

'Our daughter Inaaya is fascinated by sneakers too'



Soha Ali Khan and Kunal Khemu are definitely sneakerheads as evident from their massive sneaker collection

CONTINUED FROM * 1

Kunal, when did you turn into a sneakerhead and has Soha joined in yet?

Kunal: My love for sneakers began around five years ago when I discovered colourful, cool sneakers, which weren't necessarily comfortable. I went on to learn more about them from sneakerheads around me who had amazing collections. My love for them has been constant ever since I discovered this big world of sneakers. Soha: I buy sneakers for practical purposes like the gym and for walks, sometimes because they look good and go well with certain outfits. Now, I ask Kunal before making a purchase whether they are value for money, and in style. I wear my sneakers till they wear out and only then buy more. **What is the maintenance process considering Mumbai's weather?** **Kunal:** Maintaining sneakers is a different ball game altogether, and I learnt it the hard way. I lost a couple of sneakers – the sole comes off if you keep them in the heat for a long period. Due to the moisture in Mumbai,

My mom rolls her eyes when she hears the price I pay for my shoes. She's never discouraged me, though. She says, 'if it makes you happy, buy it'. My sister has now begun to take interest

— Kunal Khemu

sneakers get white patches and fungus. Basic care includes airing out your shoes and using protector spray as soon as you purchase them to elongate shelf life.

How do your friends and family react to your impressive collection?

Soha: When my mother (Sharmila Tagor) came to stay with us, she was perplexed by the fact that one would want to display their shoes as works of art in the middle of the room. And that too, in see-through boxes, she found it to be a strange concept. Our daughter, Inaaya, is fascinated, too,

and enjoys wearing sneakers. Kunal buys them for her, and she runs to show him the fit.

Kunal: My mum rolls her eyes when she hears the price I pay for my shoes. She's never discouraged me, though. She says, 'If it makes you happy, buy it.' My dad isn't a sneakerhead, but my sister has now begun to take interest. I do have sneakerhead friends who find some pieces from my collection cool. **Do you consider your gym look an important investment?**

Soha: What I wear to the gym elevates my mood and gives that extra push. Over the past couple of years, I've been paying attention to the fits, because we get photographed and I learn from it. I'm happy that we now have a lot of homegrown brands, so we don't necessarily have to spend a lot on international brands, and things are more accessible. **Kunal:** For me, it's practically over the look itself. It's more about comfort, but sometimes you want to wear clothes that make you push harder. I usually wear oversized clothes, so my movement isn't restricted by the clothes.

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Celebrating excellence in culinary and hospitality education



Sushama Sanjay Chordiya, Sanjeev Kapoor, Dr Sanjay B Chordiya and Richa

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Chordiya, founder president & chairman with wife Sushama, reflecting over two decades of the institute's contribution to shaping globally competent hospitality professionals. As part of the celebration, Chef Kapoor was also honoured with the Suryadatta Suryabhashan National Award 2025. "He's a cultural ambassador. He has turned cooking into a societal responsibility," said Dr Chordiya during the felicitation. To this, Kapoor added, "This is more than an award, it is a deeply personal moment. Suryadatta's commitment to value-based education is truly inspiring." He also fondly recalled a visit to Pune in 2003-04, where he witnessed the creativity of the students from the institution. More than honouring excellence, the evening celebrated a shared vision where food becomes culture, education empowers lives, and service defines success.

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'Hologram concert is technology at its peak'

CONTINUED FROM * 1

'Not sure how ready fans are for a full-blown hologram concert'

With AI and holographic tech getting better, we may see more such shows, but will we be more accepting of them? Singer Shreya Kashyap, who did a Metaverse concert in 2022, says, "This is technology at its peak. This is a great way to keep people like Sidhu or KK or Jagjit Singh alive. However, I'm not sure how ready fans are for a full-blown hologram concert. Over time, audiences could lose interest." In a live concert, the engagement between the artist and the crowd creates interaction. "There are moments of spontaneity, even imperfections, that make a live performance feel real and relatable. That element would be missing with a hologram performance since it will be pre-programmed. While fans may attend such shows out of love and respect for the artist, it's important to keep them short and impactful." Whether seen as tribute or as tech trickery, hologram concerts are forcing us to rethink memory, mourning, and music.

