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Balancing the game and the grades

Time management strategies for student-athletes to excel in both sports and academics

For student-athletes, balancing practice sessions, competitions, travel, and academics can feel like a high-pressure juggling act. Yet, with the right time management strategies, it's possible to succeed in both arenas without burnout. This article explores practical tips to help student-athletes stay organised, focused, and motivated while nurturing their physical, mental, and academic growth.

Being a student-athlete comes with unique demands. While sports offer discipline, teamwork, and resilience, academics require focus, critical thinking, and consistent study habits. The difficulty lies in ensuring neither side suffers. Good time management is the key to thriving in this dual role — and it's not about doing everything at once, but doing the right things at the right time.

1. Start with a realistic schedule

Creating a daily or weekly schedule is the foundation of time management. Student-athletes should map out fixed commitments like classes, training, and rest periods first. Then, study sessions, homework time, and personal activities can be slotted in. Digital planners or time management apps can help track these commitments and send reminders.

- **Tip:** Break large tasks into smaller, manageable chunks. For example, instead of "study for history test," write "review chapter 4 notes" or "practice 10 math problems."

2. Prioritise tasks with a system

Not all tasks carry the same urgency. Using a priority framework — such as the Eisenhower Matrix — can help distinguish between urgent and important tasks. For example:

- **Urgent & important:** Submit a project due tomorrow.
- **Important but not urgent:** Review class notes after practice.
- **Urgent but not important:** Reply to non-critical messages.
- **Neither:** Endless social media scrolling.

This system helps student-athletes allocate time to what truly matters.

3. Use travel and waiting time wisely

Many student-athletes spend significant time travelling to games or waiting between



matches. This "in-between" time can be used for light reading, revising notes, or listening to educational podcasts. While these moments may seem small, they add up to valuable study hours over a season.

4. Communicate with coaches and teachers

Openness is crucial. If a tournament clashes with an assignment deadline, informing the teacher in advance can allow for adjusted schedules or alternative submissions. Similarly, coaches who understand academic pressures may help modify training intensity during exam weeks. This mutual respect and planning reduce last-minute stress.

5. Protect rest and recovery

Balancing academics and sports can lead to burnout if rest is neglected. Adequate sleep is non-negotiable for physical perfor-

mance, mental focus, and memory retention. Scheduling short breaks between tasks can also help prevent fatigue. Remember: productivity isn't about being busy all the time — it's about working smart and maintaining energy.

6. Combine physical and mental wellness practices

Student-athletes often focus on physical training but may overlook mental health. Incorporating mindfulness exercises, meditation, or deep-breathing techniques can help manage stress from packed schedules. Even 5–10 minutes a day can improve focus and reduce anxiety.

7. Learn to say no

Time management sometimes means making tough choices. While social events and extracurricular activities can be enjoyable, overcommitting can leave little time for rest or study. Student-ath-

letes must assess their energy levels and commitments before taking on additional responsibilities.

8. Break the "all-or-nothing" mindset

Some athletes believe they must dedicate large uninterrupted blocks to study, which may not be realistic. Instead, short, focused study sessions — known as the Pomodoro Technique — can be just as effective. For example, 25 minutes of concentrated study followed by a 5-minute break can keep energy high and retention strong.

9. Set short- and long-term goals

Balancing sports and academics becomes easier when there's a clear sense of purpose.

- **Short-term goals:** "Complete my biology notes before Saturday's game."
- **Long-term goals:** "Maintain a GPA of 3.5 while competing in the state championship."

Regularly reviewing these goals helps maintain motivation and reminds student-athletes why they're working so hard.

10. Reflect and adjust weekly

No schedule is perfect forever. Student-athletes should set aside a few minutes each week to reflect: What worked? What felt overwhelming? What can be improved? This habit of self-assessment allows for flexible adjustments that keep life balanced.

Excelling as a student-athlete is not about sacrificing one pursuit for the other — it's about finding a healthy rhythm between them. With careful planning, prioritisation, and communication, young athletes can enjoy success both on the field and in the classroom. The discipline gained from sports can enhance academic focus, while academic achievements build confidence and resilience for life beyond the game.

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The joy of reading and value of books in building imagination, empathy

In an era where screens dominate our attention and information is available at the swipe of a finger, the simple act of reading a book may seem old-fashioned to some. Yet, books remain one of the most powerful tools for personal growth, education, and connection. Encouraging the joy of reading — not as a chore, but as a source of fun and discovery — is more important than ever.

Why reading still matters

Books offer something that quick digital content often cannot: depth. Whether fiction or nonfiction, they allow for immersion, reflection, and a more profound understanding of people, ideas, and cultures. They teach patience and concentration — skills increasingly rare in a world of distractions.

Moreover, reading develops language skills, strengthens vocabulary, and improves memory. Studies have shown that children who grow up with access to books and who are read to regularly perform better academically, exhibit higher emotional intelligence, and are more likely to develop a lifelong love of learning.

Books as friends and guides

Books can be companions during lonely times, mentors in difficult moments, and guides to new worlds. They allow readers to experience lives they haven't lived, explore places they've never been, and understand perspectives different from their own. This fosters empathy — the ability to see through someone else's eyes — a skill that's essential in today's divided world. For children, books open up a world of imagination. Picture books lay the foundation for language development, while chapter books introduce more complex themes and characters. For teens and adults, novels, biographies, essays, and poetry offer insights into human nature, history, science, and philosophy. Every book read is a new conversation with the world.

Reading for Joy, not just for exams

In many education systems, reading is tied closely to examinations and rote

learning. This utilitarian approach can sometimes kill the very joy that books are meant to bring. A shift in perspective is needed: reading should not only be a means to academic success but a path to curiosity, creativity, and fun. Promoting voluntary reading — where individuals choose what they want to read — is essential. Libraries, book clubs, storytelling sessions, and reading corners in schools and homes can help build a more relaxed

and enjoyable reading culture.

When children and young people associate reading with pleasure rather than pressure, they are more likely to become lifelong readers.

Books and mental well-being

Reading also has psychological benefits. Getting lost in a book can be a form of escape — a healthy one.

It provides stress relief, reduces anxiety, and improves focus. For many, reading before bed helps relax

the mind. Bibliotherapy, a growing field of therapy that uses reading as a tool, is now being used to support emotional healing and resilience.

