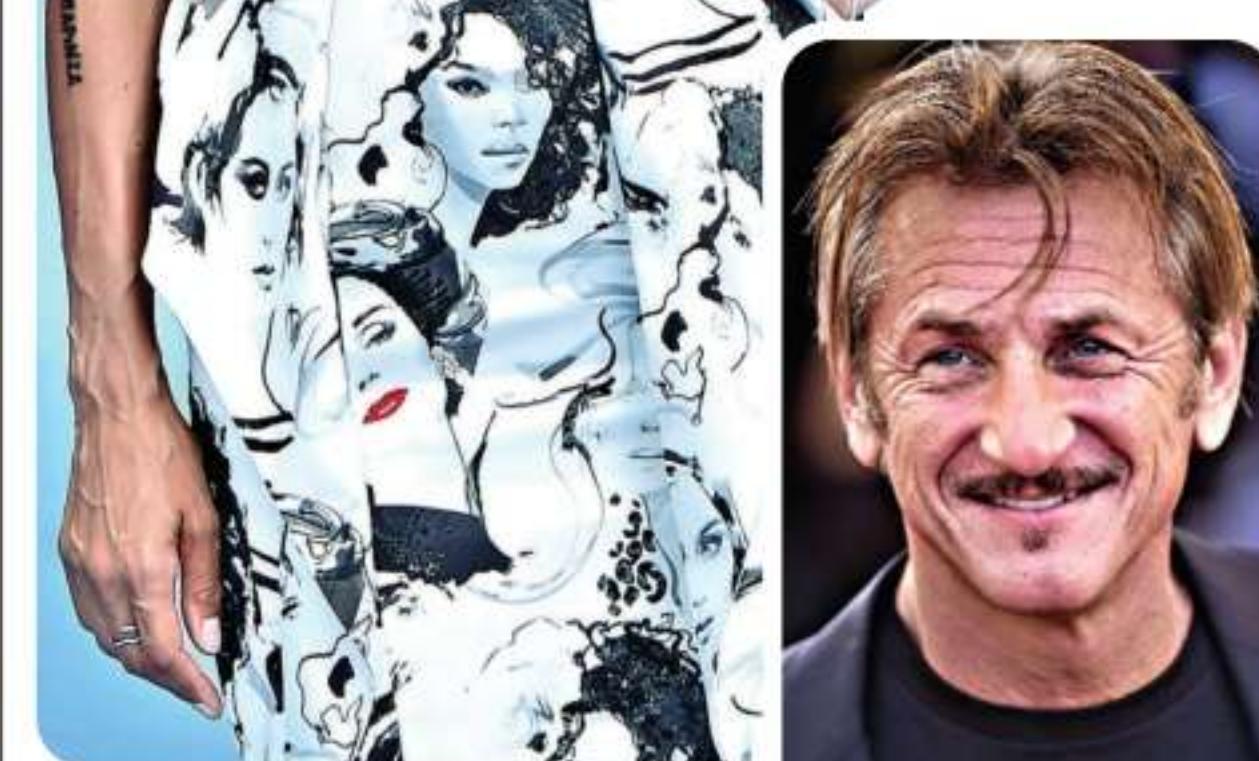
Goldberg apologised hours later and again on Tuesday's morning episode, but the original remark drew condemnation from several prominent Jewish leaders.

The flare-up over Goldberg's remarks this week highlighted the enduring complexity of some race-related issues, including the widespread but strongly contested notion that only people of colour can be victims of racism.

AP

helpful and helped me understand some different things. I misspoke," Goldberg said.

The flare-up over Goldberg's remarks this week highlighted the enduring complexity of some race-related issues, including the widespread but strongly contested notion that only people of colour can be victims of racism.