Technology is the most demonic thing imaginable: Prince

While many prominent names such as Sharon Osbourne (the late Ozzy Osbourne's wife), Nos, and Dr Dre have praised the use of AI and technology to revive legendary artists, the late singer Prince once called the tech 'demonic'. In an old interview, he is heard saying, "That's the most demonic thing imaginable. Everything is as it is, and it should be. If I was meant to jam with Duke Ellington, we would have lived in the same age. That whole virtual reality thing... it really is demonic. And I am not a demon. Also, what they did with that Beatles song Free As A Bird, manipulating John Lennon's voice to have him singing from across the globe... that'll never happen to me. To prevent that kind of thing from happening is another reason why I want artistic control." Despite his disapproval, there were plans to bring the singer back to life via a hologram during a Super Bowl Halftime Show in 2018. However, the plan was dropped when Prince's longtime partner, Sheila E, expressed her concerns about it.

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For the shoot of Jodha Akbar, to acquaint himself with the elephant, Heitika Kashan would travel to Karol on days when he was not shooting, just to spend time with the elephant. The elephant would recognise his voice and his colleague.

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See what the future has in store for you - according to your income sign.

ARIES: Your behaviour reflects a new wave of confidence but you might be feeling optimistic too soon. It's not that there's anything wrong with what's happening now, it's just that you still have more things to do before you can begin harvesting the fruits of your labour.

Taurus: Connections can speak in the most unexpected places, so keep your eyes and ears open today. Someone different should come along soon, and they may enrich your life in surprising ways. There's no way for you to predict who it is or what they're like until you meet them.

GEMINI: Think before you speak. Weigh your words carefully, for they may be interpreted and analysed more than you would think. Give yourself a chance to switch off completely. It doesn't matter if it's for an hour or a day - what matters is that you do it.

CANCER: No matter how boring the task in front of you may be, aim to approach it in an enthusiastic frame of mind. Work-related issues may finally be under control, leaving you free to project your intentions further into the future.

LEO: Go ahead and sweep the world

into your arms with a vast, dramatic gesture. Regardless of your choice, you can generally expect positive feedback. Money does seem to enjoy your company at the moment, and that is a great thing!

VIRGO: This may be a hectic phase, but you can find time to help friends and colleagues with work-related tasks. Your skill at getting to the bottom of a problem will save them money and effort, and they will appreciate it immensely.

LIBRA: There is too much going on around your body to possibly concentrate, let alone get much done. Escape from a cluttered life. There seems to be no point in involving yourself in the frenetic activities of others. Do your best to stay away from crowds.

SCORPIO: Your emotions will be in

trouble. Don't try to restrain yourself. You might start a task, only to leave it unfinished. Too many loose ends can increase your anxiety, so remember to stay on to the next distraction.

SAGITTARIUS: Someone close might have quite a lot of issues. While you want to support them, you can't solve their problems on your own, so stop trying. Try to be supportive, sympathetic, and attentive. Most importantly, have a little faith.

CAPRICORN: Whenever you're doing to attract love is working. People can't help but notice when you're nearby, so go ahead and work that magic of yours. As you have to do is point yourself in the right direction.

AQUARIUS: If you have been unable to break out of a habit, you may find help today. A lot of support boosts your confidence and enables you towards a goal. Others might not be there exactly when you need them, so trust yourself as well.

PISCES: Don't focus on a future event - you might end up forgetting the things you pass on your way there. Your day may be a mixture of belief from this week's efforts and thoughts of the next. First time to rest.