Access and equity: Everyone deserves a book

While promoting reading is important, it's also necessary to address the barriers many face in accessing books.

Economic disparity, lack of libraries, and low literacy levels continue to affect millions. Community libraries, mobile book vans, and book donation drives can play a role in bridging this gap.

Additionally, books should reflect the diversity of the readers. Representation matters. Children



should see themselves — their language, skin color, culture, and experiences — in the stories they read. At the same time, books should also expose them to people different from themselves, broadening their understanding of the world.

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Dr. M. Vijayasaradhi
Senior Neurosurgeon,
Yashoda Hospitals, Hitech city



Dr. Surya Sai Akhil Chollangi
Chief Jr. Bone and Joint Physiotherapist,
Narayana Health, Hyderabad
Physio Rehab & Research

SESSION 2 : STRONG BONES - ACTIVE LIFE

:- MODERATOR :-



Dr. R.T. Rudraraju
Consultant Orthopedic Surgeon,
Apollo, Financial district.



Dr. D.Raj Kiran
Rheumatologist,
Managing Director, HNC hospital.



Dr. R.A. Purna Chandra Tejaswi
Orthopedic,
Arthroscopic & Spinal Unit,
KIMS hospital.

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Sr. Spine Surgeon
Omree Hospital



Dr. Murahari
Sr. Consultant Spine Surgeon,
KIMS Hospital, Sachinburt



Dr. S. Sukumar
HOD - Spine Surgery
Lead - Endoscopic Spine Surgery
KIMS - AR275 Hospital



Dr. NAGARJUNA
Assistant Professor of
Neurosurgery Osmania
General Hospital



Dr. Sudhakar
HOD, Myelotherapy dept
KIMS Hospital, Gachibowli

SESSION 4 : BRAIN STROKE TRAUMA & REHABILITATION



Dr. K.V. Shivanand Reddy
Sr. Neurosurgeon
Continental hospital



Dr. Leksh Lingoppe
Clinical Director &
Head International Unit of
Advanced Neurology,
Yashoda Hospitals.



Dr. V.S. Paven Resmer
Critical Care, Apollo,
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Dr. S. C. Mueedilba
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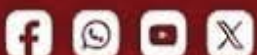
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When motivation fades: How to bounce back without burning out

Smart strategies to bounce back from motivation slumps and keep your preparation sustainable

SUJATHA KSHIRSAGAR

Every student preparing for competitive exams, whether it is CUET, CLAT, IPMAT, CAT, or any higher level exams, starts with high motivation and a clear goal. As weeks pass, the initial momentum often begins to fade. The pressure of high-stakes goals, paired with repetitive practice papers, can blur concepts and wear down even the most dedicated students.

However, a dip in motivation isn't unusual; it's just part of the process. What matters most isn't avoiding these phases but responding to them effectively. With the right strategies, it's possible to regain your focus, renew your drive, and continue moving forward without burning out.

Recognize the Dip, Don't Resist It

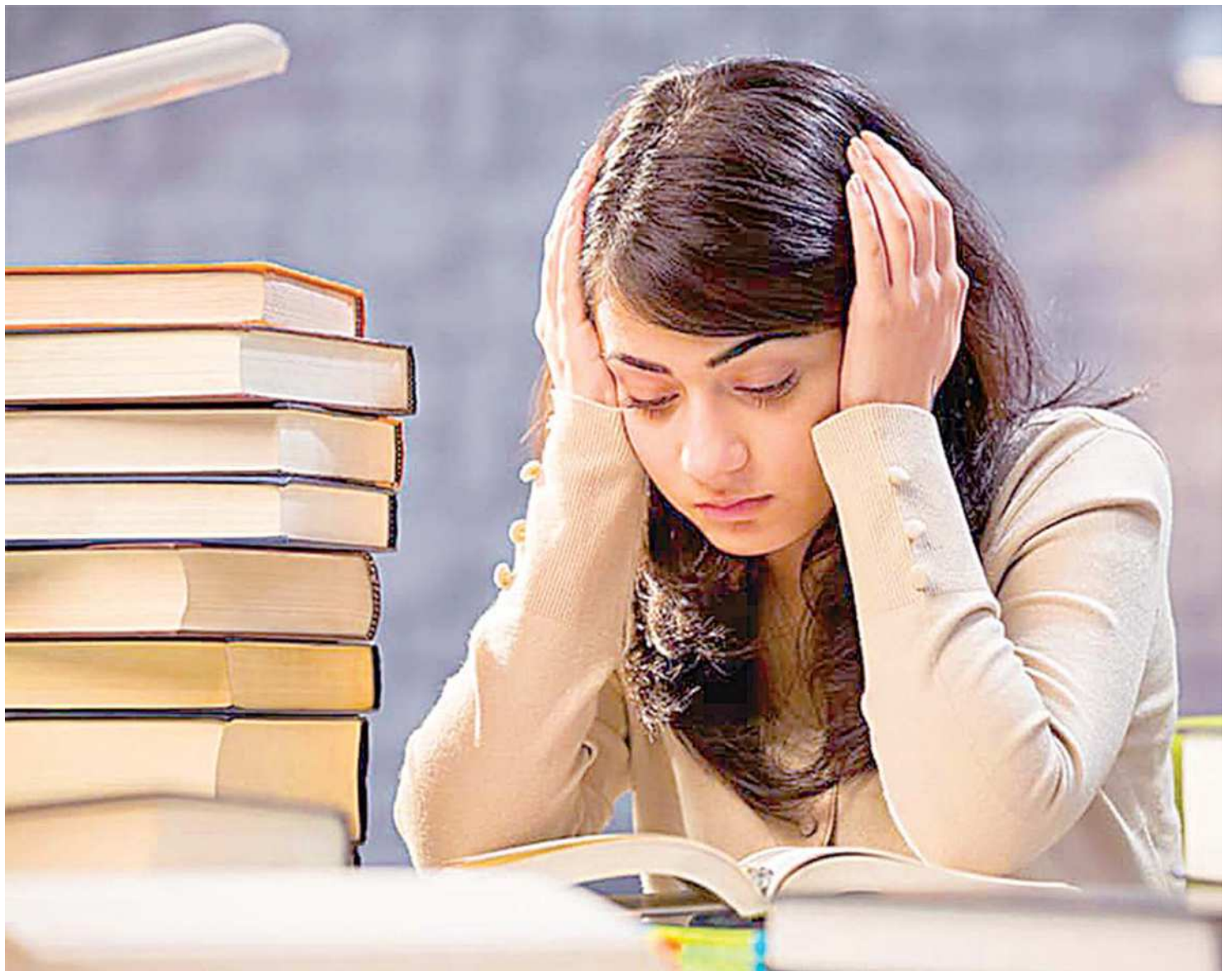
Losing motivation while preparing for an exam is relatively more common than most students anticipate. The problem is not due to laziness or lack of discipline but is quite common due to the result of sustained mental effort over a long period. When cognitive load remains high for weeks, mental fatigue starts to set in, making tasks feel heavier and making it harder to concentrate on anything.