Thandiwe Newton; (right) Sean Penn





WHAT THE
STARS HAVE
IN STORE
FOR AMAL
CLOONEY

TURN THE PAGE

DelhiTimes

VARIETY

Hoops to shoulder
dusters: Rock
these trendy
jewellery styles
Turn the page



twitter.com/DelhiTimesTweet
facebook.com/DelhiTimesOnline
instagram.com/delhi.times

To advertise with us, call 1800 120 5474
To order your copy, call 1800 120 0004 toll free
or visit subscribe.timesgroup.com

Any feedback, complaints or tip-offs
related to stories in Delhi Times?
Mail us @delhi.times@timesgroup.com

OF INDIA

India Ka Pehla Aur Sabse Bada Digital Only Singing Reality Show

6 Challenges | 18 Winners | 1 Original Music Video



SEASON 2

An **iDiva** property

1st challenge out on iDiva



New challenge every 10 days on iDiva

Scan QR Code & Download
the Smule app to participate

smule
Available on

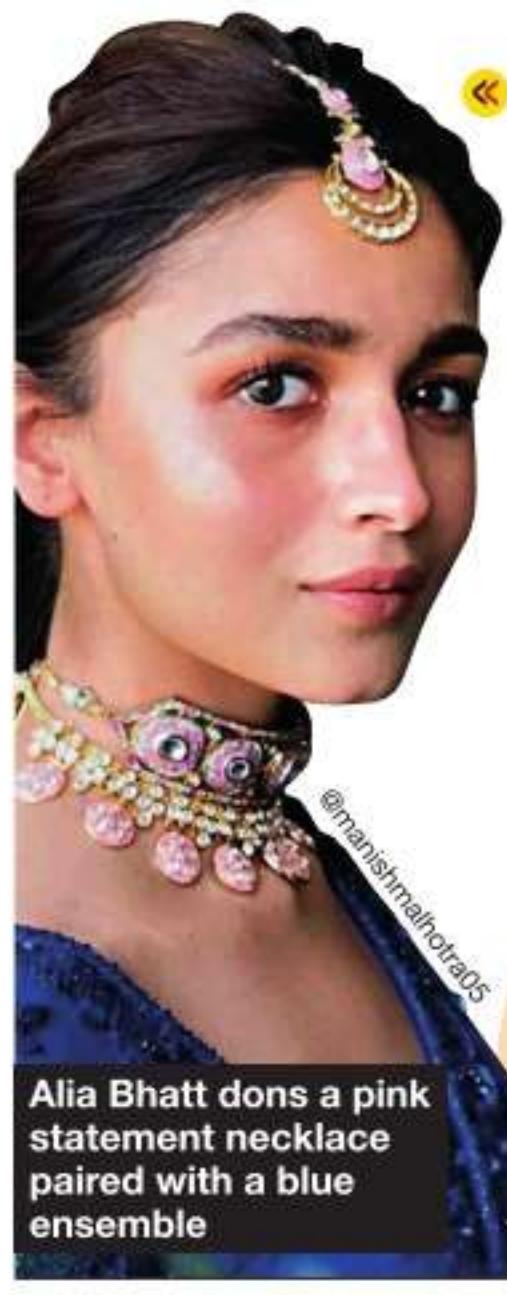


• Na lambe lambe queues • Na lambe forms • Na koi audition • Aur na hi koi Elimination

Bas Ghar baithe baithe hissa lo in India's biggest digital only singing reality show

Glam hoops, stylish shoulder dusters: Jewellery pieces for a trendy look

From chunky bangles to statement drop earrings, new jewellery trends have begun to emerge, gracing occasions and personifying elegance. Here are a few trendy jewellery pieces you can add to your collection:



STATEMENT PIECES

While delicate jewellery might be a classic that never goes out of style, this is the year to go big, bold and beautiful. Look for rings with coloured stones, colourful chunky bangles and statement necklaces that are set to take centre stage. Pair them with outfits that match its overall aesthetic, yet stand out.



GLAMOROUS HOOPS

Trending since the '90s, hoops have poured out in 2022 as well. Apart from plain hoops, you can have sleeker and more embellished ones that are coupled with gemstones or pearls.

