

THE HANS IN INDIA

CityLife

News from your neighbourhood

THURSDAY 31 AUGUST 2017 | HYDERABAD | PAGES 16



NSS celebrates Onam with pomp

Report on pg 03

ATRI makes eco-friendly Ganesh immersion record



Report & more photos on pg 02

Lee Shreyus Foundation
in association with
National Service Scheme
Sreyas Institute of Engineering & Technology
(Approved by AICTE - New Delhi / Affiliated to JNTU-Hyderabad)
Sreyas Institute of Engineering & Technology, Sreyas Campus, Aditya Nagar, East India Avenue, GSI, Hyderabad, 500083 | Phone: 040-6511-4111

Divine Blessings of Shri Prakash Swamiji

Green Warriors

MASSIVE BUCKET IMMERSION CAMPAIGN

DATE: 31st August 2017

VENUE: SREYAS CAMPUS

SAVE OUR LAKES

In attempt of Bharath Book Records & Andhra Book
Air Partner: 92.7 big fm | Print Partner: THE HANS IN INDIA | Media Partner: TV9 | Event Partner: AAKRTHI

ATRI makes eco-friendly Ganesh immersion record

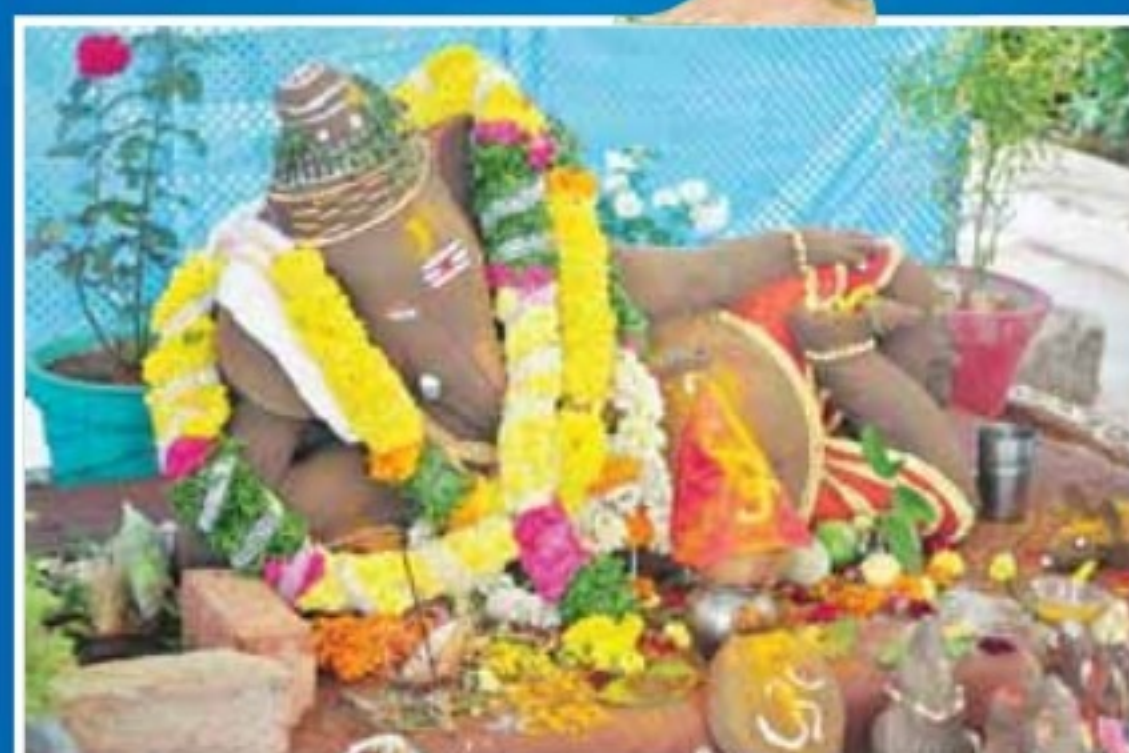


Vasudha Ashok giving the record certificate to Director of the college, Professor Srikanth as Uma Shanker (far left), anchor Jhansi and Sai Reddy look on. Photos: Srinivas Setty

OUR BUREAU

The second day at Aurora's Technological and Research Institute Parvathpur, Uppal had massive outcome on Wednesday. Upto 1,200 people participated in the massive bucket immersion campaign, which was organised in association with The Hans India and HMTV.

The event was an attempt to reach India Book of Records in the category 'Eco Friendly Ganesh Immersion by Most People at a Single Venue' in which Vasudha Ashok, adjudicator of the same declared the event a success. Later, the record certificate was presented to the college director, Professor Srikanth in the presence of alumnus and Lee Shreyas Founder, Uma Shanker.



NSS celebrates Onam with pomp



Women dancing as part of the celebration

OUR BUREAU

Nair Service Society, Hyderabad celebrated Onam with pomp and gaiety at Mahendra Reddy Gardens in Secunderabad on Wednesday.

Popular Malayalam actor Prem Kumar was present at the event, who was received with the traditional "Thalappoli" by NSS ladies and children. Kumar and office-bearers of the NSS lighted the traditional lamp followed by 'Acharya Geetham' paying respects to NSS



Malayalam actor Prem Kumar along with office-bearers of NSS light the lamp at the event

founder Mannathu Padmanabhan. President of the NSS, CG Chandra Mohan explained the relevance of Onam in the life of Keralites and also spoke about the aims and social welfare activities of the NSS.

General Secretary of NSS, V Appukuttan Nair, lauded the services of the managing committee and executive committee members who toiled hard for the last few months to make the celebrations a grand success.

Kumar and others lauded the 'Onappukkalam'. Later, elders of the Community were honoured with shawls and mementoes by the actor. Merit Scholarships were distributed to students who secured high marks in

SSC and XII class. They were given cash prizes and mementoes.

A cultural programme started with the traditional Kaikottikkali by the ladies' wing of the NSS. This was followed by a mega show by Amma Music and Events, Kannur that included skits, ganamela, magical dance, figure show, mimicry etc by the Amma team led by Manoj which was repeatedly applauded by the packed audience.

Later the traditional Onam Feast (Onasadhya) started with all the traditional delicacies of Onam served in plantain leaves. It was a grand evening to remember for the NSS families of the city and other invitees.



Chandra Shekhara Reddy along with Vishnu Vardhan and participants of the workshop

Aspiring F&B entrepreneurs benefit at cookery workshop

OUR BUREAU

Freedom Refined Sunflower Oil in association with NTR Memorial Trust organised a "Freedom Self-employment Cookery Workshop" on Wednesday.

The programme had sessions on making sweets, Chinese products, breakfast and bakery items. The class provided hands on exposure in setting up and marketing a new F&B venture with inputs from renowned chefs, F&B outlet owners and internationally trained experts.

Speaking on the occasion P Chandra Shekhara Reddy, Vice President - Sales & Marketing, Freedom Refined Sunflower Oil said, "We are proud to associate with NTR Trust to organise this cookery workshop. It was a pleasure watching the participants cooking

various dishes and the amazing participation from the audience. We will be organising more such workshops across the two Telugu states."

T Vishnu Vardhan, Chief Executive Officer, NTR Memorial Trust added, "It is our mission to help and equip the people from all strata of the society to be self-reliant and be capable of providing employment to others. It is heartening to note that Freedom Refined Sunflower Oil has partnered with us to help in conducting this workshop for women and youth to learn new skills and set up their own venture and provide employment to others. We have received overwhelming response from the participants. We wish all the success to the participants of this batch and will provide them all possible support in setting up their F&B outlet."

Understanding comic art

OUR BUREAU

Comic Con India organised a workshop on 'How to create your own comic book' with illustrator, Saumin Suresh Patel at Jawaharlal Nehru Architecture and Fine Arts University recently.

At the workshop, Patel covered aspects of comic creation, story writing, and picture work. He explained the audience, how one can create their own characters, constructing a cover identity, and bringing to life the love interest.

The workshop became a knowl-



The illustration art



Illustrator Saumin Suresh Patel along with the participants of the workshop click a selfie

edge sharing platform and was of great assistance to people who had always dreamt of creating their own comics. In the short time, he covered a large range of topics - from making comic books, art to the business of comic books in India.

"This was one of the most fun interaction I've had in a long time on comics and I can only hope they enjoyed it as much as well!" said Patel.

The audience at the workshop seemed overwhelmed by Saumin's skills and were enlightened by the creative knowledge imparted by him. Arjun, a student, said, "Saumin made us see how our creativity can be moulded to suit imagination and inspiration to see a cleared path for future."

The workshop was a part of first 'Fandom Month' in India presented by Maruti Suzuki & Comic Con India.

Eating low fat, high carbohydrate foods may kill you

People who consume foods that are low in fats but high in carbohydrates may be at an increased risk of an early death as compared to those who consume fat-rich foods such as cheese and butter, a study has claimed.

The findings, published in the journal *Lancet*, showed that contrary to popular belief, consuming a higher amount of fat -- about 35 per cent of energy -- is associated with a lower risk of death compared to lower intakes.

The association was seen for all major types of fats -- saturated fats, polyunsaturated fats and mono unsaturated fats -- with saturated fats being associated with lower stroke risk.

On the other hand, a diet high in carbohydrates -- of more than 60 per cent of energy -- is related to higher mortality.

"A decrease in fat intake automatically led to an increase in carbohydrate consumption and our findings may explain why certain populations such as South Asians, who do not consume much fat but consume a lot of carbohydrates, have higher mortality rates," said lead author Mahshid Dehghan from the McMaster University in Canada.

The study, involving more than 135,000 people across five continents, showed that people who consume three to four servings or equivalent to 375 to 500 grams of fruits,



vegetables and legumes a day may be at a lower risk of death.

Raw vegetable intake was more strongly associated with a lower risk of death compared to cooked vegetable intake, the researchers said.

"Our results indicate that recommendations should emphasize raw vegetable intake over cooked," added Victoria Miller, doctoral student at the McMaster University.

In another study, published by

The *Lancet* Diabetes and Endocrinology, the researchers found that LDL or "bad" cholesterol is not reliable in predicting the effects of saturated fat on future cardiovascular events.

Instead, the ratio of Apolipoprotein B (ApoB) and Apolipoprotein A1 (ApoA1) -- organising proteins in the blood -- give the best indication of the impact of saturated fat on cardiovascular risk.



Your pace of walking may predict heart disease, mortality risk

Are you a middle-aged person with a slow walking pace? If yes, you might be at a higher risk of developing heart disease compared to those who walk steady or at a brisk pace, researchers have found.

The study revealed that middle-aged people, both men and women, who reported that they are slow walkers were around twice as likely to have a heart-related death compared to brisk walkers.

"This suggests that habitual walking pace is an independent predictor of heart-related death," said Professor Tom Yates, Reader at the University of Leicester in Britain.

Further, walking pace was strongly linked to an individual's objectively measured exercise tolerance, and a good measure of overall physical fit-

ness. "Thus, walking pace could be used to identify individuals who have low physical fitness and high mortality risk that would benefit from targeted physical exercise interventions," Yates added.

Moreover, the study also found that handgrip strength is a weak predictor of heart-related deaths in men and could not be generalised across the population as a whole.

For the study, published in the *European Heart Journal*, the team analysed 420,727 middle-aged people across Britain.

In the following 6.3 years, after the data was collected there were 8,598 deaths: 1,654 died from cardiovascular disease, while cancer took 4,850 lives.