Instead of forcing your way through blindly, take a step back and observe. Why not take a moment to reflect? Are you procrastinating more? Are you struggling to concentrate? These are signals, not failures of commitment. Ask yourself, are your goals still clear? Has your study method become a monotonous process?

Motivation naturally goes up and down. When you notice you're feeling low, allow yourself to respond thoughtfully. You might need to adjust your examination strategy, the way you study, the type of goals you are pursuing, or merely give yourself time to recharge. It's completely normal to feel unmotivated, but instead of getting discouraged, use it as a signal to make small changes and get back on track.

Prioritize Consistency Over Intensity

Once you have acknowledged the dip, the next step is to rebuild your rhythm gently. Many students get caught in long study sessions, like 10-hour days filled with nonstop practice tests and revision. While this might seem



productive at first, it quickly drains your motivation and leads to burnout. Instead, create a routine that your mind can maintain over time.

Instead, aim for sustainable consistency.

Try proven methods like studying for 25 minutes and then taking a 5-minute break. This method helps keep your focus sharp and prevents mental fatigue. Just six focused sessions, adding up to about 2.5 hours, often lead to better learning than an unstructured eight-hour block.

By working consistently instead of intensely, you train your brain to engage regularly without overwhelming it. This steady rhythm supports long-term retention, builds discipline, and keeps your motivation high.

The goal isn't to do as much as possible each day but to show up every day with focus and clarity.

Rotate Study Methods to Stay Engaged

Once you have established a consistent rhythm, the next challenge is to keep your mind stimulated. A predictable routine quickly drains motivation, regardless of how disciplined you are. Even the most disciplined students can struggle when their study methods become stale.

To maintain your mental sharpness, continuously vary your studying techniques. Switch between reading theory and practicing application-based questions. Use flashcards, build mind maps, or quiz a friend. Even a simple change like studying in a new location or subject can break the monotony.

This kind of diversity keeps your mind active without increasing study hours. Many CUET and CLAT aspirants find that shifting from passive note review to group

discussions and visual mind mapping helps them to stay focused even after months of preparation. Such experience reinforces a key point that consistency isn't about doing more. It's about adapting when your current approach stops working.

Reframe Rest as a Strategic Tool

Alongside variety, rest plays a vital role in maintaining motivation. Breaks are not wasted time but are active investments in your performance.

Whenever you take a break with intention, whether to take a walk, a short nap, or a mindfulness exercise, you help your brain consolidate everything you learned and reset your focus for what's next.

Top performers in high-pressure environments don't just push through fatigue; they pause, recalibrate, and come back stronger.

Make short breaks a regular part of your schedule and keep longer rest times as important as your study sessions. Don't think of rest as a reward; it's part of your plan.

Conclusion: Prepare with Purpose, Not Pressure

Motivation dips are a usual occurrence and happen to everyone, and are not necessarily an indication of failure. What is important is how you respond. When you lose focus, step back, think it through, and make adjustments. Introduce variety, set clear and realistic goals, take regular breaks, and look after your well-being. Successful and sustainable preparation means doing something that works for you, not doing more. By pacing and staying flexible, you are building steady success and developing resilience that can carry you beyond the exam room.

CBSE skill courses: Building future-ready students beyond academics

In a world where academic knowledge alone is not enough, CBSE's skill education initiative bridges the gap between classroom learning and real-life application. Covering fields like digital media, entrepreneurship, healthcare, engineering, and the arts, these courses build critical thinking, creativity, and practical expertise. Students learn to apply concepts from subjects like science, mathematics, and languages in hands-on ways, fostering deeper understanding and engagement. By integrating life skills such as communication, teamwork, and problem-solving, the programme equips learners to navigate future workplaces and communities with confidence. CBSE's approach ensures education is not just about passing exams—but thriving beyond them.

DR ALKA KAPUR

In response to the continuously changing educational demands and employment landscape, CBSE has strategically implemented skill education under its curriculum. These courses go far beyond imparting vocational training by encouraging organizational skills, flexibility, and technical knowhow. This multi-dimensional approach not only facilitates academic achievements but also grooms students to become responsible adults empowered with essential skills to cope with the modern work environment.

Digital media and IT skills

Digital Media, IT, and Computer application courses in the CBSE skill curriculum cover areas such as graphic designs, video production, content editing, and elementary programming. These disciplines improve learning in computer science, English, and mathematics as they foster skills in logical thinking and creative expressions. In this technology-prominent world, students are given theoretical knowledge blended with practical skills on an as-needed basis, for academic use and real world applications.

Entrepreneurship and Business Studies

Entrepreneurship Courses by CBSE have greatly contributed toward reinforcing students' grasp of business studies, accountancy, and

Blending theory with real-world application, CBSE's skill education programme nurtures adaptable, confident, and future-ready students



economics. These courses cover the essentials of business planning, market behavior, finance, and persuasive communication skills. It is an established fact that applying economic concepts in the field of entrepreneurship helps students comprehend economic theories and terminology better. This blend of conceptual and practical knowledge not only deepens their understanding of business subjects but also develops critical thinking, planning, and persuasive skills, which are required in delivering academic presentations and tackling real-world problems successfully.

Healthcare and wellness

CBSE also caters skill development classes related to healthcare and wellness; some of these are basic first aid, nutrition science, mental health awareness, and personal hygiene. These subjects hold greater affinity with subjects like biology, physical education, and home science, all intended to help students develop a strong link between academic content and its practical use.