Alia Bhatt dons a pink statement necklace paired with a blue ensemble



A POP OF COLOUR

Jewellery in hues of green and blue stones like delicate rings and pendants can be worn with traditional outfits. Emerald jewellery, in particular, can give outfits a much-needed touch of colour.



THE LUXE DROPS

Drop earrings are adorned with multiple gemstones, diamonds or pearls, can even elevate a simple sweater-jeans combo.



GLITTERING SHOULDER DUSTERS

The stylish shoulder dusters can be paired up with almost any attire. You can also buy shoulder dusters with gemstones, diamonds or even coloured metals that stand out, look elegant and can truly make heads turn, no matter what kind of style you like.

IANS



Deepika Padukone popularised shoulder dusters with her 2016 EMAs red carpet look

Simple hacks to clean your gold jewellery



Regular use of gold jewellery can cause the loss of its natural brilliance. Here's how to clean your gold ornaments at home:

- Cleaning them with a toothbrush is one of the simplest ways to do it. You can use a simple soap and water solution. It removes dirt and oils accumulated over time.
- Begin with filling a basin with warm water.
- Mix mild soap, detergents or a few drops of dishwashing solutions in the water.
- Dip your gold jewellery in the solution and soak it for 15 to 20 minutes. Then, rinse it with cold water and lay it flat on a dry cloth or towel.
- Use a soft-bristled brush to remove dirt from the nooks and crannies.
- Remember to keep it safe and secure, preferably in a jewellery box.

IANS

BENNETT
UNIVERSITY
THE TIMES GROUP
bennett.edu.in

ENGINEERING | MANAGEMENT | MEDIA | LAW | LIBERAL ARTS

SUDOKU CHALLENGE

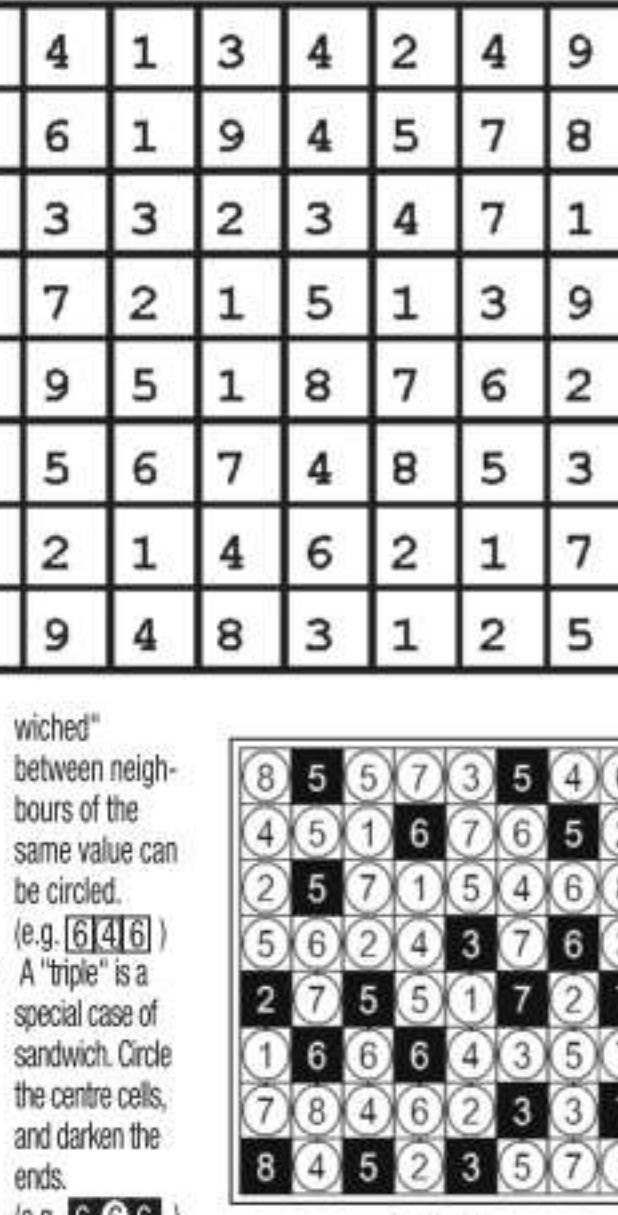
Level: Medium



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 grid has one solution.