SOLUTIONS TO GAMES/PUZZLES

TIMES SUDOKU

1 2 3 4 5 6 7 8 9

4 5 6 7 8 9 1 2 3

7 8 9 1 2 3 4 5 6

2 3 4 5 6 7 8 9 1

5 6 7 8 9 1 2 3 4

8 9 1 2 3 4 5 6 7

1 2 3 4 5 6 7 8 9

3 4 5 6 7 8 9 1 2

6 7 8 9 1 2 3 4 5

9 1 2 3 4 5 6 7 8

2 3 4 5 6 7 8 9 1

LOOP THE LOOP

1 2 3 4 5 6 7 8 9

4 5 6 7 8 9 1 2 3

7 8 9 1 2 3 4 5 6

2 3 4 5 6 7 8 9 1

5 6 7 8 9 1 2 3 4

8 9 1 2 3 4 5 6 7

1 2 3 4 5 6 7 8 9

3 4 5 6 7 8 9 1 2

6 7 8 9 1 2 3 4 5

9 1 2 3 4 5 6 7 8

2 3 4 5 6 7 8 9 1

TIMES KAKURO

1 2 3 4 5 6 7 8 9

4 5 6 7 8 9 1 2 3

7 8 9 1 2 3 4 5 6

2 3 4 5 6 7 8 9 1

5 6 7 8 9 1 2 3 4

8 9 1 2 3 4 5 6 7

1 2 3 4 5 6 7 8 9

3 4 5 6 7 8 9 1 2

6 7 8 9 1 2 3 4 5

9 1 2 3 4 5 6 7 8

2 3 4 5 6 7 8 9 1

SPELLATHON

Word Search: Find the words hidden in the grid.

Scramble: Rearrange the letters to form a word.

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Start vibin' with these fan-curated playlists

Arka Das

The first album Pedro Pascal bought as a teen was Paul Simon's *Graceland*. "I remember walking what felt like miles to this cassette shop called The Warehouse to buy *Graceland* and *The Joshua Tree* by U2," Pascal said. He has a fandom full of tributes and *Pedro Playlists* inspired by him. Fan-curated playlists — the latest phenomenon on music streaming platforms — attempt to capture the essence of an actor, combining their screen roles and their off-screen personality. Here are a few fan-curated playlists.

Keanu Reeves

Keanu is the OG of vibe; his deep, Zen-grunge mystique is cool without trying, through decades. He is all about underexposure — playing bass in a band dressed in a flannel shirt and beat-up boots. **Keanu's playlist vibe:** Could include lyrically introspective heavy rock (Fell On Black Days; Soundgarden); resonant, slowcore alt ballads (Fade Into You; Mazzy Star); hymns to unspoken grief (River, Joni Mitchell and Shadowplay; Joy Division) and weathered romance (Lovesong; The Cure).



Pedro Pascal

Persona: Warm, protective, slightly chaotic

Playlist vibe: Sad indie ballads (Motion Picture Soundtrack, Radiohead); dusty road trip tracks (Highway 61 Revisited, Bob Dylan); Latin soul (Alma Adentro, Cheo Feliciano); lo-fi rock (Sleepwalking, Alexandra Savior)



Jason Momoa

Persona: Wild mountain man meets the ocean; leather, lava, heavy metal, but also lullabies

Playlist vibe: Grungy, primal (Them Bones; Alice in Chains); sunglasses-at-night cool (No One Knows; Queens of the Stone Age); old soul energy (House of the Rising Sun; The Animals)



Zendaya

Persona: Effortlessly stylish 'coolgirl', Gen-Z soul with old-school poise

Playlist vibe: Electro-soul (Good Days; SZA); dreamy alt-R&B (Touch Shure); soft jazz (In A Sentimental Mood, Duke Ellington and John Coltrane)



Florence Pugh

Persona: Mix of indie grit, Brit-girl humour and quietly loud feminism

Playlist vibe: Dramatic 90s alt rock (Cosmic Love; Florence + the Machine); gut-punch lyricism (Atonement; Phoebe Bridgers); female-led power ballads (Rhiannon; Fleetwood Mac)



French actress Brigitte Bardot is known to have popularised ballet flats

Comeback alert: Ballet flats 2.0

Ballet flats made a strong comeback on the 2025 runways. Celebrities, too, have been wearing the footwear. Further, given that they are both functional and stylish, make them a staple

Aakanksha Ahire

The classic ballet flats with round toes and delicate bows — dainty, flexible, and easy to slip on — are making a major comeback. This time, however, they come with an elevated style quotient.

Nishtha Parwani, a celebrity stylist, tells us, "Ballet flats have reigned through fashion history since the 1960s, gracing the soles of icons like Audrey Hepburn, Coco Chanel and Kate Moss." This footwear is now back in vogue. Pooja Karanam, a celebrity fashion stylist, tells us why: "Their revival is because of fashion's ongoing obsession with '70s, early-aughts nostalgia (the period from 2000 to 2009), and the need for chic shoes that don't kill your feet."