For example, a student of nutrition might see direct application of the coursework in a biology lesson about digestion and human anatomy. The mental-health modules address improved comprehension of emotional well-being and stress management in an environment wherein heavy academic pressure is a given. These courses combine theory with applicable knowledge, consequently equipping students to care for themselves and others in their communities.

Automotive and Engineering Technology

These courses provide a strong foundation in automotive technology and basic electronics for those students who consider engineering, mechanics, or industrial design as future career choices. These courses offer early technical exposure to processes involving construction of circuits, vehicle systems, and renewable energy sources. In these areas, practical work enhances the learning of Physics and Chemistry, as it is often impossible to understand an

abstract theory without some sort of concrete example. The moment a student realizes the practical usefulness of an electrical current or mechanical motion, the student's academic knowledge takes a more concrete form. This orientation toward practical exposure combined with classroom theory sharpens analytical thinking and cultivates problem-solving approaches, proficiencies essential in any scientific or technical endeavor.

Creative Arts and Design

The arts, photography, dramatics, and craft design courses go hand in hand with supporting subjects like Social Studies, History, and Languages. These disciplines have always been looked upon as a means of creative expression, be it storytelling or visual learning. When students are set to either recreate scenes from history or to perform dramatics based on literature, they get to nurture their creativity and their ability to communicate with emotional depth, closely tied to the academic content.

Why skill courses enhance academic learning

Skill courses do not displace academics; rather, they enhance the academic curriculum. Integrating theory with practical application helps students understand the subject matter well and remain engaged throughout. Furthermore, these courses allow students to discover their interests at an early stage and further prepare them with important life skills such as communication, teamwork, and time management.

Summing up

CBSE skill courses act as valuable extensions of academic learning, not as replacements for it. They add practical capabilities and a real-life dimension to classroom education through technology and media, health and wellness, entrepreneurship, engineering, and the arts. Rooted in the future agenda of CBSE, in conjunction with insights from APWS, the programme will guide students toward becoming capable, confident, and multifaceted individuals prepared for life beyond exams.

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Hans Fashion



Hebah turns heads in elegant black saree

Actress Hebah Patel has been stealing the hearts of fashion lovers with her impeccable style that manages to merge modern trends with traditional elegance. As her latest pictures are doing rounds on social media, the actress is seen donning a black saree that accentuates her style quotient.

Wearing a beautiful black saree with floral embroidery all over, Hebah has stunned everyone as she

kept the look simple by not adding any extra detailing. She went for the sleeveless blouse with the saree that did not steal the attention away from the saree's beautiful work. Completing the traditional ethnic look, Hebah kept her hair tied into a bun along with stunning earrings and bangles in black. Expressing his excitement, the actor shared the click with the caption that mentioned that he is looking good in the pictures. The actress

looked mesmerizing in the evening as the backdrop made her picture look more beautiful and elegant.

Hebah is famous for her eccentric dressing style that has been seen varying from bright colors to western attires to traditional ethnic wear. However, her recent pictures in the black saree seem to have impressed everyone by showing her versatility to pull off modern and traditional looks in the same manner.

Rukmini Vasanth stuns in new photoshoot

Rukmini Vasanth has once again made the headlines on social media on Tuesday after her latest photoshoot. Despite a busy schedule with the ongoing projects Dragon, Dharma and NP51, the actress managed to share a few pictures with fans on the platform.

For the shoot, Rukmini Vasanth went with an all-black look that had her donning a fitted off-shoulder

midi dress with a corset inspired waist and buckle details. The actress paired the ensemble with sheer gloves for an edgy appeal.

She also did a sleek bun with a few stray strands framing her face while her minimal glam was all about nude shades. The latest pictures instantly drew praises on social media with several netizens showering love on the actress for her chic look.



Fatima Sana Shaikh recalls facing sexism in film industry: 'Learn to stand up for yourself'

Actress Fatima Sana Shaikh has opened up about facing sexism and deeply rooted patriarchal attitudes in the film industry.

She asserted that women often have to fight against societal conditioning to make their voices heard. Speaking at the trailer launch of her upcoming release "Hunkkaar—The Roar," the 'Dangal' actress said patriarchy cannot be blamed solely on men, as women are also part of a system that has been deeply ingrained in society. "Patriarchy is not only the fault of men. There are also women in it. They are also included. It internalizes. And we are all born in the same conditioning. And we have to fight it," she says and acknowledges that it's "deeply ingrained."

Sharing an example from the film industry, Shaikh recalled being in meetings where she was presented with a female-centric story about a woman trying to find her voice.

Fatima said, "Even I have been in such rooms, where you go to a room, the producer tells you that this is a mind-blowing film for you. Then, the role is of a woman who is try-

ing to find a voice," - an idea that is female-oriented, taps into women-empowerment, social politics - however, Shaikh finds no woman in the room except her, emphasizing the irony of the situation.

"The irony is that when you try to say something, she won't appreciate it. She can't handle it. And then, she will make weird jokes, or she will mansplain. Because she will tell us how women feel when there is a violent crime. She will tell us that actually, it's not that bad. It's like this," she explains. However, she also points out that the way to deal with all of it is to "learn to stand up for yourself and fight," she added.

Meanwhile, Fatima takes on the role of a no-nonsense police officer in the upcoming courtroom drama. The show is produced by Birla Studios and Applause Entertainment, in association with Priyanka Chopra's production house, Purple Pebble Pictures, and Mangata Films Production.

Directed by Karan D. Kapadia and Nitya Mehra, "Hunkkaar—The Roar" is scheduled to stream on JioHotstar from September 25.



Karisma Kapoor reveals she learnt Bhangra from Neetu Kapoor

Actress Karisma Kapoor took a trip down memory lane on an episode of dance reality show, India's Best Dancer Season 5, as contestants Deepali and Ritesh brought the festive spirit of Baisakhi to the stage with an energetic performance on the iconic song 'Rang De Basanti'. The duo's lively Bhangra performance prompted Karisma to recall her aunt Neetu Kapoor's dancing skills and reveal that she learnt the energetic dance form by simply watching her perform.

Talking about the attitude and energy needed to perform Bhangra, Karisma praised Neetu for her ef-

fortless moves and shared how she would watch and emulate her aunt.