Dark chocolate with olive oil may boost good cholesterol, cut BP

Want to keep your heart healthy? Eating dark chocolates enriched with extra virgin olive oil may boost the level of "good" cholesterol as well as lower blood pressure -- both known risk factors for cardiovascular diseases, researchers say.

The study showed that eating dark chocolates with olive oil every day also significantly raises the level of endothelial progenitor cell (EPC) -- critical for blood vessel repair and function.

"We found that small daily portions of dark chocolate with added natural polyphenols from extra virgin olive oil was associated with an improved cardiovascular risk profile," said lead author Rossella Di Stefano, cardiologist at the University of Pisa, Italy.

"Our study suggests that extra virgin olive oil might be a good food additive to help preserve our 'repairing cells', the EPCs," Stefano added.

For the study, presented at the European Society of Cardiology Con-



gress in Barcelona, the team tested volunteers with at least three cardiovascular risk factors (smoking, dys-

lipidaemia, hypertension or family history of cardiovascular disease) who received 40 grams of dark

chocolate daily for 28 days.

It contained 10 per cent extra virgin olive oil for 14 consecutive days

and it contained 2.5 per cent Pania red apple -- having high levels of polyphenols and antioxidants -- for the next 14 days. Polyphenols and antioxidants are known to reduce the risk of atherosclerosis progression and other cardiovascular diseases.

Progression of atherosclerosis was assessed by metabolic changes (levels of carnitine and hippurate), lipid profile, blood pressure and levels of circulating endothelial progenitor cells (EPCs). EPCs are critical for vascular repair and maintenance of endothelial function.

After 28 days, the researchers found that the chocolate enriched with olive oil was associated with significantly increased EPC levels and decreased carnitine and hippurate levels compared to both baseline and after consumption of apple-enriched chocolate.

There was a non-significant decrease in triglyceride levels with apple-enriched chocolate, the researchers said.

DEVOTIONAL FERVOUR



Members of Navayuga Seva Sangam standing in front of their Ganesh pandal at Sukhdev Nagar in Banjara Hills on Wednesday. Photo: Hans

Silken wonders

OUR BUREAU

Tollywood actresses Harshitha Chowdary and Satvi Lingala along with socialite Aakansha Tolasariya inaugurated the six-day Silk India Expo in Secunderabad on Wednesday.

The event was organised by "Hastashilpi" Artisans and Weavers Welfare Association.

"Silk saree weavers, handloom clusters and silk co-operative societies are showcasing their products at the exposition," said organiser Abhinand.

"The intention of the organisation is to make these products accessible to the customers, without the mediators," he said.



Tollywood actresses Harshitha Chowdary, Satvi Lingala along with Aakansha Tolasariya

TAAPSEE BRINGS IN THE CHARM



Tollywood actress Taapsee Pannu strikes a pose after unveiling Benetton's standalone store in the city on Wednesday. Photo: Hans

THE HANS INDIA CLASSIFIEDS

OLD AGE HOME

Means care Homes @Moulali/uppal/keesara. Paid & free services for aged, paralysis, bedridden, Disabled & mentally sick (Schizophrenia) 24Hrs Medical assistance physiotherapy, bed side attenders with food & Accommodation. web: www.meansindia.org. Ph: 040-27242528, 9346029991, 7306779492, 93461 29993, 9995. (TH_19687)

CHANGE OF NAME

I, ZARINA BEGUM W/o. MOHAMMAD IQBAL MOHIUDDIN, R/o. H.No. 3-2-141, Nethaji Nagar, Sangareddy Town, Mandal & Dist., T.S., India, shall henceforth be known as **KHAIRUNNISA BEGUM** (TH_SRD HYD CITY)

I, M. Murugan, R/o. 161 med regt., Tadbund, secunderabad. changed my daughter name from Buvana to **M. Sri Buvana** in all records. (TH_Venkat ads)

I, No 10329650M NK Perla Gangadharam of 125 INF BN (TA) THE GUARDS, I intending to change my Father name FROM P Gangaiah to **Perla Gangadhara Rao** (TH_19680)

I, kotha V V Sai Sri Navyatha R/o 16-31-9-Mig-1-143,kphb colony, kukatpally,hyd,T.S. changed my name as **kallakuri Sai Sri Navyatha** W/o kallakuri Sabarinath (TH_19680)

I mamata Bai. G R/o 5-109/25, Radhe nagar, Shaikpet, rai durg, Golconda, hyd, T.S., changed my name as **Pokalkar ushake mamta** W/o pokalkar ushake Raju (TH_19680)

I, Syeda najma Begum R/o 6-2-164/6, Saphire castle G-2, 1st floor, p&T colony, suncity, bandlaguda jagir, R.R. Dist, T.S., changed my name as Shaik **Gulzar Begum** W/o syed nasir hussain (TH_19680)

I, Ushake Raju R/o 5-109/25, Radhe nagar, Shaikpet, rai durg, Golconda, hyd, T.S., changed my name as **Pokalkar ushake Raju** S/o pokalkar ushake Babulal (TH_19680)

I, Shabana Begum W/o. Mohammed Shariqh R/o. Osmania University Hyderabad, T.S., have changed my name as **Shabana Shariqh.** (TH_19680)

I, Shiva Karthik prabhu R/o. H.No. 1-3-1/a/40, padmashali Colony, Gandhi Nagar, kavadiguda, near CGO towers secunderabad, T.S., changed my name as **Shiva Kumar Karthik prabhu.** S/o. V. Shiva kumar (TH_19680)

I, Katragunta Suresh Babu. S/o Late katragunta sreeramulu R/o flat no. 502, block b1. Indu ananya pillai. Bandlaguda. Nagole. Hyderabad. 500068, T.S., changed my name as **KATRAGADDA SURESH BABU.** S/o Late Katragadda sreeramulu (TH_19672)

I, KANDAGATLA SREENIVASA RAO R/o H.No. 1-7-94, Main Road Nr Govt Hospital, Yellandu, Bhadradi, Kothagudem-507 123, changed my name as **KANDAGATLA SRINIVASA RAO** (TH_19672)

I, Rafat Chhabra, R/o. Sharda Apts F No 402, Road No 1 Banjara Hills Hyd T.S. changed my name as **Seema Chhabra** W/o. Praveen Kumar Chhabra (TH_19672)

I, MOHAMMED ISMAIL S/o. SHABUDDIN R/o.H.No. 4-92/23, Padmajiwadi Sadashinagar Nizamabad 503145 T.S. changed my name as **ISMAIL S/o. SHABUDDIN** (TH_19672)

I, Kaza Amara R/o. H.No: 8-2-269/4, F. No.D-1, President Banjara Apts, Road No.2, Banjarahills, Hyd T.S. changed my name as **Kaza Amaravathi** W/o. Kaza Venkataramana. (TH_19672)

I, Kakarlapudi Jhansi Lakshmi W/o. K Srinivasaraju R/o .P.No 9, F. No 203 Sai Rakshitha Residemncy Kalpana Society Chintal Hyd Ts my name changed to **Kakarlapudi Jhansi Lakshmi Bai.** (TH_19672)

I, Khaik Unnisa Asiya R/o. H.No: 20-3-1/2/A4/2 Doodh Bowli Hus-saini Alam Hyd T.S. changed my name as **Khair Unnisa Asiya** W/o. Mohammed Abdul Hashim (TH_19672)

I, Mohmad Muddasar Naseer, R/o H No 8-1-366/A/69, Janaki Nagar Colony, Tolichowki, Hyd,Ts changed my name as **Mohammed Muddassir Naseer** S/o. Naseer Iqbal (TH_19672)

I, SUDARSHINA VARMA BHUPATHIRAJU, R/o. H.No. 1-2-215/D1, F.No. 617, Shiva Palace Apts, St. No.10, Domalguda, Hyd. changed my name as **SUDARSANA VARMA BHUPATHIRAJU** W/o. Bhupathiraju Srevanthi. (TH_19672)

I, SAYADA ISHRATH SULTANA R/O.10-2-8, Metro Classic Apt F.No G15, A C Guards, Hyd. changed my name as **SYEDA ISHRATH SULTANA** W/o. MOHAMMED MASOOD UL HASSAN. (TH_19672)

I, SHAIK WAJID, R/o.H.No. 13-3-43/1/C, Mustaidpura, Karwan, Asifnagar, Hyderabad. Changed My name as **SHAIK WAJEED** S/o. SHAIK HYDER. (TH_19672)

I, Thota Rani Ramulamma R/o. Lig-22, F No 212, Chitrapuri Colony, Manikonda Jagir, Rajendra Nagar, Hyd T.S., changed my name as **Thota Rani** W/o. Thota Krishna Rao. (TH_19672)

I, Kag Pani Devi Choudhary, R/o. H.No.32-304/5, Kag Nivas, Hmt Society, Shapur Nagar, Jeedimetla, Quthubullapur, Cyberabad(2)-500055 T.S., changed my name as **"Pani Devi Choudhary"** W/o. Bhimaram Choudhary. (TH_19672)

I, Kag Nirmala Choudhary, R/o. H.No.32-304/5, Kag Nivas, Hmt Society, Shapur Nagar, Jeedimetla, Quthubullapur, Cyberabad(2)-500055 T.S Changed my name as **"Nirmala Choudhary"** D/o. Bhimaram Choudhary. (TH_19672)

I, Kag Bhimaram Choudhary, R/o. H.No. 32-304/5, Kag Nivas, Hmt Society, Shapur Nagar, Jeedimetla, Quthubullapur, Cyberabad(2)-500055 T.S changed my name as **"Bhimaram Choudhary"** S/o. Dolaramji Choudhary. (TH_19672)

CHANGE OF SURNAME

This is to certify that my surname is Syed and first name is ishrat ali. Please change my surname as Syed in passport and **Ishrath Ali** as my name. (TH_19672)

LOST

I, **A. Jaya Sri W/o A. Raju**, R/o # 30-1610/5, Surya Nagar Enclave, Road No. 3, Opp. Mourya Kalyani Plaza, Anand Bagh. Hyd. T.S., 17/8/2017, 7.P.M. Neredmetcross Roads, Lost My Original Document Bearing No. 522/2008 Was Lost If Anybody Found Please Contact Me On Mobile No. 85198 22920. (TH_19680)

FINANCE

Home/Mortgage Loans Without It Returns, Mch Plan, Cibil Problems, Any Problem We Take Care Within 15 Days Sanction. Contact: 9848108300/ 9849742119 (TH_19691)

BOOK YOUR COPY
THE HANS INDIA
Call Center: 9705555551

NOTICE

Readers are advised to make appropriate enquiries while responding to advertisements in these columns. THE HANS INDIA (Hyderabad Media House Ltd.) does not vouch for any claims made by the Advertisers. Hyderabad Media House Ltd. shall not be held responsible/liable for any consequences in case such claims are found to be false.

Easy way to get more mileage !!!
Publish Classified Ads in our Popular English Daily

THE HANS INDIA

For 5 Lines Rs. 300/-
For Every Extra Line Rs. 50/-

For Display Ads: 50/- per sq cm

For More Details Contact:
S.RAJU: 8498084260
RAMULU: 8096967759

Rock desi style this festive season

It is festival time and one needs to attend so many events and parties that it gets difficult to maintain a fresh wardrobe. The knock of cultural festivals is a sign to tidy up your closet and drag out some new elegant traditional wears, suggest experts.