A BRIEF HISTORY

Ballet flats originated from the soft, flexible slippers worn by ballet dancers. In the 1940s, French designer Rose Repetto adapted the traditional ballet shoes into streetwear, creating 'flats' for her son, dancer Roland Petit. This marked the beginning of the ballet flats as a fashion item.

Actresses like Brigitte Bardot helped popularise the style when she wore Repetto's 'Cendrillon' flats in *And God Created Woman* (1956). Audrey Hepburn, a trained dancer herself, made ballet flats part of her iconic look in films like *Funny Face*. Grace Kelly also embraced the style, often pairing them with tailored outfits, reinforcing their refined yet effortless appeal.

Audrey Hepburn wearing ballet flats in a publicity photograph

HOW TO STYLE THEM

- Pair classic ballet flats with floral dresses, cropped denims, and breezy co-ord sets
- Opt for leather or designer ballet flats with monochrome separates, oversized shirts, and luxe athleisure
- Pair strappy or embellished ballet flats with denim skirts, mini dresses, and Indian fusion wear
- Pick square-toe ballet flats to wear below baggy jeans or cargo pants and crop tops for a Gen Z-approved spin
- Layer your ballet flats with frilly socks for that 'cool girl in Tokyo' energy
- Pair them with contrasting oversized pieces like blazers or cargos

— Vikram Seth, fashion stylist and creative director & Pooja Karanam, celebrity stylist



SPOTTED ON RUNWAYS

Ballet flats made it big on the runways. Vikram Seth, fashion stylist and creative director, says, "Square toes, strappy silhouettes, and woven textures dominated the recent runways of 2025 shows through brands like Chanel, Miu Miu, and Simone Rocha." Sandy Liang and Prada were also among the brands that featured ballets. Their strong presence on the runways drove celebrities too, to wear it. Gigi Hadid, Aimee Lou Wood, Alexa Chung, Sonam Kapoor, Ananya Pandey, Kareena Kapoor, Alia Bhatt and Anushka Sharma are among the celebrities who were spotted wearing the shoes.



CLASSIC BALLETS WITH NEW STYLES

- **Square-toe:** Chic, minimalist, and perfect for a modern vibe
- **Strappy:** Think lace-up styles or Mary Janes
- **Woven:** Breezy, natural textures that scream vacation
- **Mesh or transparent:** It is like going barefoot, but make it fashionable
- **Satin or embellished:** Dressed-up versions for night outs or summer weddings

Ballet flats are the perfect summer staple. They're lightweight, breathable and comfortable. Whether in breezy mesh, soft leather, or pastel satin, ballets add the right amount of polish without weighing you down. They pair beautifully with summer staples like linen dresses, shorts, or oversized shirts

— Nishtha Parwani, celebrity stylist

NICKI MINAJ POSE GOES VIRAL – BUT IS IT SAFE?



Riya Sharma

In the opening scene of her 2013 music video *High School*, Nicki Minaj posed in a viral pose – with one leg crossed over the other. Twelve years later, the pose is going viral, with women attempting to recreate it – with the highest of heels, and a small surface – balancing precariously in a test of core strength, balance and poise. Many influencers have created variations – such as balancing atop two stacked dumbbells, boundary walls, and railings.

While you might be tempted to recreate the pose, doctors say you need to be careful.

What might be fun for the 'gram can have unforeseen repercussions. Do not sacrifice long-term health for short-term social media approval

— Dr Mannan Gupta



Nikita Starikovskaya shared a video of herself on Instagram attempting the viral pose, captioned, "Just balancing life like..."

'Health should never be compromised for online attention'

Dr Mannan Gupta, HOD, Obstetrics & Gynaecology, Elantits Healthcare, New Delhi, says, "These challenges tend to require acute and heavy pressure on the pelvic floor, abdominal muscles, and lower back. In pregnant women, postpartum women, those with a history of pelvic organ prolapse, menstrual cramps, or who have undergone any recent gynaecological surgeries, these kind of moves are risky." He explains that attempting high-impact or poorly guided movements can lead to issues like back injuries, pelvic floor dysfunction, or even uterine prolapse in some cases.

Dr Pooja Sharma, HOD, Physiotherapist, Pooja Health, Gurgaon, adds, "Many of these viral fitness trends circulating on social media are not meant for the average individual. They often involve sudden, high-impact movements that can lead to serious injuries such as muscle tears, joint sprains, or even fractures – especially when performed without warm-up, proper technique, or supervision. What is often missed is that these videos rarely show the physical preparation, medical history, or fitness level of the person performing them. Someone with an undiagnosed condition or no prior training is far more likely to get injured. These are not guided routines; they're trends – and following them without understanding your own body can be dangerous. Your health should never be compromised for online attention."