Karisma said, "Bhangra karne ke liye you need that attitude, and Neetu aunty does it amazingly. Maine unse sikha. Woh hamare family mein shaadi hui abhi recently do din, toh unhone kiya, toh I was just admiring her and watching her. Maine unse actually sikha, apne Neetu aunty ko match kiya." (To perform Bhangra, you need that attitude, and Neetu aunty does it amazingly. I learnt it from her. There was a wedding in our family recently, just two days ago, and she performed, so I was just admiring her and watching

her. I actually learnt it from her and tried to match my Neetu aunty)

For the uninitiated, Neetu Kapoor is the wife of Karishma Kapoor's uncle Rishi Kapoor.

On the professional front, Neetu Kapoor was touted as one of the finest actresses of the late 70's to an early 80's era of Bollywood.

While being at the top of her career, Neetu Kapoor quit Bollywood to get married to Rishi Kapoor and headed towards a family life. She is the mother of Bollywood star Ranbir Kapoor and jewellery designer Riddhima Kapoor Sahni, and the mother-in-law of Bollywood star Alia Bhatt.

Akanksha Choudhary says 'Naa Pushde' was their way to giving back the love

After making headlines in 'Splitsvilla' and 'Lock Upp', Yogesh Rawat and Akanksha Choudhary have now come together for a music video, 'Naa Pushde'. Presented by Play DMF and Virgin Music India, the romantic number has been crooned by Neha Kakkar.

Talking about 'Naa Pushde', Akanksha said that the track is their way of giving back all the love they have received by the admirers during their journey together.

Sharing her experience of 'Naa Pushde', Akanksha shared, "The love that the audience has given Yogesh and I, we wanted to give them something special in return for it, and Naa Pushde is the perfect way to do it. The beautiful surroundings became even more special with Neha Kakkar's voice, and we hope the audience also feels the love that has gone in making this song.

Agreeing with the sentiment,

Yogesh went on to add that their fans are their biggest achievement and deserved something special.

With Naa Pushde, we have tried to give them a glimpse of the chemistry that they all love and the love pouring in for it has been exceptional. To have Neha Kakkar voice our first song together just makes the whole experience all the more special, added Yogesh.

Neha also talked about 'Naa Pushde', saying, "It's such a beautiful composition by Deep Klair and Harsh Nussi, who have also written the song.

The whole vibe of the song reminds of the phase of attraction, infatuation and young love, and Yogesh and Akanksha bring it out so sweetly in the video. Naa Pushde is such a feel-good song and it felt great giving this treat to my lovely audience. Deep Klair provided the lyrics for 'Naa Pushde', with composition by Harsh Nussi. The song has already been released.



Amaal Malik says revisiting 'Sau Aasmaan' after a decade feels like a 'little musical road trip'



Singer and composer Amaal Malik said that revisiting the song 'Sau Aasmaan' from Katrina Kaif and Sidharth Malhotra's 'Baar Baar Dekho' even after a decade feels like taking a 'little musical road trip'.

As the movie marked 10 years since its release on Wednesday, Amaal recalled all the fun he had while composing 'Sau Aasmaan'.

"Armaan and Neeti brought such amazing energy to this peppy romantic number, and Armaan and I have some wonderful memories from recording it," said Amaal.

"It's one of the most beautifully shot songs, and I'm so happy it has remained a favourite with audiences for 10 years. Even today, hearing it takes me straight back to those recording days; it still feels like a little musical road trip!," he added.

Neeti Mohan, who has lent her voice to the track, relived some good old memories, saying, "'Sau Aasmaan' has always been very close to my heart.

It has that rare quality of making you

want to pack your bags, fall in love, and just get away somewhere beautiful."

Elated that the song has stayed close to the hearts of music lovers after such a long time, Neeti said, "I love it when the songs play for dance performances of kids or at the weddings. It's one of those songs that takes you back to a nostalgic, happy memory."

Armaan added that both 'Baar Baar Dekho' and 'Sau Aasmaan' will always hold a very special place in his heart.

He pointed out, "Creating a proper danceable Bollywood love song with that breezy, summery, almost EDM-esque sonic landscape is actually quite challenging, because you want it to feel big and euphoric without losing the romance and soul of the melody."

Armaan shared that it is incredible to witness the kind of love 'Sau Aasmaan' continues to get even after 10 years.

"There's something very special about making a song that becomes a part of people's memories, and I feel very grateful that this song has done that for so many people," he conclude.

Chef secrets to making food delicious

GREAT FLAVOUR ISN'T ABOUT ADDING MORE INGREDIENTS. IT'S ABOUT MASTERING TECHNIQUE, TIMING, HEAT AND BALANCE



Chef Hemant Singh Bohra

Have you ever prepared a meal exactly like the recipe says only to savor the first bite and wonder why it tastes so bland? Usually, the answer is not to throw in an additional spoonful of seasoning or sauce. Good flavour stems from technique. Expert chefs understand that what usually distinguishes an average meal from one that becomes addictively delicious is often the combination of seemingly trivial factors such as the cooking time of the onions, salt addition time, temperature of the pan, or acidity of the food being cooked. Chef Hemant Singh Bohra shared how to build flavour in your food with the following points.

- **Start by building a proper flavour base:** The base of a dish is more important than you'd think. Your various aromatics need time to build up their flavours before your main ingredients are added. Ingredients such as onions, garlic, ginger, celery, carrots and chilli, can contribute a lot of flavour to the dish as long as you cook them carefully. For instance, in Indian cuisine, cooking the onions slowly together with ginger and garlic will give a dish much more flavour than simply throwing all the ingredients in the pan at the same time. The same can be applied to French cuisine with mirepoix and Italian sauces which are also made by cooking onions and garlic first. If you skip cooking the base, the rest of the dish will suffer from being rushed, too.
- **Don't throw all your spices in at once:** Spices are unique in nature and they influence the final outcome in the food. While whole spices like cumin, mustard seeds, cardamom, and cinnamon will start releasing their oils when they are warmed in oil or ghee, powdered spices will require proper timing to cook them in the right way. That's why well-made Indian tadka can add great dimensions to something simple like khichdi or dal. Instead of making it a checklist, think about what each ingredient needs to bring out its full flavour.
- **Don't be afraid of proper browning:** The golden crust on chicken, the blackened edges of cauliflower, and the dark caramelization of onions indicate the presence of flavor. Browning means flavor because the process generates various types of flavor. Don't forget to heat the right amount and organize space before putting ingredients in the pan. Too little space will make the vegetables steam rather than brown. If the products are constantly moved, there won't be any chance to form a brown crust, either.
- **Season throughout not just at the end:** Salt should not be regarded as a means to fix everything just before serving. Adding seasoning throughout the whole process ensures that flavours are incorporated better. Salt should