Nidhi Mehra, founder of online ethnic store Aahanas and Samiksha, co-founder of womenwear fashion market Samshék share tips on how to give a magical twist to your ethnic wear and rock the festival.

* Experiment with bright colours: The festive seasons are all bright and beautiful and the lights



around the city makes it more vibrant. To go with the same feel, one

should experiment with bright colours. Be it your neon coloured choli or your bright pink skirt, experiment like never before.

Go for a vibrant coloured kurta and pair it with subtle coloured bottoms. All of these look very elegant and stylish at the same time. It is a great idea if one can pair bright colour danglers or the bright coloured feather earrings with their vibrant clothes to make the look more extravagant.

* Accessorise with trending jewellery: The ethnic attires are incomplete if not accessorised with alluring jewellery such as gold and stones. But let this gold go on a hold and try for the fusion jewellery that can

make you look classy and stylish. Go for the oxidised metallic jewelry



ellery which will enhance your dress, or a coloured choker would look chic and stylish with your deep round necks.

*Teaming up right: It is no doubt that indo-western is a saviour, but many a times pairing up the wrong tops or bottoms can lead up as a bad choice. Make sure you make a choice looking at the body type. Jodhpuri's with crop tops would look great on girls with a good height, whereas girls with small height should go for crop tops with flowy skirts. One can also wear a soothing coloured palazzo accompanied by jacket or a short slit kurta with dhoti's.



Malaika Arora rocks a tasseled jumpsuit for Ridhi Mehra at Lakme Fashion Week 2017

BRIDAL TRENDS '17

About traditional outfits with contemporary silhouettes



Falguni and Shane Peacock 2016 bridal collection

Jewel coloured hues on traditional outfits that has contemporary silhouettes is making wave in the Indian bridal market, say designers. Designers like Falguni and Shane Peacock, Anushree Reddy and Ridhi Mehra who are participating in Bridal Asia 2017 editions of Delhi and Mumbai, say that brides today are not skipping the glamour and oomph factor while choosing bridal outfits.

"This season bridal is all about glamour and oomph," Shane told.

Added Falguni, "The trends are more international meets Indian, a fusion of Indian traditional outfits. Brides are loving gowns in silver and golds."

Anushree says that for Bridal Asia 2017 collection they are "going back to the traditional outfits with contemporary silhouettes, intricate zardozi and beautiful jewel coloured hues are going to reign this season."

Ridhi says that she is expecting a change for this season by adding a western

touch through adding fringes to the Indian silhouettes.

"Tassels still continues being modified and giving the same illusion created through fringes, feathers and fabric tassels," she said.

The Delhi edition of Bridal Asia 2017 will start from September 23 and will go on till September 25 at Hotel Ashok. More than 55 designers and brand are participating at the exhibition.



A model walks for Anushree Reddy



Dr Soma Sekhara Reddy

Suiting up to help

Dr Soma Sekhara Reddy, who hails from Guntur has started 'SUITS', a low-cost accident and trauma care policy to provide better treatment for the poor in corporate hospitals

V SATEESH REDDY

Dr Soma Sekhara Reddy, an Emergency Physician, started Sadhana Unique and Innovative Trauma Services (SUITS) in 2014 to give corporate facilities to the marginalised people who suffer in road accidents. For this initiative, he introduced an insurance policy of Rs 799 per year and it can be avail upto two lakhs in the corporate hospitals all over India for accidents and trauma related services.

Speaking with The Hans India, Dr Soma Sekhara Reddy shared.

"I worked as an emergency physician in many hospitals in the city. Poor and middle-class people die in road accidents and from trauma related diseases due to lack of money and awareness of the instant treatment after the accident. Any person who is hit by a vehicle in an accident must get proper treatment within one hour, otherwise, the conditions only worsen. In most cases, people waste time in arranging money and in changing hospitals, which deteriorates the condition of victim further. I started 'SUITS' to overcome the

problem by providing insurances worth two lakhs with a premium of only Rs 799 per annum," he added.

"According to recent statistics, road traffic accidents are increasing at annual rate of three per cent. About 10.1 per cent of all deaths in India are caused due to accidents and injuries. A vehicular accident is reported every two minutes and a death every eight minutes on Indian roads. Nearly 80,000 lives are lost and 330,000 people get injured every year. A trauma-related death occurs in India at every 1.9 minutes," he shared.

Any tragedy can be taken to either success or failure within the first 10 minutes of medical attention. This crucial period is also referred to as the 'Golden Hour'. "If quick and the timely help is rendered in this period then it would ensure that the victim is nearly saved so that appropriate treatment can be made available from a nearby hospital. Proper treatment in the 'Golden Hour' helps to save a life before irreversible pathological changes can occur thereby reducing or preventing death in the second and third phase. This period may range from the time of injury to de-



Representational image

finite treatment in a hospital," he shared.

The SUITS team deal with three main obstacles like, 'lack of pre-hospital care', 'financial constraints' and 'lack of bystander after the accident'.

They also have the 'S' care team which consists of physiotherapists, who have a good knowledge about trauma and its complications.

"We are giving membership for people aged between three-65 years.

We have 270 doctors in our team. We tied up with more than 5,000 hospitals all over India. Our main aim is that no person should die due to lack of money and awareness," he concluded.

Cycling-inspired café gets into retail



Ashish Thadani

Ciclo Café in joint venture with Ti cycles to retail 8 professional cycle brands

Ciclo Café designed for cycling enthusiasts, announced that it will also offer 8 brands of professional cycles for sale from its outlet.

Ciclo Café will now retail some of the best cycle brands from across the globe from the TI Cycle stable, including Ridley, Cannondale, Bianchi, GT, Mongoose, Schwinn, Dahon and Montra, amongst others priced in the range of Rs. 12,500 to Rs.2.90 lacs. They can also source some of the high-end bikes priced at 4-5 lacs or above on request.

"Ciclo Café brings together the best of both worlds - f&b and the best of professional cycling culture. Ciclo is one the biggest cycling cafes in the world. The idea of the Café is to promote a lifestyle centered around cycling. We also aim to give Indian cyclists world-class equipment to enable them to improve their skills and eventually do well nationally and internationally in this sport," Ashish Thadani,

CEO, TI Absolute Concepts (Ciclo Café) shared.

Ciclo Café had previously launched 'Ciclo Team Racing' - India's only Elite

Amateur Racing Team with former national champions and India's first international pro-cyclists, Naveen John and Arvind Panwar.



Buying a TV in the age of internet

Please don't stick your head in the sand and buy a TV without being fully (or even partially) acquainted with its features. Your TV should fit your needs and not what the salesman thinks you should buy. Take your time, be patient and you will have a future-proof TV!

ARJUUN BAJAJ

Television technology has made exemplary advances in the last decade that has resulted in a ridiculously wide range of options to choose from. There is 4K, HDR, Full HD, Smart TVs, LED, OLED – the list is eternal! Watching television is simply a task that requires you to lean back and relax while catching up on your favourite sitcoms, but the menace behind choosing a TV is a hellishly, energy draining task. This perplexity and TV jargon could often cloud our decision and drive us to merely settle for a mediocre TV.

So, here's what to look for...

Size does matter

Screen size is one of the biggest deciding factors while opting for the TV. There is an immense variety of TVs available, right from 14 inches to 100 inches. Of course, bigger is better but, there are a few other things you've to consider. Distance, if you can see the individual pixels on the screen, your TV is too big for your home. The simple formula is you should divide the diagonal width of your screen by 0.84, and the result is the number of inches you'll ideally put between you and the screen. Using this method, if you get a 65-inch TV you should sit around 6.5 feet from it. So accordingly, pick a screen size that will fit comfortably into that space – and your budget.

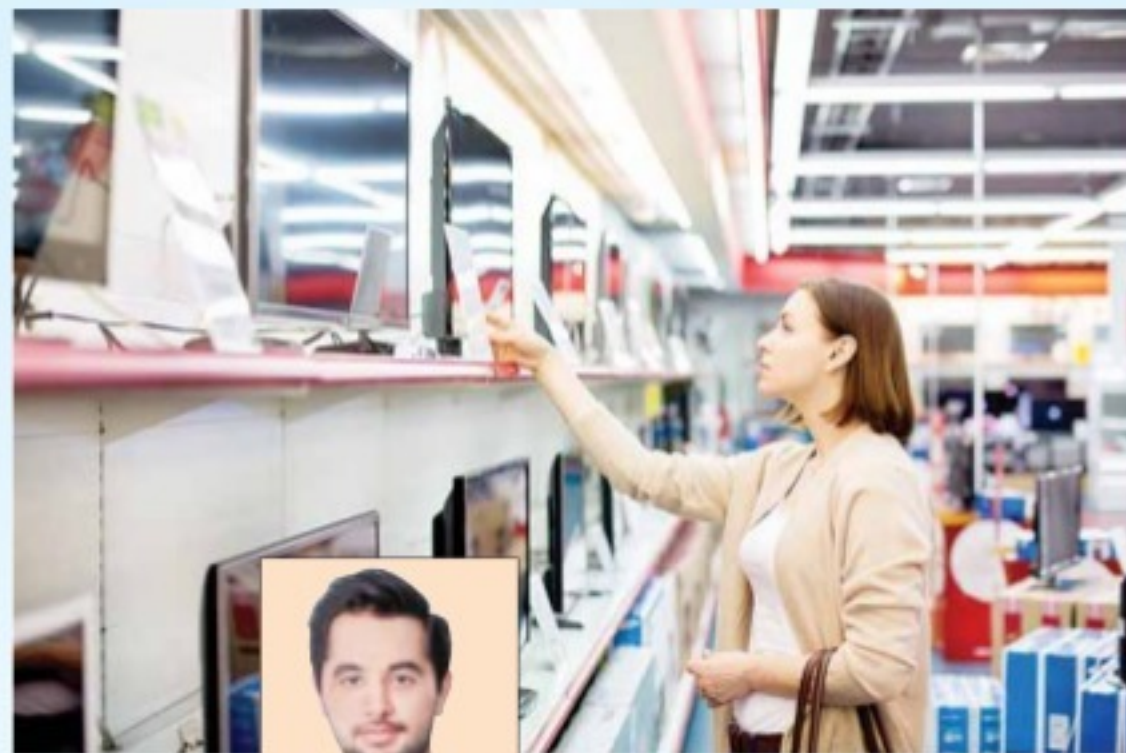
Connectivity: More the merrier

We often have the tendency to treat this feature with non-chalance but it is necessary to pay attention to the number of HDMI inputs a set has. Hook up a sound bar, your laptop and a gaming console and you've used up three ports already. To make things simpler, before you buy one, count the number of gadgets you will ideally link with your TV and make sure you have room for more. Make sure they have at least two HDMI ports. Another thing to keep in mind is the placement of these ports. Ones facing the wall are awfully difficult to reach. Ideally, opt for a set that has the ports on the side or bottom.

Sound's good?

Even the finest, sleekest, dazzling TV has its hamartia: poor sound quality. Crappy sound is the most direct casualty of a slim TV and the built-in speakers are obviously, smaller. Sound quality varies and hence it is necessary to consider this while buying a TV, especially if you are considering a Champions League screening at your place.