Influencers are turning the viral pose into a test of strength and stability



Key precautions women should take before trying such challenges

- Avoid if you're pregnant, postpartum, or on your period
- Never attempt without sufficient warm-up or practice
- Have the right footwear and a safe, non-slippery ground
- Immediately stop if you experience pain or discomfort
- If in doubt, consult a gynaecologist or a physiotherapist

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SONAKSHI SINHA AND ZAEHEER IQBAL shared dreamy pictures from their recent SWITZERLAND sojourn

'For many, these films are how they remember the Kargil War'



Lakshya

'Now, with the benefit of time and long-form storytelling, we have a chance to do justice to Kargil in a more meaningful way'

Film historian Gunjan Saxena sometimes when you're too close to history, you don't know how to chronicle it. He says, "That's been the challenge with depicting the Kargil War. It was India's first war in the age of 24/7 media – broadcast live into our homes. But strangely, despite its gravity, the seriousness of the Kargil War was often diluted in how it was reported and remembered. I still remember how bizarre it felt – India was playing a cricket series against Pakistan, while the same news channels were reporting sensitive details about troop movements during the war. In some ways, people didn't fully register what we were fighting for."

He continues, "Now, 25 years have passed. And a huge percentage of India's population is under 25 – which means for them, Kargil is history. For those of us who lived through it, it was current affairs. So now is the right time to re-examine and retell these stories. The first big film on Kargil was JP Dutta's *LOC Kargil*. Initially, JP saab wasn't keen on making a film so soon after *Border* (1997), especially since the war was so fresh. But he met many families, widows and parents who'd lost sons – and that moved him deeply. That's when he decided to make the film. But I've always felt that *LOC*... would've worked better as a series. A two-hour or four-part miniseries would have allowed the individual stories of courage to breathe. In film, because of its length and scale, many heroes ended up being unintentionally sidelined. I think OTT platforms are ideal for Kargil war stories. Now, with the benefit of time and long-form storytelling, we have a chance to do justice to Kargil in a more layered, meaningful way."

Director of *LOC Kargil* JP Dutta had once said, "Thirty-five actors, 300 soldiers in Ladakh in winter... I believe God and the martyrs up in Heaven made that film happen."

'There's a surge in interest for such films now'

Mohammed Ali Shah, a former Army Major, who has acted in films like *Border* (2014) and *Gajragiri Bhujang* (2015), believes there could be more films on Kargil war. He says, "There's already been a surge in interest in the last few years with films like Gunjan Saxena and *Sherashaah*. Lakshya stood out for its realism. To a huge extent, it was an accurate depiction of Army life – even Hritik Roshan's haircut was exactly how it is in the forces... Whether we fully agree with it or not, films leave an impact. And indeed, for a number of people, these films are how they remember the Kargil War."

'LOC, Lakshya, and Shershaah left a mark'

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Real soldiers were cast in Lakshya

On the 20th anniversary of *Lakshya*, Farhan had said, "There is a simple thing that anybody who is not from the Indian Army doesn't know – soldiers do not kneel. Getting down on your knees is not considered right – they either lie down or stand. These kinds of things were learning for us." The production team even collaborated with the Army to include real soldiers in the film. "As far as weapons were concerned, the Indian Army did provide us weapons, which were then modified to free blanks. This was handled by production and leads from the Army," Farhan said.

Kargil wasn't just a military victory. India's political will, military grit, and the Air Force's role in pushing back – these need to be chronicled with care and clarity

— Gauram Chintamani, Film historian



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Celebrating excellence in culinary and hospitality education