- be added to various stages of cooking, such as during the cooking of vegetables, during the simmering of sauce and when the finished dish is being tasted. This is especially important for slow-cooked meals such as dals, casseroles and curries because it allows ingredients to combine and build flavour over time. The main thing is not to make the dish taste salty, but instead to allow all the elements to taste more like themselves.
- **Use acid when a dish tastes "flat":** At times, you may experience a particular taste of food knowing that there is something lacking that is difficult to name. Before adding in salt, consider switching to acidity. Adding lemon juice, vinegar, tamarind, tomatoes or yogurt can make the taste profile of the dish brighter and balanced. For instance, you can squeeze in lime on a dish of tacos, add tamarind to a South Indian dish or serve yogurt with spicy biryani. Acid does not have to taste sour to intensify different flavors; it is used for highlighting other tastes.
- **Give your ingredients the right amount of heat:** In a kitchen, one of the most important components is heat, but this is not just about cranking up the heat. While meat may require a hot pan for the crust to form, garlic on high heat burns within minutes. On the other hand, some vegetables benefit from roasting at high temperatures, while curries are better off simmering for long periods.
- **Taste like a chef, not like a recipe follower:** Recipes give guidance, but they cannot substitute for every kitchen, ingredient or taste preference. A tomato may be unexpectedly sweet, a chilli may be unexpectedly spicy and a sauce may reduce faster than you think. This is the reason why chefs keep tasting their dishes. If the dish is too rich, it may need some acid; if it tastes bland it may need salt and if it lacks flavour, it may need to be cooked longer. What really makes a good chef is finding out what is missing in their dish.
- **The secret isn't more ingredients, it is a better decision:** It is not always the case that the best food is the one that has many ingredients. A bowl of dal, roasted vegetables and even a simple pasta dish can become an amazing meal if every ingredient is used properly. When cooking for family or while trying to recreate the flavours of a meal offered by one of the restaurants in Delhi, Mumbai, or Rome, it is essential to pay attention to details, timing and balance. The flavour should be built, not just added at the end of cooking. When talking about food, the taste is not necessarily determined by how many ingredients you add to the dish. In fact, the real taste comes from knowing when to season and brown the food, to find the right balance, and to adjust accordingly. By approaching cooking with intention rather than simply following recipe guidelines, you can have amazing meals even with everyday foods.

The global rise of Asian cuisine: Why the world is hungry for Asian flavours



CHEF DEEPAK VERMA

The global food and beverage industry is witnessing a remarkable shift in consumer preferences, with Asian cuisine emerging as one of the most influential forces in international dining. From bustling street-food markets to fine-dining restaurants, Asian flavours are increasingly finding their way onto menus across the world. What was once considered an ethnic or niche category has now become an integral part of mainstream global food culture.

The growing popularity of Asian cuisine is being driven by a combination of changing consumer tastes, international travel, cultural exchange, social media and increasing demand for authentic and diverse culinary experiences. Today, diners are looking beyond familiar dishes and are eager to explore the rich diversity of flavours, ingredients and cooking traditions that Asia has to offer.

Beyond the Familiar: Discovering Asia's Culinary Diversity

For many years, global consumers associated Asian cuisine primarily with Chinese food, sushi or Indian curries. However, the definition of Asian food is now expanding rapidly. Korean, Thai, Vietnamese, Japanese, Filipino, Indonesian and regional Indian cuisines are gaining recognition in international markets.

Consumers are increasingly interested in discovering the stories behind food. They want to understand regional ingredients; traditional cooking techniques and the cultural heritage connected to a dish.

This growing appreciation for authenticity has encouraged restaurants and chefs to move beyond simplified versions of Asian food and introduce more traditional and region-specific culinary experiences.

The Power of Bold and Authentic Flavours

One of the biggest reasons behind the global rise of Asian cuisine is its unique and bold flavour profile.



Asian cuisine is rapidly moving from niche menus to the global mainstream, driven by growing demand for bold flavours, authenticity and diverse culinary experiences. From street food to fine dining, Asia's rich culinary traditions are reshaping how the world eats

Asian cooking brings together a wide range of ingredients, including aromatic herbs, spices, fermented foods, chillies and sauces.

The balance of sweet, sour, salty, spicy and umami flavours creates a distinctive dining experience that appeals to adventurous consumers. Ingredients such as gochujang, miso, kimchi, lemongrass, soy sauce and chilli oils have increasingly become familiar to consumers outside Asia.

At the same time, diners are becoming more willing to experiment. The modern consumer is no longer satisfied with predictable flavours.

They are actively searching for exciting, memorable and authentic food experiences, and Asian cuisine offers exactly that.

Asian Street Food Goes Global

Asian street food is another important driver of this culinary revolution. Foods that were traditionally enjoyed in local markets and roadside stalls are now appearing in food halls, restaurants and interna-

tional hospitality concepts.

Bao, momos, satay, banh mi, noodles and dumplings have become popular choices because they combine convenience with bold flavours. The growing demand for casual dining and quick-service food has created significant opportunities for Asian street-food concepts.

For restaurateurs, these formats also offer flexibility and innovation. Traditional dishes can be adapted for modern consumers while maintaining their cultural identity and authentic flavours.

Health, Freshness and Changing Consumer Preferences

Changing attitudes towards health and wellness are also supporting the growth of Asian cuisine. Many Asian culinary traditions naturally incorporate fresh vegetables, herbs, rice, seafood, fermented ingredients and balanced cooking techniques.

Plant-forward dishes, soups, rice bowls and vegetable-based prepa-



rations are increasingly appealing to consumers looking for healthier dining options. Asian cuisine also offers flexibility, allowing restaurants to adapt dishes to changing dietary preferences without losing their essential character.

The Future of Asian Cuisine Worldwide

The future of Asian food on the global stage looks increasingly promising. The next phase of growth will be driven by regional authenticity, culinary innovation and greater awareness of Asia's diverse food cultures. Chefs and restaurateurs will continue to explore traditional recipes while

presenting them in contemporary formats. Regional Indian cuisine, Southeast Asian flavours, Korean food and lesser-known Asian culinary traditions are likely to gain even greater international attention. Asian cuisine is no longer simply a trend in the global F&B industry. It has become an important part of how the world eats, experiments and experiences culture. As consumers continue to seek authenticity, diversity and exciting flavours, Asia's rich culinary heritage will remain one of the strongest influences shaping the future of global dining.