While buying a TV, you may be given the number of Watts that power your speaker, but that's pretty much useless as it doesn't determine how your TV will sound. In fact, you should consider the number of speakers, the placing of these speakers and its configuration. Given that the TV has a thinner body, audio is im-



ported. Modern TVs usually have their speakers fitted at the bottom which blares out a more clean, rich, in depth sound. A sub-woofer is always an add-on since speakers don't reach so far down the sound spectrum.

Keep it smart

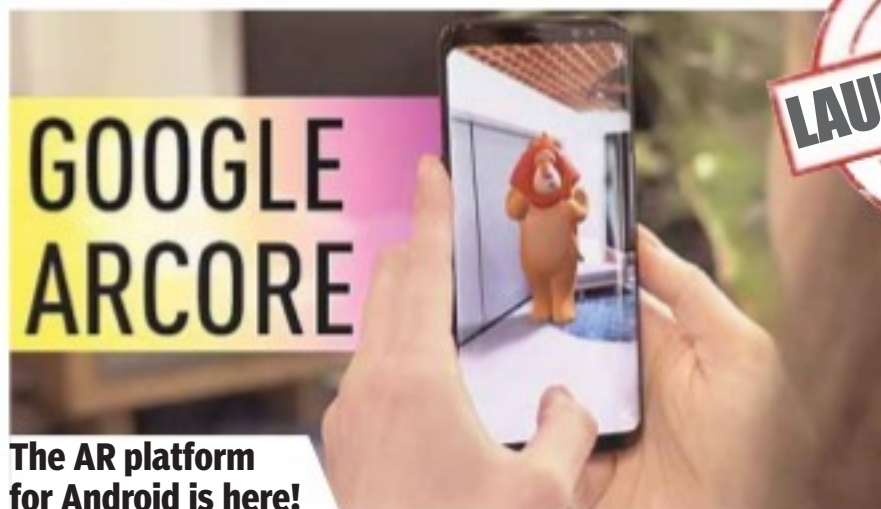
The Smart TV, a break away from the lineage of traditional TVs has now laid siege to every home and electronic store. One of the fundamental features that make a Smart TV better than other TVs, is its inbuilt ability to browse the internet. You can flip through web pages, do your homework, and check the weather forecast or trade Bitcoins while being seated comfortably on your sofa.

Probably, the most used feature on a smart TV is the Video on Demand services. This gives you access to your favourite music or your keenly awaited trailer that is not currently airing on TV. Several Smart TVs integrate preloaded social media apps, one of which is Skype. Some higher-end TVs, with the help of an optional webcam, extends to full screen for better video calling with your friends and family.

Resolution

Yup, here's where most of the TV acronyms sound like baloney. Just remember, the resolution defines the sharpness of the TV picture, usually in terms of horizontal lines of pixels. There are a sizable number of TVs available with the tag 'HD ready' which means they offer high or Full HD resolution. Ultra HD or 4K, which is growing in popularity, offers more resolution which is almost four times the pixel found in your HD TV. The biggest benefit of 4K TVs is that small objects on the screen have more detail, including sharper text.

(The writer is founder and CEO at Daiwa)



The AR platform for Android is here!

In a bid to bring the augmented reality (AR) experience closer to Android users, Google has released a new software development kit (SDK) called ARCore.

The platform, which is now available for developers to experiment with, will render augmented reality capabilities to existing and future Android phones, Google said in a statement late on Tuesday.

The company built on the fundamental technologies used in Tango, another AR platform by Google, but ARCore is scalable across the Android ecosystem as it doesn't require any additional hardware.

The new AR platform has been rolled out

to Google Pixel and Samsung S8, which run on Android 7.0 Nougat and above.

Google is working with manufacturers like Samsung, Huawei, LG, ASUS and other major smartphone makers for quality and performance checks.

ARCore, which works with 'Java/OpenGL', 'Unity' and 'Unreal' technologies mainly focuses on three features -- motion tracking, environmental understanding and light estimation.

The tech giant has also built 'Blocks' and 'Tilt Brush' applications for creation of 3D content for use in AR apps.



Panasonic upgrades P77

Panasonic India launched the upgraded version of its P77 smartphone with 16GB ROM for Rs 5,299 which will be available exclusively on Flipkart.

Panasonic P77 comes with 4G and VoLTE support and is available in grey and white colour variants.

"Our association with Flipkart has always helped us to reach out to our customers. The upgraded version of P77 is one of the most wallet friendly offers from Panasonic," Pankaj Rana, Business Head - Mobility Division, Panasonic India, said in a statement.

The dual-SIM smartphone has a 5-inch HD display, 1 GHz Quad-core Processor which is coupled with 1GB RAM.

The device now comes with a 16GB internal storage which can be expanded up to 32GB via microSD card. The previous P77 device had 8GB internal memory.

iPhone 8 on September 12?

Apple is expected to launch its next flagship device iPhone 8 on September 12, a media report said.

Following several leaks about Apple's controversial yet virtually bezel-less redesign, a detailed iPhone 8 dummy model confirmed that the devices would have an elongated 18.5:9 aspect ratio like the Galaxy S8 and Galaxy S8 Plus, Forbes reported.

It would also reduce bezel sizes to just 4 mm on all sides and feature a vertically aligned rear camera, the report added.

The handful of images also showed the upcoming iPhone 8 with rear-placed Touch ID placed directly below the Apple logo.

Analysts have predicted that riding on the "better-than-expected iPad and iPhone sales", the upcoming flagship device iPhone 8 could make the Cupertino-based giant the first company to reach and sustain a \$1 trillion market cap.



Intex's budget smartphone 'Aqua Style 3'

Domestic smartphone maker Intex Technologies on Tuesday launched its budget smartphone "Aqua Style 3" at Rs 4,299, that features a 5-inch FWVGA display.

The 4G-VoLTE smartphone comes with a 1GB RAM and 16GB internal memory which is expandable upto 64GB.

"With 'Aqua Style 3', we have unveiled our latest smartphone, a symbol of feature rich and stunning design," Ishita Bansal, Product Head - Mobiles, Intex Technologies, said in a statement.

Powered by 1.3GHz Quad-core processor, the device runs on Android Nougat 7.0 OS and is packed with a 2500mAh battery.

The smartphone sports a 5MP rear camera with flash and 5MP front camera for selfies.

The phone, which comes preloaded with apps like Xender, QR Code scanner and Gaana, will be exclusively available on Amazon.



Selfies can help spot early signs of cancer

Researchers at the University of Washington have developed an app that could allow people to easily screen for pancreatic cancer simply by snapping a smartphone selfie.

The app named 'BiliScreen' uses a smartphone camera, computer vision algorithms and machine learning tools to detect increased bilirubin levels in a person's sclera, or the white part of the eye.

One of the earliest symptoms of pancreatic cancer, as well as other diseases, is jaundice, a yellow discoloration of the skin and eyes caused by a buildup of bilirubin in the blood.

In adults, the whites of the eyes are more sensitive than skin to changes in bilirubin levels, which can be an early warning sign for pancreatic cancer or hepatitis.

The ability to detect signs of jaundice when bilirubin levels are minimally elevated could enable an en-

tirely new screening programme for at-risk individuals.

"The problem with pancreatic cancer is that by the time you're symptomatic, it's frequently too late," said lead author Alex Mariakakis.

"The hope is that if people can do this simple test once a month -- in the privacy of their own homes -- some might catch the disease early enough to undergo treatment that could save their lives," Mariakakis said in a statement released by the university.

The blood test that doctors currently use to measure bilirubin levels -- which is typically not administered to adults unless there is reason for concern -- requires access to a health care professional and is inconvenient for frequent screening.

BiliScreen is designed to be an easy-to-use, non-invasive tool that could help determine whether someone ought to consult a doctor for further testing.



ART & CULTURE



Emerging Palettes

Alliance Francaise in association with Shrishti Art Gallery presents 'Emerging Palettes'

- a group exhibition of artworks by emerging artists on preview at September 1 between 6.30pm and 8.30pm. The show is on till September 20 between 11am and 7pm.

Confluence

Gallery Space present show titled, 'Confluence-the veterans and the known' a painting exhibition by 26 artists on preview on September 1 from 6.30pm. The show is until September 17 between 11am and 6.30pm at Art Walk Way, Park Haytt.

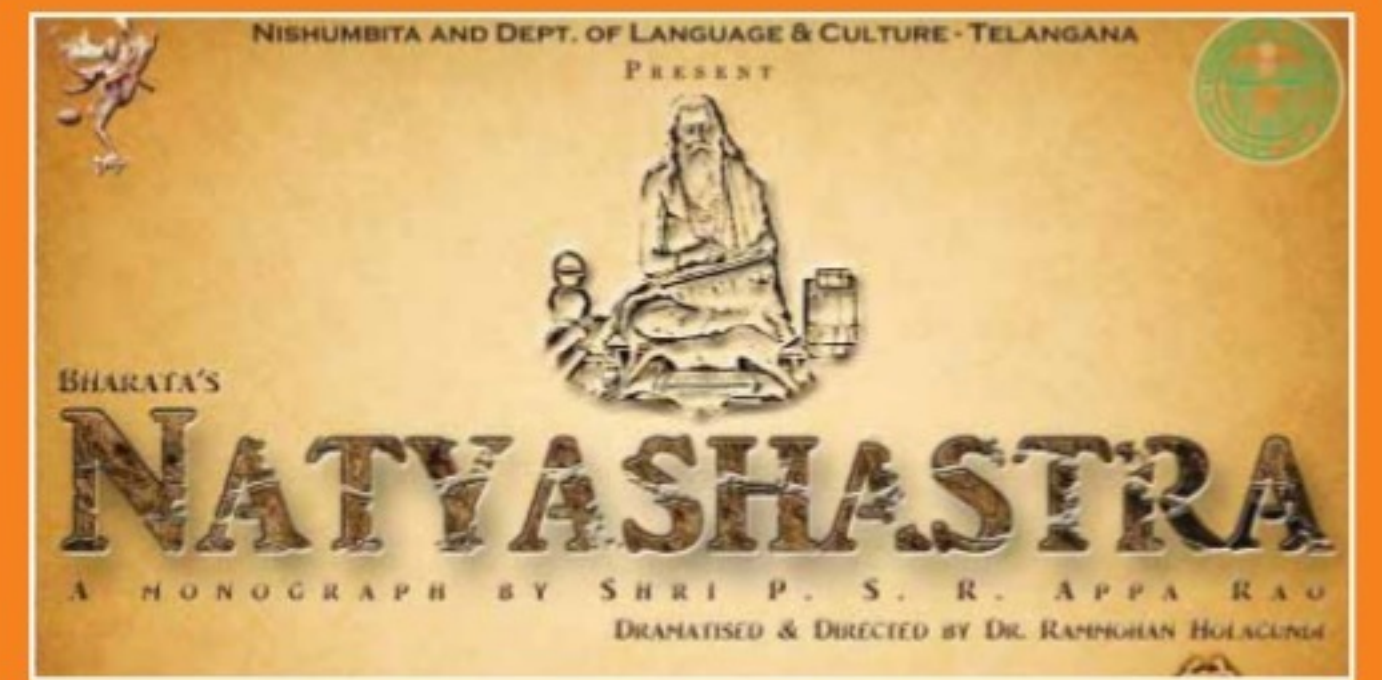
More or Less

Daira Centre for Arts and Culture presents a group art exhibition by 18 artists on September 1 from 6.30pm.



Stamped Identity

A solo exhibition of paintings by Niraja Bhuwal on September 1 from 6.30pm. The show is on till September 13 between 11.30am and 7pm at Iconart Gallery.