Sushama Sanjay Chordiya, Sanjeev Kapoor, Dr Sanjay B Chordiya and Richa

Vice president and secretary of Suryadatta Education Foundation, Sushama Sanjay Chordiya, was recently conferred the Global Culinary & Hospitality Excellence Award 2025 for her exemplary work in food service, community welfare, and holistic well-being. The prestigious award ceremony took place recently at Hotel Holiday Inn, Mumbai, where the award was presented by well-known chef, Padma Shri Sanjeev Kapoor. A distinguished audience of chefs, hoteliers, educators, and dignitaries applauded as she was honoured for her impactful initiatives, especially those that have served nutritious meals to the underprivileged across India since 2001. Adding to the accolades, the Suryadatta College of Hospitality Management & Travel Tourism (SCHMTT) was recognised among the Top 10 Hotel Management Institutes in India. The award was jointly received by Prof. Dr Sanjay B

Chordiya, founder, president & chairman with wife Sushama, reflecting over two decades of the institute's contribution to shaping globally competent hospitality professionals. As part of the celebrations, Chef Kapoor was also honoured with the Suryadatta Suryabhushan National Award 2025. "He is a cultural ambassador. He has turned cooking into a societal responsibility," said Dr Chordiya during the felicitation. To this, Kapoor added, "This is more than an award. It is a deeply personal moment. Suryadatta's commitment to value-based education is truly inspiring." He also fondly recalled a visit to Pune in 2005-06, where he witnessed the creativity of the students from the institution. More than honouring excellence, the evening celebrated a shared vision where food becomes culture, education empowers lives, and service defines success.



Bagels were gifted to women in childbirth in the 17th century



Bagels trace their origins back to 17th-century Poland, where these chewy, ring-shaped breads were often given as gifts to women after childbirth, believed to bring good luck and symbolise the circle of life. The shape itself was thought to represent continuity and protection.

Photo: Stock

Get ready for open-toe season with these pedicures

With monsoon in full swing, it is officially open-toe season for Mumbaiians. It is the season of comfortable slides, strappy sandals, and chappals. Your monsoon-ready footwear needs an equally appealing pedicure. Whether it is glittery hues or the

classic French tip, here are the hottest monsoon trends for your toes.

THE CLASSIC FRENCH TIP

For the minimalists and classic design lovers, a French tip will never go out of vogue. Even for those who wish to experiment, a pop of colour with the classic never goes wrong.

TIMELESS WHITES

Timeless whites contrast beautifully with any skin tone and are an elegant addition to your pedicure. It makes your feet look fresh and ready to take on all monsoon adventures.



Want to make a statement? Go for a French tip with a pop of colour. It's a classic that never goes wrong.

JEWEL TONES

Yet another pedicure staple is jewel tones. From deep shades of emerald to ruby and sapphire, add a regal charm to your feet. Paired with slides, they add a fun touch of personality to your toes.



A pop of glitter elevates any jewel-toned shade, adding personality to your feet.

JASHN JEET KA

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Gift Voucher worth ₹10,000.

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Present the dish to the judges & get a chance to enter into the finale on the same day.

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NICKI MINAJ POSE GOES VIRAL – BUT IS IT SAFE?



Riya Sharma

In the opening scene of her 2013 music video *High School*, Nicki Minaj posed in a killer high heels – with one leg crossed over the other. Twelve years later, the pose is going viral, with women attempting to recreate it – with the highest of heels, and a small surface – balancing precariously in a test of core strength, balance and poise. Many influencers have created variations – such as balancing atop two stacked dumbbells, boundary walls, and railings.

While you might be tempted to recreate the pose, doctors say you need to be careful.

What might be fun for the 'gram can have unforeseen repercussions. Do not sacrifice long-term health for short-term social media approval

– Dr Mannan Gupta

'Health should never be compromised for online attention'

Dr Mannan Gupta, M.D., Obstetrics & Gynaecology, Elantia Healthcare, New Delhi, says, "These challenges tend to require acute and heavy pressure on the pelvic floor, abdominal muscles, and lower back. In pregnant women, postpartum women, those with a history of pelvic organ prolapse, menstrual cramps, or who have undergone any recent gynaecological surgeries, these kind of moves are risky." He explains that attempting high-impact or poorly guided movements can lead to issues like back injuries, pelvic floor dysfunction, or even uterine prolapse in some cases.

Dr Pamela Sharma, M.D., Physiotherapist, Paras Health, Gurgaon, adds, "Many of these viral fitness trends circulating on social media are not meant for the average individual. They often involve sudden, high-impact movements that can lead to serious injuries such as muscle tears, joint sprains, or even fractures – especially when performed without warm-up, proper technique, or supervision. What is often missed is that these videos rarely show the physical preparation, medical history, or fitness level of the person performing them. Someone with an undiagnosed condition or no prior training is far more likely to get injured. These are not guided routines; they're trends – and following them without understanding your own body can be dangerous. Your health should never be compromised for online attention."