(The writer is a Senior Sous Chef at Le Méridien, New Delhi)

Styles that add craftsmanship to everyday wear

LORNA FERNANDES

There's something instantly more interesting about a piece that carries a little human touch—a line of beadwork, an unexpected embroidered detail, a playful motif or a neckline that clearly didn't come from the "keep it basic" department.

That's the beauty of craftsmanship in casual wear. It takes something as familiar as a T-shirt and gives it personality without making it difficult to wear.

You can still throw it on with a pair of jeans, wear it with relaxed trousers, dress it up for dinner. Honestly can live in it all day. The comfort stays familiar; the look doesn't.

And perhaps that's where style gets more interesting.

Not in owning more clothes, but in choosing pieces that have something worth noticing.

A little texture.

Some wit.

An unexpected detail.

Because "everyday" should describe how often you wear something—not how ordinary it has to look.

Sharing here below some dapper looks that celebrate artisanal work that is undeniably comfortable and wearable.

Embroidered Collars

More than an accessory, it is a versatile styling piece that allows you to reinvent your wardrobe again and again—making it a unique alternative to conventional necklaces, scarves, or fashion jewellery.

Rainbow Fringes

Whether styled over crisp whites, classic blacks, denim, linen, or vibrant colours, it brings an unmistakable statement while remaining lightweight and comfortable to wear.

Handcrafted on a soft cotton base and richly embellished with vibrant sequins, beads, crystals, and flowing fringe details, this piece celebrates colour, individuality, and craftsmanship in every stitch. Simply attach it around the neckline and create a fresh look within seconds.

Moon Beam Collar

Crafted with delicate crystal detailing, these elegant black top captures celestial beauty in every glance.

exquisitely detailed collar—adorned with delicate, shimmering crystals arranged in a graceful V-pattern. Perfect for festive gatherings, evening soirées, or elegant daytime occasions, it's the kind of piece that turns simplicity into sophistication. Effortlessly pairable with tailored pants, skirts, or high-waist jeans.

White Ferns Embroidered Collar

Embrace soft sophistication with the White Ferns Embroidered Col-



lar, a graceful creation designed for women who love timeless fashion with delicate detail. Inspired by the elegance of nature, this tee captures the beauty of white fern embroidery—perfectly balancing simplicity and charm.

Embroidered Tees and Weird Tee

This Tee is for both men and women. Created with hand-crafted patchwork-inspired embroidery with playful textures, vibrant colours, and bold lettering. The design features colourful patch-style embroidery with bold lettering that instantly brings energy to the tee. It has a playful street-style feel, but the detailed craftsmanship gives it a premium finish. Pair it with denims, cargos, shorts, or sneakers for an easy casual look that reflects you.

Luxe Bloom Tee

This premium black T-shirt is hand-embroidered using fine bugles, beads, and clear crystals in white and silver, creating a shimmering floral composition that glistens beautifully under light. The embroidery cascades from the neckline through the front, forming an elongated silhouette that feels regal, refined, and undeniably luxe. The result is couture-like elegance on comfort fabric, designed for women who love luxury in the everyday.

Soft. Rich. Opulent.

Luxe Bloom effortlessly transitions from intimate dinners to festive gatherings, and those days when you simply choose to stand tall and stand out in elegance. A wearable masterpiece—made to shine, made to be seen, made to be remembered.

Evil Eye Tee

Symbolic Charm Meets Everyday Comfort Empower positivity and repel negativity with the Evil Eye Plus Size T-Shirt—a tee for plus-size women who love meaningful style com-

bined with maximum comfort. With a strong and symbolic evil eye graphic, this tee makes a powerful fashion statement while bearing the heart of protection and positive energy.

Hang In Their Tee

Set against a vibrant red base, the design is elevated by a whimsical hanger motif that adds character and charm, making it perfect for those who love fashion with personality. Crafted from premium cotton for superior comfort and designed to stand out, this tee effortlessly combines craftsmanship, confidence, and contemporary style.

Aztec Tee

Aztec is made for men and women who like their style to carry a point of view. The tee features a bold vertical arrangement of colourful geometric embroidery inspired by traditional Aztec-style motifs, giving a familiar T-shirt silhouette a completely different energy.

Each embroidered element adds depth, colour, and character without turning the look into something costume-like. It is expressive, but still easy to wear—ideal for a brunch, travel day, casual evening, concert, or any setting where a plain tee just feels too predictable.

Embroidered Tee Dresses

The perfect blend of comfort and charm. Crafted with breathable, lightweight fabric, it offers a relaxed fit that drapes beautifully on your frame.

Floral Vines Tee Dress

Breathe elegance into your everyday style with the Plus Size Floral Vines Top—featuring graceful floral patterns, a flattering fit, and soft, breathable fabric designed to keep you comfortable and effortlessly chic. Crafted with breathable, lightweight fabric, it offers a relaxed fit that drapes beautifully on your frame, allowing you to move with ease and confi-



dence. The subtle design details evoke a sense of timeless femininity, making it a versatile choice for brunches, workdays, or relaxed weekends.

Mocha Bloom T-Shirt Dress

Grounded in warmth and grace, the Mocha Bloom T-Shirt Dress is your new wardrobe staple for effortless style. Crafted in a rich dark brown mocha hue and adorned with delicate floral accents, this dress brings a soft, nature-inspired touch to your everyday look. Celebrate effortless style and feminine charm.

The relaxed round neck t-shirt silhouette offers laid-back comfort, while the subtle floral details add just the right amount of feminine

charm. Whether you're grabbing coffee, heading to brunch, or enjoying a casual stroll, this dress keeps you looking put together with minimal effort.

Traditional Indian embroidery has seamlessly evolved from formal, ceremonial garments into contemporary everyday wardrobe staples. By fusing timeless handcrafted techniques with lightweight materials like breathable cotton, linen, and rayon, modern designers have transformed sustainable, slow-fashion artistry into functional clothing perfectly suited for the workplace or casual social gatherings.