Natya Shastra

Nishumbita Ballet and Theatre Group along with Department of language and Culture, Government of Telangana presents a play 'Natya Shastra', directed by Dr Rammohan Hologundi on September 1 from 7pm at Ravindra Bharathi.

MORE...

Jazz evenings

Park Hyatt Hyderabad launches new Jazz evenings with Pranati Khanna, a lead singer and rhythm guitarist on every week, Wednesday to Saturday from 8pm at Tre-Forni Bar.



Kuchipudi Dance Classes

Our Sacred Space is organising the 'Kuchipudi Classes' on every Saturday and Sunday between 5pm and 6pm.

Bharatanatyam Classes

Our Sacred Space is organising the 'Bharatanatyam Classes' on every Wednesday and Friday between 5.30pm and 6.30pm.

Dental Care

Dentashine Dental Care, Banjara Hills is conducting free dental care for women and children until October 4. For details contact 9160016778 or 040-66466778.

Warli Art

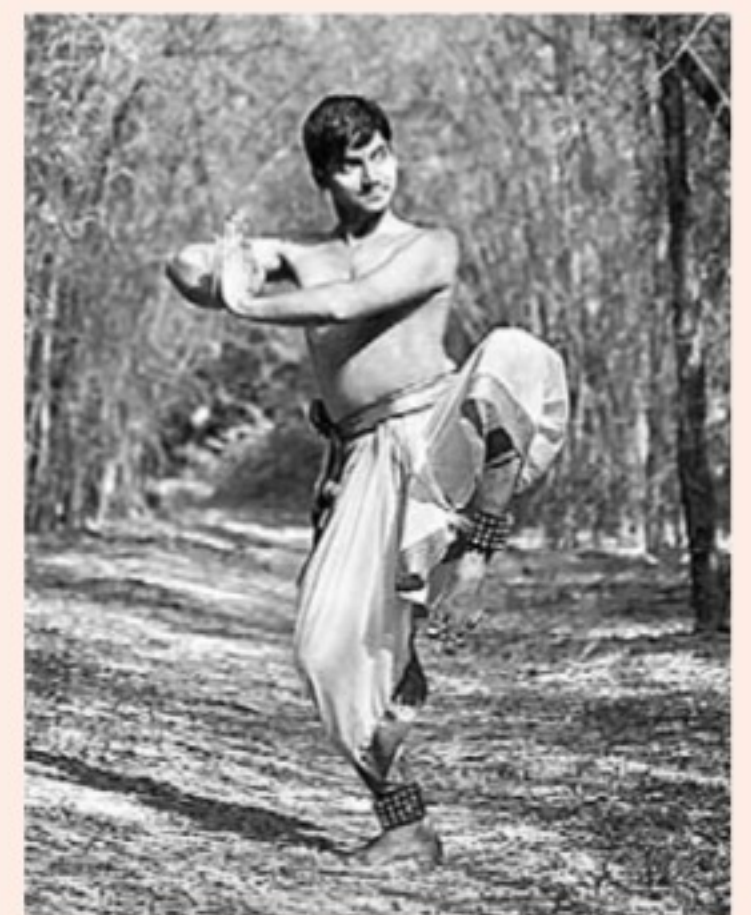
Artist Trishna Patnaik is organizing the 'Warli Art Workshop' on September 3 at Our Sacred Space between 11am and 1pm.

Tanjore Painting Workshop

Our Sacred Space is organizing the 'Tanjore Painting Workshop' from September 2-9 between 11am and 1pm.

Bharathanatyam Recital

Gowthami Kumar student of Janimiya Shaik presents a Bharathanatyam recital by Janimiya Shaik and his disciples on September 23 from 6pm at Lamakaan.



Blood Donation Camp

Sathguru Management Consultants under Sankalp JIVA are organizing a 'Blood Donation Camp' on September 1 between 11am and 4pm.

THEATRE



Shades of Delhi

AriLife events in association with Parindey Storytellers from Delhi presents '3 Shades of Delhi' directed by Prakhar Gautam on September 2 from 7pm at Lamakaan.



Shatranj Ke Khiladi

Darpan Theatre presents a Hindi

play 'Shatranj Ke Khiladi' is a 1924 Hindi short-story written by Munshi Premchand on September 8 from 8pm at Lamakaan.



Karl Marx Hyderabad Mein

Rangrez Theatre Productions presents the play 'Karl Marx Hyderabad Mein' on September 10 from 7.30pm at Lamakaan.

FOOD



Food Fiesta

Sheraton Hyderabad Hotel, Gachibowli offers the guests an excellent interactive dining experience with live cooking stations between 12.30pm and 3pm on every Friday.



Midnight Buffet

ITC Kakatiya, Deccan Pavilion presents a remarkable spread of midnight delicacies, full of variety and best value for money between 12am and 2.30am on every Friday and Saturday.

Friday Buffets

Novotel Hyderabad Convention Centre presents the ex-

perience of the Mughal fest every Friday between 6.30pm and 11pm.



Pan Asian Food Festival

Prana, A Multi-Cuisine Coffee Shop at Manasarovar, The Fern organizing The Asian Wok, a "Pan Asian Food Festival" until September 3 between 7pm and 10.30pm.

Dennis The Menace



"SO I GOTTA GO TO SCHOOL, SO I CAN GET A JOB? I FORGOT... WHAT'S THE OTHER THING I CAN DO?"

Popeye



Judge Parker



SUDOKU

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

Solution to Sudoku dated 30 August

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

Tiger



YOUR DAY TODAY

ARIES (March 21-April 19)

You will see a difference in how you proceed. Listen to someone who demonstrates caring yet is very concerned with what is appropriate. Communication flourishes, and you could have difficulty keeping up with a sudden flurry of activity. Tonight: Catching up on someone's news.



LIBRA (Sept. 23-Oct. 22)

You might not realize how far you need to go in order to make the impression you want and gain the results you desire. You could be on top of a problem and ready to make the next move yet still wavering at times. Try to steady the ship; others need your balance and perspective! Tonight: Happiest at home.



TAURUS (April 20-May 20)

You could be in a situation that is uncomfortable at best yet allows you to see a matter differently. You see a totally new point of view once you get past your discomfort. As a result, your actions and attitude will change. You will bypass any problems for the most part from that point on. Tonight: Others might act strangely around you.



SCORPIO (Oct. 23-Nov. 21)

You could be in a situation where you need to try to advance a core belief. Others could be receptive to your sharing. The unexpected occurs when you least anticipate it, impacting an element of your daily life. Investigate, debate and question what might be appropriate to do. Tonight: Play it relaxed and easy. Hang with friends.



GEMINI (May 21-June 20)

Recognize the impact of an unexpected jolt within your immediate circle or with a friend. You will be able to regroup and communicate on a new level as you have not been able to before. Listen to an adviser about money, but also go out and do your own research. Tonight: Listen to a loved one's musings.



SAGITTARIUS (Nov. 22-Dec. 21)

You are all smiles despite an unexpected choice from a child or loved one. Some of you could be taken aback by someone and his or her reactions. Relax and trust yourself to choose the right course. Toss yourself into your work or a project. When detached in this manner, an appropriate response occurs. Tonight: Pay bills first.



CANCER (June 21-July 22)

One-on-one relating takes you down a new path, and you feel more connected to a key person. You reveal a greater ability to stand on your own and not be affected by others. Listen to news with a grain of salt. Everyone has his or her unique perspective. Tonight: Sort through your options carefully.



CAPRICORN (Dec. 22-Jan. 19)

You could be in a situation where you cannot figure out which path is more suitable. Refuse to worry about the issue. The Moon in your sign draws attention to you, and what seems impossible could become possible. Be spontaneous and zero in on a heartfelt desire. Tonight: Be open to possibilities, even those not thought of until now.



LEO (July 23-Aug. 22)

You could be on the verge of a major change. Though you might feel as if it is inevitable with certain events and pressure occurring, others might not totally understand where you are coming from. Communicate what you are thinking, but do not expect others to agree with it. Everyone can have different ideas. Tonight: Let the fun begin.



AQUARIUS (Jan. 20-Feb. 18)

Slow down and enjoy the luxury of some time off from your usual routine. No matter which way you choose to go or what you decide to do, you seem to be able to relax and think more clearly. Use this time to see certain situations with greater clarity. Tonight: Get some extra R and R.



VIRGO (Aug. 23-Sept. 22)

Your depth and understanding come out when dealing with a project or a child who can be extremely challenging. You might not want to weigh in about what others need to do; however, your creativity emerges and becomes a source of excellent ideas in this tense moment. Tonight: Let your inner child out.



PISCES (Feb. 19-March 20)

Allow greater give-and-take among your circle of friends as well as co-workers. Whether you are discussing a personal matter or looking to add flourish to a certain project, your resources remain the same. Laughter opens up many doors and possibilities. Success is likely. Tonight: With friends.



American Idol Texas auditions cancelled



A still from 'American Idol'

Auditions for the singing reality TV show "American Idol" have been called off in wake of Hurricane Harvey.

The auditions were previously supposed to be held in Houston on September 2 and San Antonio on September 4 have been cancelled, citing safety of the people is of "the utmost importance" to the makers.

The announcement was made on the show's official Twitter account.

"In light of Hurricane Harvey and the devastation in Texas, the 'American Idol' bus will be cancelling the previously scheduled auditions in Houston on September 2 and San Antonio on September 4. "The safety of the community is

of the utmost importance and our thoughts go out to all of those affected," the statement read.

The post further suggested that aspiring participants from Houston and San Antonio can turn up at upcoming auditions in Louisiana's Shreveport on September 4 and New Orleans on September 14.



Danny McBride and Walter Goggins in 'Vice Principals'

'Vice Principals' to return for final season

Comedy "Vice Principals" is all set to come back for its second and final season on September 17.

The nine-episode season of the HBO show will premiere with "Tiger Town" on September 17 and "Slaughter" on September 24, reported Variety.

The show stars Danny McBride and Walton Goggins.

Dale Dickey is joining the cast this season.

"Vice Principals" is executive produced by McBride, Jody Hill, David Gordon Green, Stephanie Laing, and Jonathan Watson and co-executive produced by John Carciari. The comedy television series premiered last year on July 17.