Key precautions women should take before trying such challenges

- Avoid if you're pregnant, postpartum, or on your period
- Never attempt without sufficient warm-up or practice
- Have the right footwear and a safe, non-slippery ground
- Immediately stop if you experience pain or discomfort
- If in doubt, consult a gynaecologist or a physiotherapist

Celebrating excellence in culinary and hospitality education



Vice president and secretary of Suryadatta Education Foundation, Sushama Sanjay Chordia, was recently conferred the Global Culinary & Hospitality Excellence Award 2025 for her exemplary work in food service, community welfare, and holistic well-being.

The prestigious award ceremony took place recently at Hotel Holiday Inn, Mumbai, where the award was presented by well-known chef, Padma Shri Sanjeev Kapoor. A distinguished audience of chefs, hoteliers, educators, and dignitaries applauded as she was honoured for her impactful initiatives, especially those that have served nutritious meals to the underprivileged across India since 2020.

Adding to the accolades, the Suryadatta College of Hospitality Management & Travel Tourism (SCHMTT) was recognised among the Top 10 Hotel Management Institutes in India. The award was jointly re-

ceived by Prof. Dr Sanjay B Chordia, founder president & chairman with wife Sushama, reflecting over two decades of the institute's contribution to shaping globally competent hospitality professionals. As part of the celebrations, Chef Kapoor was also bestowed with the Suryadatta Suryashashan National Award 2025. "He's a cultural ambassador. He has turned cooking into a societal responsibility," said Dr Chordia during the felicitation. To this, Kapoor added, "This is more than an award, it is a deeply personal moment. Suryadatta's commitment to value-based education is truly inspiring." He also fondly recalled a visit to Pune in 2005-06, where he witnessed the creativity of the students from the institutions. More than honouring excellence, the evening celebrated a shared vision where food becomes culture, education empowers lives, and service defines success.



SONAKSHI SINHA AND ZAEHEER IQBAL shared dreamy pictures from their recent SWITZERLAND sojourn

YOUR POV

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

Smile, you are on camera. Not.

Refer: July 21, 2025 edition
Smile, you are on camera. Not: Live music concerts are emotionally charged affairs. Scanners singing in unison, couples saying to each other...

The recent incident involving Andy Byron and Kristin Cabot serves as a stark reminder that our personal and professional lives are increasingly intertwined. As public figures, their actions – whether personal or professional – can have far-reaching consequences. The fact that their intimate moment was captured on camera and broadcast to thousands raises important questions about the boundaries between public and private life.

– Aditya Karmali, Kalyan

The boundary between public and personal is razor thin. Privacy is a luxury that is often lost in the public eye. When the line is blurred, the consequences can be dire. The incident involving Andy Byron and Kristin Cabot is a stark reminder that our personal and professional lives are increasingly intertwined.

– Manoj Singh Jha, Greater Noida

At the Golden Globes concert in Boston, nobody could have imagined that such an exposure of a couple would occur. In this digital age, where not only words but visuals transmit so rapidly, any juicy come becomes viral at supersonic speed.

– Bhanu Sankar, Mumbai

If in mere seconds, people in responsible positions find themselves in where, then it is no small matter. This reminded me of a popular saying: "Character is destiny."

– S Ramakrishna, Chennai

A live concert, while others may be engrossed in the performance, the world could be busy enjoying your private moment with someone special accompanying you. Earlier, it was physical beauty – such as mobile phones and tablets – that were at risk in a large crowd. Now it is your privacy and secrecy that are under threat.

– Sandeep Chaudhary, Faridkot

Everyone deserves privacy – unless and until they choose to make something public. People come to places like concerts, exhibitions, or cinemas to enjoy themselves, and it is their personal choice if they wish to shed some quiet moments of togetherness. The media should respect

Why we must shake off that 'rule breaker' tag

Refer: July 23, 2025 edition
Why we must shake off that 'rule breaker' tag: The Ministry of external affairs' recent advisory urging citizens abroad to uphold local laws...

