

ONE-TO-ONE
'I do get spooked out'

Model-turned-actress Nikki Sharma, who was last seen in *Sasural Simar Ka*, is all set to play the lead in *Brahmarakshas 2*

■ **Is this your first supernatural show? What made you experiment with the genre?**

Yes, it is my first show in the supernatural genre. From all the interesting and intriguing experiences that I have heard about shooting for supernatural dramas, I am really excited and eager to venture into this journey.

■ **How is the second season of *Brahmarakshas* different from the first?**

The story and characters are quite different in the second season. In this show, *Brahmarakshas* is returning once again, but this time with more power. His motive is not just to seek revenge but to emerge as the most powerful being and thus he gets ready to fight an ordinary mortal unaware of her strength and determination.

■ **Tell us more about your character.**

I am playing Kalindi, who is a strong headed individual and is determined to protect her loved ones and will fight a gruelling battle of good versus evil with the *Brahmarakshas*.

■ **Are you someone who gets scared of supernatural powers?**

I have been intrigued by supernatural concepts and characters. While shooting for it might not really scare me, I do get spooked out watching supernatural or horror movies, especially if I am alone.

■ **Shooting has resumed with new guidelines. Tell us about your shoot experience and shooting with Balaji?**

I have had a great time with the whole crew since shooting began. It is exciting shooting with Balaji since it is my first with them.

■ **You are planning on completing your graduation along with this show. How will you manage both?**

Yes, I had planned on pursuing psychology prior to receiving an offer for this character. However, realising the importance of both, I am now planning on pursuing a part-time course in business administration while shooting alongside for the show. I look forward to owning a business of my own few years down the line and hence I have taken this decision.

■ **What are your upcoming projects?**

Right now my focus is only on *Brahmarakshas 2* and I hope that the show will entertain viewers and they will enjoy watching it.



The Year Ahead
MADAN GUPTA SPATU

If your birthday is on October 16

The Neptune and number seven make you reliable, loving, caring, creative and emotional. You will make friends easily. Persons born today shall obtain good results in terms of their career. Keep control on arrogance and stubbornness. You will work with extreme diligence throughout the year. A new job opportunity will be lucrative. You will get many opportunities to strengthen your financial status. Do not rely on anyone

when it comes to money. There will be a sudden increase in your spending in December. This year there is strong possibility of inheriting an ancestral property. You will be deeply involved in a romantic relationship.

Positive colours: White & pink
Select days: Monday & Sunday

Favourable numbers: 1, 2, 4 & 7

Gems recommended: Pearl & opal

Charity on birthday: Donate any silver ornament.



You share your birthday with **Hema Malini** (October 16, 1948), who started her acting career with the film *Sapno Ka Saudagar*. She has appeared in over 160 films. She has been honoured with Padma Shri. She is an MP. Owing to her strong Venus, she will remain in films, media and politics for a long time.

'Know your limits & defy them'



POORNAM BINDRA

Jalandhar-lad Himanshu Bhardwaj has been in the entertainment industry for over eight years, having worked in various television shows. He is also acting in Bollywood movie *Bol Mere Kukda Kukdu Ghadon* and is all set to release a Punjabi single soon. Let's get up close and personal with the Punjabi boy ...

Push yourself

There is no fitness mantra. It is very simple and logical— Know your limitations and then defy them. I feel it is essential to push myself to achieve my goals and hence from regular yoga to hard exercises, I push myself to do it all.

For a happy life

Fitness is important as it heals the mind and body. I do yoga every morning which keeps me active throughout the day. Workout releases stress, keeps me fit, boosts my metabolism, ensures better digestion and brings positive energy. So many benefits for a happy and



successful life, so why not?

Oh! This lockdown

The lockdown has been a very hard teacher. I was

stressed out. Only yoga and meditation eased all the tension during that period. It taught me to remain calm and control my restlessness.

Actor-singer Himanshu Bhardwaj likes to push himself to reach his fitness goals

Feel-good factor

Cardio training is the best way to get healthy skin. Cardio exercises help you regulate all parts of your body and hence all impurities from the body are removed and that gives a glow to the skin.

Diet the main hero

I make it a point to eat healthy food. I take salad most of the time, green tea once in a day and 10-12 glasses of water. I try not to eat anything after 9 pm.

Mom's cooking is the best

I love my mother's dishes. In case I want to binge, I tell her to make something special for me.

Start now

For all my friends and colleagues I suggest—Start now, this is the time. Avoid stress, enjoy life, eat healthy, train hard and live happily.

Stay motivated

Yes, I feel your attitude matters a lot. A positive attitude will give you the motivation to attain your goals.

Patience is a virtue

I strongly feel that anybody who keeps on trying with dedication will surely be rewarded with the positive outcome. A fit physique is not achieved overnight.

WEIGHT WATCH

Fitness in the time of Covid

TIMSI BECTOR

The most important fact to realise in the times of Covid is that being healthy and fit is not just a pandemic trend. To sail through this unprecedented situation, here's a three-fold plan.