Example



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. (e.g. 6 6 6) 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)

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.

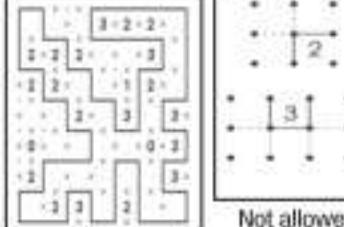
■ You can't draw lines around zeroes.

■ 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)

LOOP THE LOOP



THE DAILY CROSSWORD

ACROSS

1 "Encore!"
6 Small strings
10 Big zero
14 Ballet bend that's a homophone for a cheese dish

15 One chip, maybe

16 Love, in Lima

17 Cook, i.e.?

19 Canceled

20 1953 Alan Ladd classic

21 Many a dictator's quality

23 Pink, i.e.?

25 Actress Ryan of "Courage Under Fire"

28 Nickname of 1950s Red Sox slugger Ted

29 Maths-approving agcy.

30 Climbing vine

31 Brian of Roxy Music

33 Upright

37 Rook, i.e.?

42 Elevator stop

43 Leaves in small bags

44 Pitcher's stat

45 UV dorm mentors

47 Enero begins it

49 ... Jones

50 E'er, i.e.?

56 City north of Des Moines

57 Must-haves

60 Stare open-mouthed

61 Sort, i.e.?

64 Inner: Prefix

65 USAF noncom

66 Lombardy's land

67 Smartphone call record, say

68 City Title predecessor

69 Pluralizers

DOWN

1 Edwards, in Calif.

2 Dress like, for the costume party

EDGES

1 Utopian

5 Annoying

6 Old Mideast alliance: Abbr.

7 Show respect, in a way

8 Eiffel Tower level

10 Part of the "Hey Jude" refrain

11 "You're friends"

12 Range rover?

13 Loud, as a crowd

18 Big name in 43-Across

22 Pain relief brand marketed to women

36 Sketch

38 Touchy subject

39 Singing sister of Toni Braxton

40 Authentic

41 Pressed Italian sandwich

46 Young hogs

48 Single-piece outfit for a baby

50 Breakfast item

51 Muscat native

52 Older effs

53 "If only"

54 Coffeehouse order

55 Exploits

58 Sâbado y domingo, por ejemplo

59 Exclusive

62 L.A. community org.

63 Albany is its cap.

EDGES

10 Utopian

11 Annoying

12 Range rover?

13 Loud, as a crowd

18 Big name in 43-Across

22 Pain relief brand marketed to women

36 Sketch

38 Touchy subject

39 Singing sister of Toni Braxton

40 Authentic

41 Pressed Italian sandwich

46 Young hogs

48 Single-piece outfit for a baby

50 Breakfast item

51 Muscat native

52 Older effs

53 "If only"

54 Coffeehouse order

55 Exploits

58 Sâbado y domingo, por ejemplo

59 Exclusive

62 L.A. community org.

63 Albany is its cap.

EDGES

10 Utopian

11 Annoying

12 Range rover?

13 Loud, as a crowd

18 Big name in 43-Across

22 Pain relief brand marketed to women

36 Sketch

38 Touchy subject

39 Singing sister of Toni Braxton

40 Authentic

41 Pressed Italian sandwich

46 Young hogs

48 Single-piece outfit for a baby

50 Breakfast item

51 Muscat native

52 Older effs

53 "If only"

54 Coffeehouse order

55 Exploits

58 Sâbado y domingo, por ejemplo

59 Exclusive

62 L.A. community org.

63 Albany is its cap.

EDGES

10 Utopian

11 Annoying