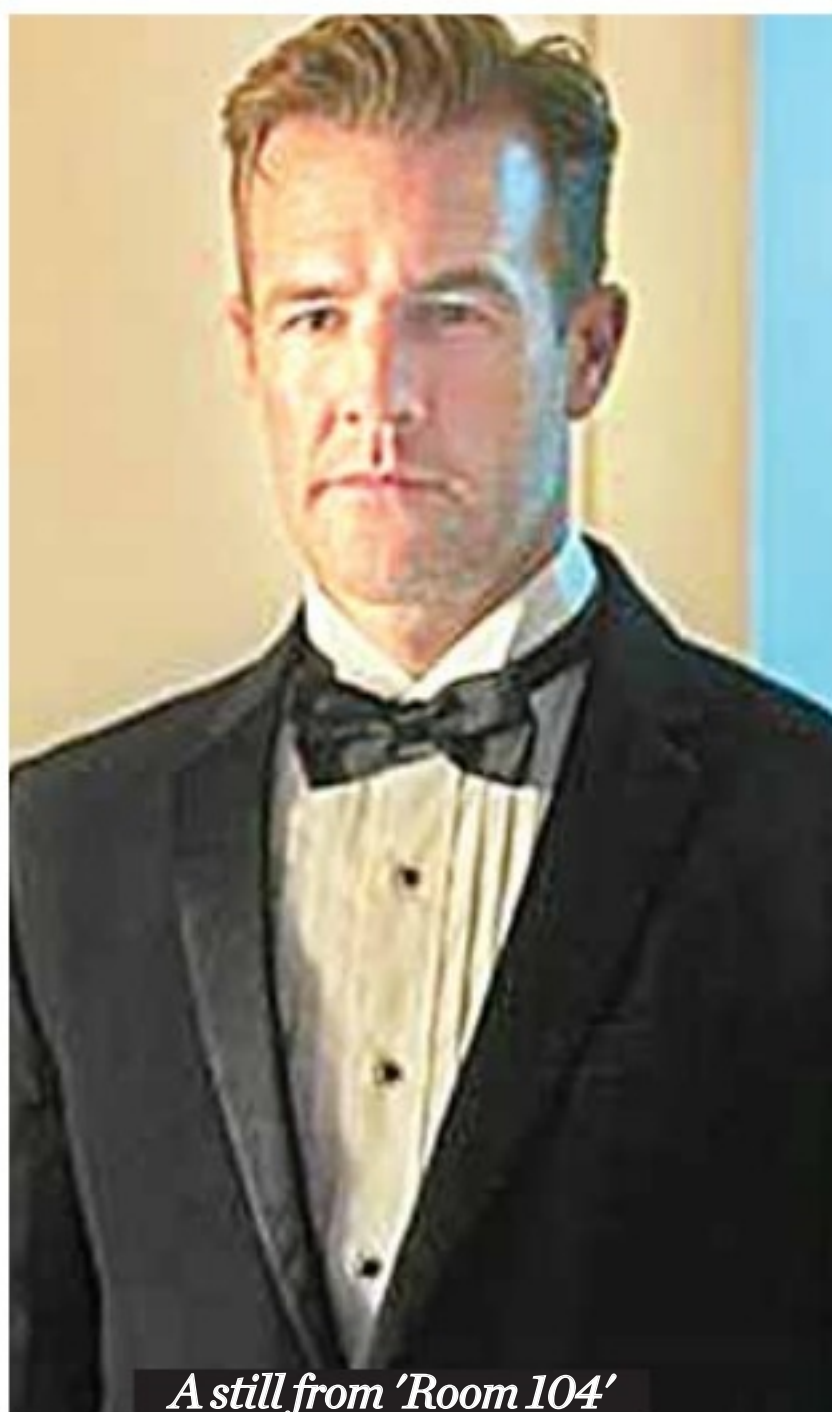
Duplass Brothers' 'Room 104' renewed

HBO has renewed anthology series "Room 104" by Jay and Mark Duplass for a second season.

"Jay and Mark Duplass are gifted storytellers who have brilliantly reinvented the anthology series for the modern era," said Amy Gravitt, executive vice president, HBO Programming. "The format of ROOM 104 offers endless possibilities and opportunities for new talent to experiment, and I look forward to seeing where the series takes us."

Created by the Duplass brothers, each episode of "Room 104" tells a different story that takes place in the same hotel room.

"We can't remember the last time we had so much fun making something," say Jay and Mark Duplass. "We're excited to go even further down the rabbit hole with this show."



A still from 'Room 104'

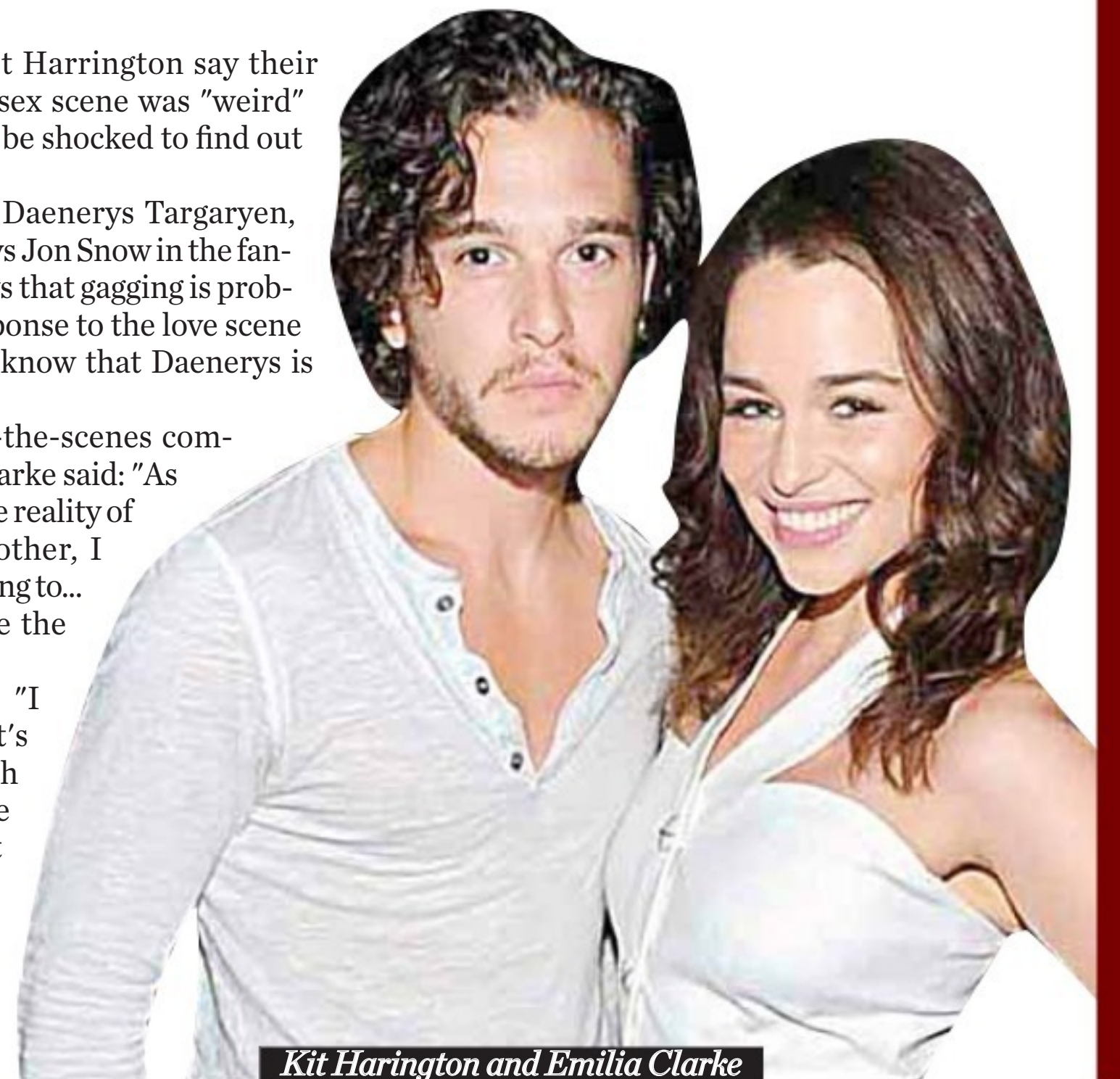
CLARKE, HARRINGTON'S 'WEIRD' SEX SCENE

Emilia Clarke and Kit Harrington say their "Game of Thrones" sex scene was "weird" and their characters will be shocked to find out they are related.

Clarke, who portrays Daenerys Targaryen, and Harrington, who plays Jon Snow in the fantasy drama TV series, says that gagging is probably the appropriate response to the love scene because the pair do not know that Daenerys is actually Jon's aunt.

Speaking in a behind-the-scenes commentary for the show, Clarke said: "As actor's, it's just weird. The reality of what they are to each other, I don't know how that's going to... I think gagging might be the reaction."

Harrington added: "I think they both know it's wrong. I think they both know it's going to cause problems. But it's that thing, when you suddenly feel that deeply about someone and you go through these events together, it's like a run-away train."



Kit Harrington and Emilia Clarke

Why you should include green tea in your diet

HARIPRASAD VR

Coffee and black tea have long featured as preferred beverage options for a lot of people. However, rising awareness about the need to improve lifestyles has led to increased consumption of healthier alternatives such as green tea. The antibacterial, anti-fungal and antioxidant properties of this variety of tea address several health issues -- ranging from bad breath to blood pressure.

In fact, given our sedentary lifestyle and increased intake of fast foods, green tea is today more important than ever. A recent study published online in The FASEB Journal suggests that green tea could help alleviate insulin resistance and cognitive impairment induced by high-fat and high-fruc-

tose diets. Some studies also suggest that green tea can help fight off allergies.

Here are some additional benefits of consuming green tea on a daily basis:

Curbs cholesterol: A high level of cholesterol in the body can increase the risk of cardiovascular diseases. Green tea contains catechins that are known to reduce low-density lipoprotein (LDL) cholesterol in the body which causes plaque in the arteries, leading to a blockage.

Promotes healthier skin:

Green tea is known for its rich content of antioxidants and anti-ageing elements. These can help delay signs of skin ageing such as fine lines, wrinkles and sun damage. Regular consumption of green tea flushes out unwanted toxins from the body, thereby helping you have healthy skin.

Relieves physical and mental fatigue: According to estimates by the World Health Organisation (WHO), over 450 million people suffer from stress worldwide. Green tea contains polyphenols that help reduce stress, boost energy and improve mental focus. The various antioxidants that are present in green tea also have a calming effect on the mind and body, which helps in creating a positive mood.

Builds immunity: Green tea contains compounds such as polyphenol and flavonoids which boosts your immune system. These phytoconstituents act as antimicrobial agents, thereby helping the body fight against infection as well. Moreover, the antioxidants in green tea



strengthen and protect the immune system against compounds known as free radicals, which are known to harm living cells and tissues.

Helps in removal of phlegm: Green tea contains polyphenols which have potent anti-bacterial properties that fight against infections and reduce formation of phlegm. For best results, prepare some green tea and add a little honey to it before drinking it.

Helps detox your body: Detoxing one's body helps improve metabolism. Green tea refreshes, hydrates

and cleanses the body of unhealthy toxins. The catechins in green tea improve the fat metabolism and reduce toxic effects on liver. It reduces pressure on the liver, which is the body's major detoxing organ. Moreover, it also detoxifies and purifies the whole body because of its rich antioxidant properties.

So now that you are aware of the perks, it is time to switch from high caffeinated beverages to green tea for a healthier lifestyle.

(The writer is a Research Scientist at The Himalaya Drug Company.)



Fight depression by eating right

Food packed with vitamins, rich in antioxidants, nuts and green tea are some of the eatables that can help you fight depression, suggest experts.

Sunita Chowdhury, chief dietician at BLK Super Specialty Hospital, and Tanu Arora, Head of the department at Clinical Nutrition and Dietetics, Aakash Healthcare, have shared inputs:

▶ Antioxidant rich foods are packed with vitamins, minerals and fibre and not only help the immune system fight diseases but also minimise cell damage and aging. These are all red, orange, yellow and green vegetables and fruits. Minimum



of 750-100 gm is the recommended allowance per day.