Here's a three-fold plan to stay strong

Eat sensibly

When it comes to boosting immunity, Vitamin C has been the hero. The Recommended Dietary Allowances or RDA for Vitamin C for an adult is 90-95 mg/day.

One guava contains 125.6 mg of Vitamin C, a kiwi has 64 mg, an orange 51.1 mg, one bell pepper (red) has about 152 mg and one papaya has 235 mg.

Overdoing the RDA will only result in toxicity leading to diarrhoea, nausea, stomach pain, gastric issues etc. The trick is to adopt healthy and sustainable eating habits.

1. Start your day with lukewarm lemon water.
2. Eat freshly cooked home-made food only.
3. Include at least two servings of seasonal fruits in your diet.
4. Have dinner at least three hours before your sleeping time.
5. Maintain a

healthy body weight but do not go on a crash diet. 6. Take care of your body shape. Beauty can come in all shapes and sizes but health and fitness has got a particular shape.

You need to work it out

Include at least 30 minutes of any activity like walking, cycling, swimming or an exercise regimen in your daily routine.

Lifestyle alterations

Small routine changes in your lifestyle go a long way. These are a few you can start with—

1. Enjoy adequate sleep.
2. Get up before the sunrise, look outside, spread your arms and feel the nature. This will improve your brain functioning
3. Have at least one productive hobby in your life.

ISTOCK

(BECTOR IS A NUTRITIONIST AND FITNESS TRAINER)

ChatterBox

'I am a performer'

Actor-dancer and TV host Raghav Juyal, who is seen playing an antagonist in the web-series *Abhay 2*, says he is not consciously steering away from his dancer image.

Raghav rose to fame with his performances on the dance-based show *Dance India Dance 3*. He was then seen in films revolving around the concept of dance, such as *ABCD2* and *Street Dancer 3D*.

Raghav Juyal not trying to steer away from dancer image



From dancing to acting, is Raghav trying to change his image? "It's nothing like that. I am a performer. In dancing, you use your body a lot and use your expressions to emote. In acting you are playing around with emotions, this also has dance. Dance is there in acting," Raghav said.—IANS

Niti Taylor gets hubby's name inked on her finger

Niti Taylor has completed two months of marriage with Parikshit Bawa. The couple got married in Delhi. Niti has been treating fans with all updates from her post-wedding life. Her latest post shows Niki getting a tattoo.

The actress got her husband Parikshit's name tattooed on her ring finger. Though it was painful, Niti thought it was worth it. She has shared a series of pictures on Instagram in which she showed her new tattoo. Before this, the actress had shared pictures of her pehli raso. She had made atta ka halwa. Dressed in a hot pink *salwar kameez*, she looked cute with the earrings and *sindoor*.



NITI TAYLOR AND PARIKSHIT BAWA



Harsh is all praise for Rupal Patel

Harsh Nagar and Rupal Patel will be seen sharing the screen in Star Plus' upcoming show *Saath Nibhaana Saathiya*, which is all set to return with its second season. Harsh, who considers himself blessed to be working with Rupal, says, "Working with Rupal ma'am is an amazing experience. Her hard work, dedication, punctuality, disci-

pline are exemplary. To top that she has a great sense of humour. There is something that you can learn from her every day." He adds, "She is constantly reinventing her craft and carries a positive attitude, which is very important. Shooting with her is a masterclass experience. Rupal ma'am is a warm, welcoming, and loving person."

Predicting a bright future

CNN launches *Saved by the Future*

CNN has announced the launch of its new series titled *Saved by the Future*. The series will premiere on October 17. In the first of three 30-minute shows, host Nicki Shields holds conversations with Bill Nye, Fabien Cousteau and Kathy Sullivan, who transport us to a world of future possibilities that once seemed like mere science fiction, from mobility in space to electric drones that can predict the weather.

Shields first speaks with Bill Nye about the future of space exploration. Nye is the CEO of the Planetary Society, which successfully launched its LightSail 2 spacecraft in 2019.



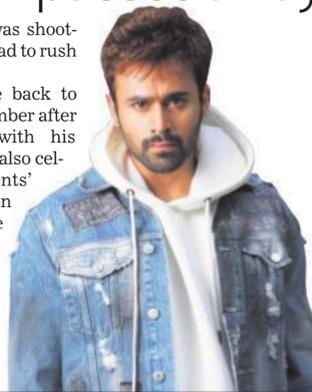
A STILL FROM SAVED BY THE FUTURE

Pearl V Puri's father passes away

Actor Pearl V Puri's father Vipin Puri passed away after suffering a heart attack. The *Naagin 3* star is currently in his hometown Agra to perform the last rites. A source close to the actor says, "Pearl's father was hale and hearty. However, three days ago, he developed pneumonia as well as suffered a silent heart attack, and succumbed to it. The Puri family is in a state of shock as everything has been sud-

den. Pearl, who was shooting for his show, had to rush back to Agra."

Pearl had come back to Mumbai in September after spending time with his family. In fact, he also celebrated his parents' anniversary on August 8. The actor will reportedly be back in Mumbai after performing the chautha and other rituals.



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- Teachers who have qualified CTET/Pb.TET will be preferred.
- Good command in spoken English will be an added advantage.
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