(The writer is a founder, PAMELNORA)



Quadric IT Opens Delivery & Innovation Centre in Hyderabad

Quadric IT (QIT) has opened its new Delivery & Innovation Centre at Asian Suncity, Kondapur, strengthening its presence in Hyderabad's growing technology ecosystem. The centre was inaugurated by MLA Arekapudi Gandhi, along with Malkajigiri ACP Thandra Karunakar and other guests from the technology and film industries. QIT works across Artificial Intelligence, Business AI, automation, data and digital transformation, while also offering enterprise services in SAP, Oracle and ERP. Co-innovators Kesari Sai Krishna Sabniveesu and Raghu Ram Thatavarthy said the new centre reflects the company's aim to simplify complex business processes and deliver practical, innovative technology solutions to enterprises in India and globally.



10th Arthroplasty Arthroscopy Summit 2026 Highlights Advances in Orthopaedic Care

Apollo Hospitals, Secunderabad, hosted the 10th Arthroplasty Arthroscopy Summit 2026 in Hyderabad, bringing together over 250 orthopaedic surgeons from across India. Held under TOSA and TCOS, the summit focused on emerging techniques in joint replacement, arthroscopy, sports injuries and joint preservation. Discussions covered robotic knee replacement, PRP therapy, synthetic ligaments, ACL procedures, cartilage repair and shoulder arthroplasty. Experts stressed that technological innovation must be supported by strong clinical evidence, appropriate patient selection and cost-effectiveness. The summit also highlighted minimally invasive approaches and evolving regenerative therapies aimed at improving long-term patient outcomes.

JAVAJ Launches New Product Range in Hyderabad

JAVAJ has unveiled its latest range of consumer products at a launch event in Hyderabad, marking a new phase of growth for the emerging brand. The event brought together distributors, dealers, business partners, media representatives and industry guests. The company also showcased its other brands, MaxVolt and TooPulp, as part of its expanding portfolio. Brand representative Sai Kishore Javaji said the focus remains on building products and brands based on quality, innovation and customer trust. Telugu actor Nikhil Siddhartha, who is associated with JAVAJ as brand ambassador, joined the celebrations. The company aims to expand its reach through a growing distribution network and stronger consumer relationships.



Poulomi Palazzo Reimagines High-Rise Luxury Living

As Hyderabad's skyline continues to grow, luxury homebuyers are looking for more than just a prestigious address. Poulomi Palazzo at Kokapet reflects this shift with expansive residences of around 6,225 and 8,100 sq. ft., spread across 55 storeys. Designed around space, openness and comfort, the development combines sky-facing living with a five-floor-height grand lobby and a 52nd-floor infinity pool. Club Palazzo adds dedicated spaces for wellness, fitness, recreation, dining, business and celebrations. More than a high-rise residence, Palazzo aims to offer an elevated everyday lifestyle, bringing together architecture, scale and thoughtful experiences for discerning homeowners in Hyderabad.



enGen Global Supports Seva Bharathi Hospital with Surgical Equipment

enGen Global has strengthened healthcare support in Hyderabad by donating advanced orthopaedic and laparoscopic surgical equipment to Seva Bharathi LCH Greenlands Trust – Dr Ishwar Chander Charitable Hospital at Sitarambagh. The initiative, taken under its CSR programme enGen Serve, aims to make quality surgical care more accessible to underserved families. The new equipment will help the hospital perform arthroscopic procedures, ligament repairs and other orthopaedic surgeries, along with minimally invasive operations such as appendix and gall-bladder procedures. Hospital officials said the support will expand in-house treatment options and reduce the need for patients to depend on expensive private healthcare facilities.





Freedom Healthy Cooking Oils Promotes Green Ganesh Celebrations

Freedom Healthy Cooking Oils is encouraging families to celebrate Ganesh Chaturthi in an eco-friendlier way by distributing 10,000 Seed Ganesh murtis across Hyderabad and Bengaluru. As part of its Green Ganesh initiative, the company has been promoting sustainable celebrations for the past seven years. Made with natural materials and plan table seeds, the idols can grow into plants after immersion, giving the festival a lasting environmental message. The initiative aims to reduce the impact of traditional idol immersion on water bodies while keeping the spirit of the festival alive. The campaign also encourages children and families to embrace faith, tradition and sustainability together.



National Silk Expo Brings Handloom Creations to Banjara Hills

Socialite Sushila Bokadia inaugurated the nine-day National Silk Expo 2026 at Kalinga Cultural Centre, Banjara Hills. Organised by Jagdishwar Hastkala, the exhibition brings together a wide range of silk and cotton sarees, handloom products and handcrafted creations from weavers across the country. The expo, on till September 13, aims to give artisans a direct platform to showcase and sell their work. Sushila Bokadia said such exhibitions offer women an opportunity to discover unique handloom collections under one roof. Organiser Jayesh Kumar said the initiative focuses on supporting weavers by connecting them directly with customers, eliminating middlemen and creating better markets for traditional handloom products.



Round-the-Clock Economy Gains Support at Hyderabad Policy Meet

A policy roundtable in Hyderabad has called for wider implementation of a 24/7 business model across Telangana and other Indian cities. Organised by Swatantrata Center and Political and Democratic Reforms, the discussion focused on creating more jobs while protecting workers, vendors and small businesses. Participants stressed the need for better night-time public transport, women's safety, sanitation and pedestrian infrastructure. They also proposed a Digital Single Window for permits, stronger protection for street vendors and gig workers, and lower fees for micro-enterprises. The meeting emphasised that a 24/7 economy should not mean 24/7 labour, with worker consent, labour laws and safety remaining essential.



QTF SF Honours 15 Educationists on Teachers' Day

Quality Thought Future Skills Foundation (QTF SF) celebrated Teachers' Day with "Acharya - Devo Bhava", honouring 15 distinguished educationists in Hyderabad for their contributions to education, research, leadership, innovation and institution building. Chief guest MLA Nalamada Padmavathi Reddy joined academicians and industry leaders at the event held at TH Auditorium, Medicoover Hospitals, Financial District. QTF SF Chairman Ramana Bhupathi said the initiative recognised educators who shape character, inspire aspirations and prepare future generations. CEO Krish Chintaluri highlighted the need for visionary teachers who combine knowledge with innovation and future-ready skills. The event celebrated educators whose work continues to strengthen India's education ecosystem.