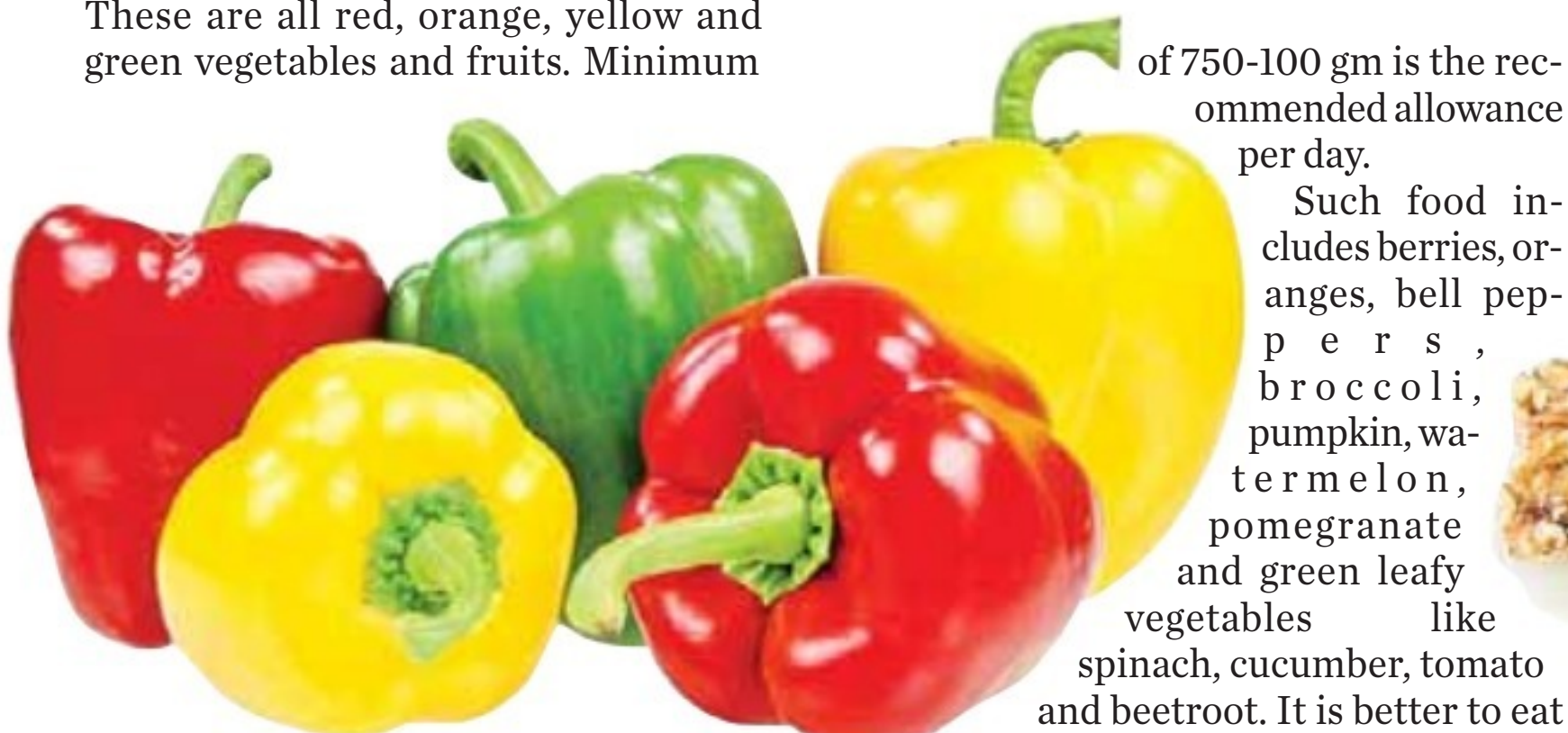
Such food includes berries, oranges, bell peppers, broccoli, pumpkin, watermelon, pomegranate and green leafy vegetables like spinach, cucumber, tomato and beetroot. It is better to eat

these fruits and vegetables than to juice them, to get maximum benefit out of them.

- ▶ All nuts, especially walnut, are thought to be good mood elevators as they contain omega-3 fatty acid. Researchers have shown that walnuts support proper brain function and reduce depression. All nuts are rich in phytochemical such as resveratrol and vitamin E which keep one healthy.
- ▶ Try green tea as it has antioxidant properties and has an overall calming effect on the nervous system and so helps hold off stress and depression. Avoid indulging in alcohol, caffeine, processed



and high fat foods, carbonated beverages, soda and too many sweets.



▶ Having good sources of omega 3, vitamin, Selenium, tryptophan, Beta carotene in the diet helps the body to build a strong immune system which fights depression.



Tarun

Star kids-turned heroes have mixed luck

BVS PRAKASH

With Master Teja all set to make his debut as hero with an untitled film being produced by Bekkam Venugopal, the saga of child-artiste-turned-heroes is going on unabated in T-town. “Teja proved his talent as a child artiste and aptly fits into the role of a lover boy in our upcoming film,” says Bekkam, unmindful of ‘mixed’ luck for Teja’s ilk. Even though, Mahesh Babu, Jr NTR and Allu Arjun debuted as child actors, they cannot be compared with non-lineage kids. “Kids of lineage families have a clear edge over children from non-filmi families, so drawing parallels between them is unfair,” says director Gunasekar, who directed Jr NTR in kiddie flick ‘Bala Ramayanam’. “NTR was a bundle of talent and grasped our instructions faster and did a commendable job as mighty Lord Rama. I wasn’t surprised when he attained superstardom at early 20’s since he was a born star, as I could discover the spark in him,” he adds. Whereas, other kid stars like Tanish who impressed in ‘Manmadudu’, Baladitya in ‘Little Soldier’, Raj Polavarapu in ‘Govinda Govinda’ and Sureedu in ‘Chatrapati’, couldn’t become stars overnight and waiting for their turn for stardom. “Tarun was a promising talent and became a star overnight with ‘Nuvve Kavali’. Firstly, if we introduce a popular star kid he has a better connect with audience if he plays a cute lover boy. Tarun was one of the most successful star kid-turned heroes and could make a comeback as he is quite talented,” says director Vijay Bhaskar, who introduced Tarun. Another popular star kid was Akhil who debuted with ‘Sisindri’ and carried lot of pressure when he turned hero with ‘Akhil’ but the over-the-top script disappointed Akkineni fans. “He is a good mix of good looks and talent and just needs one big hit, to turn things around in his favour,” concludes director Samudra.



Teja



Baladitya



Tanish



Akhil

Srinivas to woo Pooja Hegde



Srinivas and Pooja Hegde

After romancing Samantha and Arakul Preet Singh, young actor Bellamkonda Srinivas will be romancing pretty actress Pooja Hegde in his next being directed by Sriwass which happens to be the fourth production for Abhishek Pictures. ‘The shooting is progressing in Pollachi and key portions are being shot in a hugely erected village set with wind turbines,’ aver makers. “With a solid story and top technical values, it will become one of the most-awaited films,’ they add. In fact, director Sriwass is handling a new kind of theme but effectively. ‘Sriwass will re-invent himself with this novel storyline,’ says producer Abhishek Namma who assures audience a different and a thrilling cinema watching experience. May be, actor Srinivas will be banking on this film to make a comeback after ‘Jaya Janaki Nayaka’ which fizzled out after drawing sensational openings.

Hebah Patel keeping offers at bay



Hebah Patel

Teesen sensation Hebah Patel seems to be obsessed with her fitness and shaping up her body. Despite receiving three offers, the actress has kept them on hold and spending more time on killer workouts. “It’s true that she hasn’t signed any new offer, but she will take up an offer very soon,” says a source close the actress. It is well-known that pretty actress has taken a short break from shooting and has hit the gym to get into shape but now she is extending further. She impressed the audience in her last release ‘Andhagadu’, has reportedly hired a trainer to slim down to get into a right shape, probably, to race ahead in her happening career in T-town. The ‘Kumari 21 F’ star has become a sought-after actress for glam-centric roles and provided enough oomph in hit films like ‘Eedo Rakam Aado Rakam’ and ‘Ekkadiki Pothavu Chinnavada’ and now planning to scale new heights. The source also denied rumours of hike in her remuneration and claims that she knows the market. “Firstly, she never demanded fancy pay and producers know how much she deserves and paying her appropriately,” he concludes.

-BVS



Amitabh Bachchan

Big B to play slum soccer founder Vijay Barse in 'Sairat' director's film

SUBHASH K JHA

After playing a Bal Thackeray doppelganger in Ram Gopal Varma's 'Sarkar' series, it is time for the indefatigable Amitabh Bachchan to play yet another real-life character in 'Sairat' director Nagaraj Manjule's new film -- his first in Hindi.

In the film which is yet to get a title Big B plays Vijay Barse who more than a decade ago, established the Nagpur based NGO Slum Soccer which helps slum kids find their bear-

ings through the game of football.

Though he is more than happy to speak about his adulation for Bachchan, Manjule is reluctant to talk about the project he will start shooting with the megastar in October.

"Let's just say, it is based on a real-life character. But the way I've written the part and the film, it moves very far away from the original source," he said.

Manjule has been writing his new Bachchan film for a good two years.

"And before that I was researching on the subject. I don't mind spending time on my script. I spent a good 8 years on the script of 'Sairat'. I wrote it with only Bachchan Saab in mind. I've been his fan from childhood.

"I grew up copying his clothes, speech and mannerisms from 'Majboor' and 'Deewaar'. I'd go to school with my shirt tied like Bachchan Saab in 'Deewaar' and get severely reprimanded by my teachers. But the pun-

ishment had no effect on me. I'd still do it," he said. Manjule, a self-confessed Bachchan bhakt, says when he met Bachchan he was somehow able to control his adulation.

"I don't know how but I managed to remain calm, restrained and dignified. I actually wanted to jump out of my seat and dance around him. But I narrated my script in an even tone. I am happy I did that. I didn't want to come across as just a fan. Of course I am a fan for lifetime. And someday when I complete my film with him I'll tell him how much effort it took me to not gush and rave when I met him for the first time," he said.

The director wants to focus on making a good film.

He said: "I don't feel burdened by the responsibility of living up to 'Sairat'. But yes, I want the audience to say I made a good film again. I don't want people to say, 'Yeh Nagaraj ne kya banaya hai?'"

NOT ANGRY with Kapil Sharma: Ajay Devgn

Actor Ajay Devgn on Tuesday refuted claims that he walked out from the sets of "The Kapil Sharma Show" in anger, saying that he is not upset with Kapil Sharma and hasn't taken a vow never return to the show.

There were talks that Ajay, who went to the show's set to promote his forthcoming project 'Baadshaho' recently, left from there as Kapil didn't turn up for the shoot. Some reports said Kapil was partying till the wee hours, and wasn't able to wake up on time to make it to the shoot.

Ajay admitted that he left the sets because Kapil hadn't arrived, but said he doesn't know the reason behind the comedian's absence from the shoot that day.

The actor said that Kapil has been dealing with health issues for quite some time now, but is not certain whether that was the reason behind his absence.

During his promotional visit to the capital on Tuesday, Ajay cleared the air, and said that media is the reason behind most of the buzz around the story.

Asked whether Kapil has started thinking himself as a big star, Ajay said: "It's not like that.



Ajay Devgn

Many shows have got cancelled in the past. And he is not keeping well for quite some time... I don't know what happened."

Ajay asserted he didn't leave the sets in anger.

"We left because he hadn't reached... When I will talk to him next, I will get to know the reason," he said.

On being questioned about his alleged vow not return to the show, Ajay quipped that it is created by the media.