I feel that Indians travelling abroad should undergo a short programme on manners before departure, or at the very least be given a pamphlet along with their visa, detailing how one should conduct oneself in a foreign country. I recall an incident of shoplifting by a cricketer in London a few years ago. Such behaviour brings collective shame and a bad name to all of us.

– S Raghavan, Secunderabad

When we travel abroad, we're not just tourists – we're also representatives of our country. Our manners, words, and even the way we treat people and places speak volumes about where we come from. Let's carry our culture with grace.

– A Gopi

I couldn't agree more with this view. Within India, we have almost lost our sense of 'manners' in public spaces. We behave reasonably not because of inherent courtesy, but out of fear of the law and its repercussions. True manners come from within and should be displayed everywhere – not just switched on when we're in foreign lands. The MEAN move is a good one, but it's uncertain how much impact it will truly have.

– Ramarathnam, Madurai

Indians have an obligation to preserve its dignity and reputation while travelling abroad, and at the same time, adhering to local laws is mandatory. Sadly, many have a habit of violating rules and laws related to hygiene, traffic, safety, and the environment. This reflects a behavioural attitude and mindset. When they carry this same mindset abroad, they tend to face the ire of foreign governments for violating local laws.

– Vaidyanathan Sankararaman

We often hear about certain acts by a few Indians in other countries that are not well received by local citizens. While such behaviour may be completely unintentional, the individual involved must be sensi-

tively confused, thinking, "What's wrong with this?" or "Back in our country this is perfectly normal." It is high time we learn to embrace and respect other cultures as well.

– Anuradha Patel

Indians must be mindful of their behaviour while travelling abroad. I have personally witnessed unruly conduct on a flight from Bangalore to Hyderabad – speaking loudly and pestering the air hostess for more drinks. Speaking softly is one thing we ought to learn.

– Sadia Dastgir

Lazy together & happy about it? In your dreams!

Refer: July 25, 2025 edition
Lazy together & happy about it? In your dreams: Those of a certain vintage will remember the *Friends* episodes where Chandler and Joey...

Women always expect their partners to contribute meaningfully to domestic work. This includes tasks such as washing and drying clothes, and waste disposal – activities they expect their partner to support on a daily basis. On the other hand, men often expect their partner to provide a good meal every day. True relaxation comes only when there is a perfect understanding between the two, regardless of whether one feels tired or not.

– S Sankaranarayanan, Chennai

Happiness is a state of mind. Lazy or busy, rich or poor, winner or loser – one can choose to be happy in any situation. When a person learns to remain happy and calm regardless of circumstances, it no longer matters if their partner is relaxing while they are working hard. In fact, a deep passion or love for one's work keeps a person so fully engaged in positivity that happiness arises naturally, without being influenced by how much their partner is contributing – or is able to contribute.

– Tejinder Singh Bedi, Noida

Change is the only constant. With time, relationships too are evolving. The end goals are shifting, and so yes, in today's world, compatibility matters – but the rules are different. Personalities are changing, as are the sciences and their experimental research.

– Anuradha Singh, Delhi

How to: Take care of your Labubus at home



Keep them clean: Use a soft, dry microfibre cloth to gently wipe dust off. Avoid water, harsh chemicals, or alcohol-based cleaners, as they may damage the paint or material. Store in a cool, dry place. Direct sunlight, heat, or humidity can fade colors and damage plastic or vinyl. A closed display cabinet in a room with a stable temperature is ideal.

Handle with clean hands: Oils and dirt from fingers can stain or degrade the material. Wash your hands before touching or use gloves if you're a serious collector. **Use display cases:** Dust, pets, and accidents can damage dolls. Acrylic or glass display cases keep them safe while still showcasing their beauty. **Avoid bending them:**

Labubu dolls may have delicate limbs or accessories. Bending them can cause breakage or paint chipping. **Rotate display occasionally:** If displayed under lights, rotating them occasionally can prevent fading. **Travel with care:** If you're travelling, wrap each piece in bubble wrap and place it in a padded box.

Toast on the move: Waiters' race takes over London



Hospitality workers made their way through the streets of central London as part of the 10th Soho Village Fire and Waiters' Race. In this fun challenge, participants had to carry a tray holding a champagne bottle, a glass, and an ashtray – without dropping anything. The event marked its golden jubilee this year, celebrating 50 years since it first began in 1975.

Agencies

The event also witnessed spaghetti-eating contests