"Shah Rukh Khan has also not said anywhere that he will never come on the show, and neither have I. It (the statement)

has been given by you guys (signalling at the media at the event)."

Ajay also said he has no complaints.

"We are colleagues... Everyone is doing good work here. We will meet with love when we meet next."

As far as holding a grudge is concerned, Ajay said he can't answer whether he is angry or not as he doesn't know the reason behind it.

The actor was here with the whole cast of 'Baadshaho' in connection with the promotion of the film which is slated to release on September 1.

I want to do films that reflect my thinking, says Emraan Hashmi

Actor Emraan Hashmi is not eager to be part of another instalment of 'Raaz' or 'Murder' franchise, and says he now wants to do films that reflect his thinking.

"There was a phase when I was doing whatever was being offered to me without doing any analysis. At that time, I didn't want to sit at home and keep on working. But at this moment, I am very focused on good stories, and don't want to do film just for the heck of it," Emraan said at an event on Tuesday.

"I am not the same person I was five or

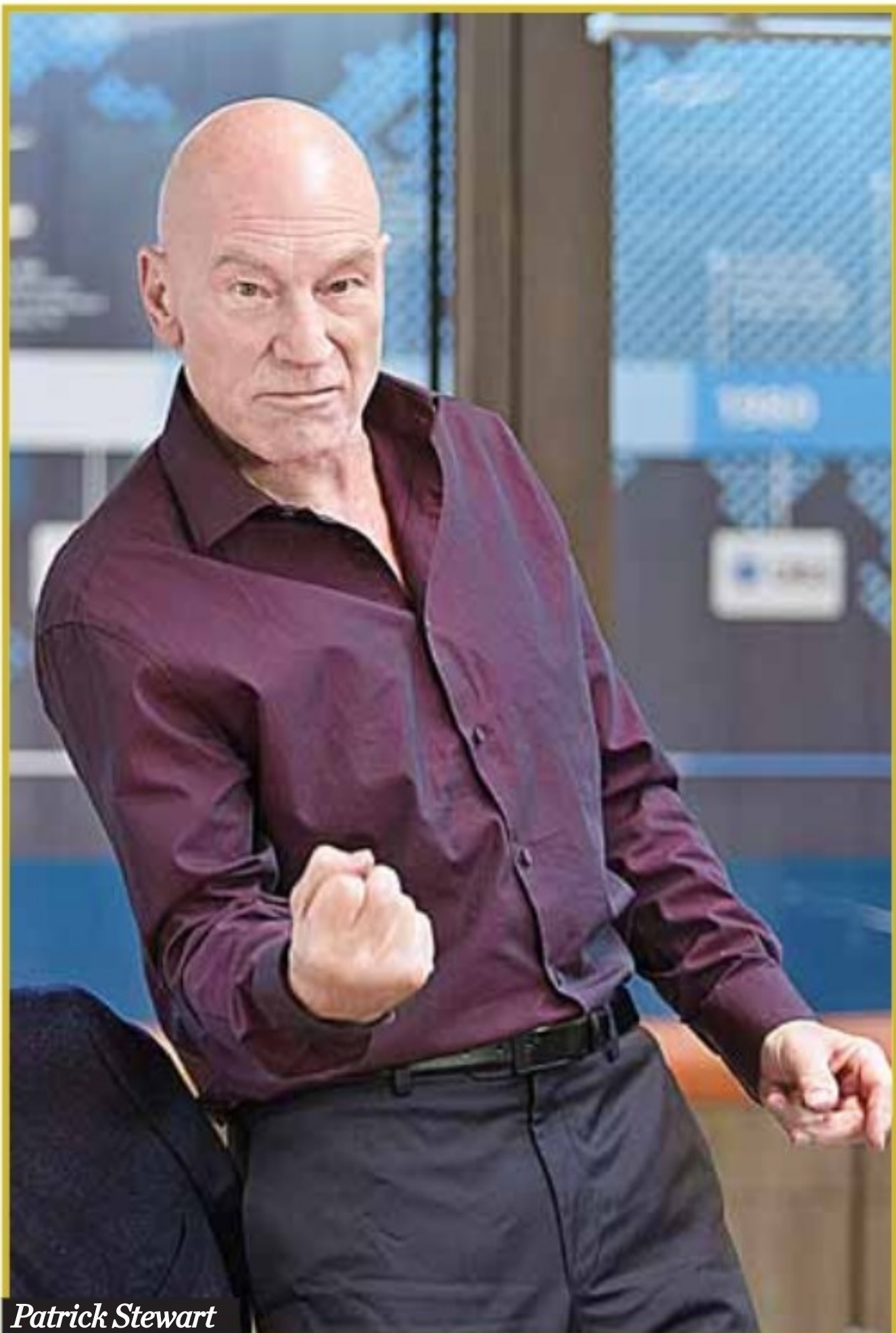
six years back. So, when people ask me if I will do 'Raaz' or 'Murder', I don't think I will get into that. I would like to get into films that reflect my thinking," he added.

The actor was in the national capital to promote his forthcoming project 'Baadshaho' along with Ajay Devgn, Esha Gupta and Ileana D'Cruz.

Directed by Milan Luthria, 'Baadshaho' is set against the backdrop of Emergency (1975-1977). It narrates a fictional story of six people who try to bring a change in their destiny by pulling of a heist.



Emraan Hashmi



Patrick Stewart

Patrick Stewart to be honoured at film fest

The 16th annual San Diego International Film Festival will screen 117 films and feature a salute to English actor Patrick Stewart, who will be given the Gregory Peck Award for Excellence in Cinema.

The festival will be held from October 4-8, and Stewart will be feted on October 5 at the Variety Night of the Stars Tribute in Downtown San Diego.

Earlier this year, Stewart starred as Professor Charles Xavier in the latest "X-Men" film "Logan". He reprised the role that originated in the first instalment of the franchise in 2000.



John Legend

John Legend regrets not taking risks

Musician John Legend has said he wishes he would have been a little bolder when he was younger.

"I was often afraid to take risks, socially, because I was young and a little shy and still figuring out who I wanted to be. Sometimes I look back and think, 'I should have just been bolder and more confident,'" Legend said.

When asked what piece of advice he would offer to his younger self, the "All of me" hitmaker said he would ask him to take risks.

"I would tell myself, 'Love yourself and don't be afraid to take risks'," he said.

Katy Perry sued by stagehand

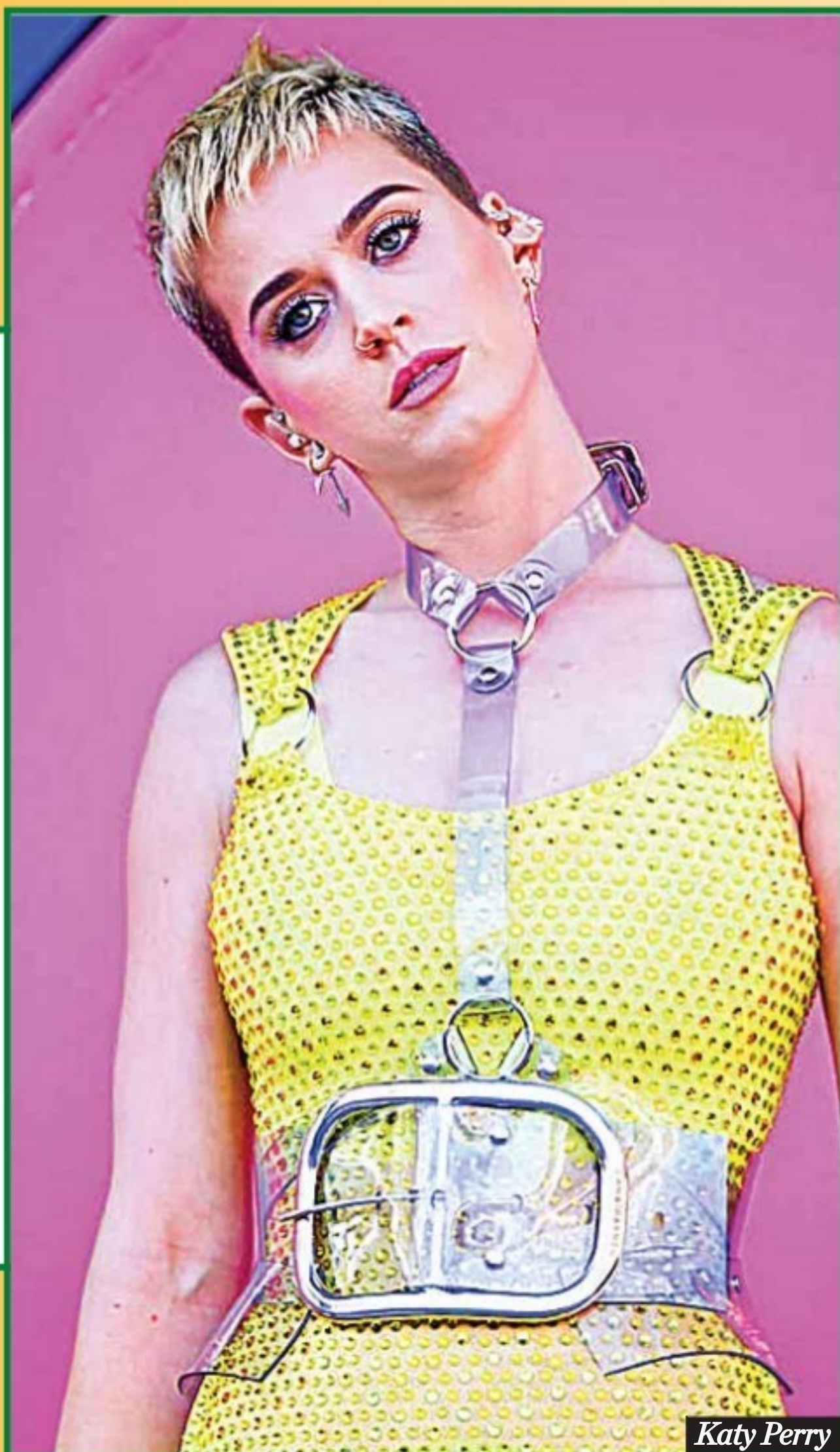
Katy Perry is being sued by a stagehand, who claims she lost a toe after working on the singer's Prismatic World Tour.

Christina Fish has filed a lawsuit against Perry saying that she was asked to move a wall before her show in Raleigh, North Carolina, in 2014, but it rolled across her foot and started bleeding.

The stagehand claims nobody called an ambulance so her friend had to take her to hospital, but she was offered ice for her foot.

Christina also said she suffered emotional distress after doctors told her to keep her "dead toe" on for as long as possible before it was amputated.

She says she wasn't able to use her foot for months.



Katy Perry



Sandra Bullock

Sandra Bullock's million dollar gesture

Sandra Bullock is pitching in to help victims of Hurricane Harvey by donating \$1 million to the Red Cross relief effort.

"This is an incredible gift. We're so thankful. It's times like this when we do receive such an incredible amount of support. Especially during times of disaster, people see what's happening in Texas and our hearts all go out to them," said Elizabeth Penniman, Vice President of Communications for American Red Cross national headquarters.

The star, who is a long-time supporter of the American Red Cross and has a home in Texas, is encouraging others to help those devastated by flooding and destruction caused by Harvey along the state's gulf coast.

"There are no politics in eight feet of water. There are human beings in eight feet of water," the star said.