

SHOW BUZZ

LOOK BACK

PHOTO: TWITTER/ACTORTRIVIA



Between takes

(From left) Martin Scorsese, Robert De Niro, Ray Liotta and Joe Pesci with Scorsese's mother on the sets of Goodfellas (1990). The film was nominated for six Academy Awards.

CELEB DIARIES

Pop queen

PHOTO: INSTAGRAM/TAYLORSWIFT



Singer Taylor Swift posted this photograph on her Instagram account and captioned it, "TS: It sounds like you take ownership of the past, and not just the good parts."

MISSION FIT INDIA: MATTERS OF THE MIND TAKE CENTRE STAGE

That a healthy mind resides in a healthy body is well-known. However, with channels of stress proliferating with each passing day around us, giving rise to mental health issues and even suicides, how easy is it to keep the mind healthy?

Well, worry not. To help you keep your mind and body fit, Mission Fit India, an initiative by Fever FM and My FM, has trainers from actor Suniel Shetty's team, called Suniel Ki Sena, discuss and provide useful tips via radio stations and social media platforms. As this campaign enters its second phase, the trainers speak about the significance of keeping the mind healthy. "Till now, we have learnt that aapki value tab hogi jab aap kisi se better hoga. That's the first factor, and the second is money; aapki value tab hogi jab aapke paas kisi se zyada paisa ho... Why are we comparing all the time?" says Vrinda Mehta, mental fitness expert. "The understanding should be, 'If I'm alive and breathing, I have tremendous value, and I'm a star.'"

The trainers also discussed the harms of negative energy, and our



As MFI enters its second phase, experts from Suniel Ki Sena speak about the importance of mental health and de-stressing



Above: Nutrition consultant Neha Sahaya
Left: Actor Suniel Shetty is leading a team of trainers, called Suniel Ki Sena, in Mission Fit India
PHOTOS: HTBS

propensity for irritation and stress. "Simple example, socks nahin mile, irritation hui, you have an irritated energy field around you. Toh aapka next experience jo hoga woh irritation wala hi hoga, because we attract the same kind of energy. After that second negative experience, you will attract more negative experience," she adds. "Aapko rickshaw ya train nahin milegi, till you take a pause without a cigarette — you don't require a cigarette — and just remind yourself, 'I need to change this frequency because it's not going to give me a very happy day. Then, breathe, simple pranayama jaise anuloma viloma karo, and tell yourself, 'I'm calm, I'm at peace, and today is a beautiful day.'"

Yoga guru Baba Ramdev expounds further on the benefits of breathing exercises. "Anuloma viloma hypertension, migraine, depression, insomnia, stress, heart problems, aur nervous system ke liye adbhut hai. Kapalabhati aur anuloma viloma — ye do pranayama hum 5-5 minute ke ek-ek round se le karke 10-15 minute samanya rogon mein, asadhya rogon (incurable/ chronic diseases) mein adha ghanta, aur cancer jaisi diseases mein ek-ek

ghanta bhi karwate hain." After de-stressing the mind, it is imperative to nourish it with food and rest. Dr Nikhil Lad, pain and posture expert, advises proper exposure to sunlight, especially in the period after sunrise. "Take it in the eyes, because your Omega-3DHA levels, it's food for the brain; Omega 3D is what we get through sea food, mushrooms, flaxseed oil."

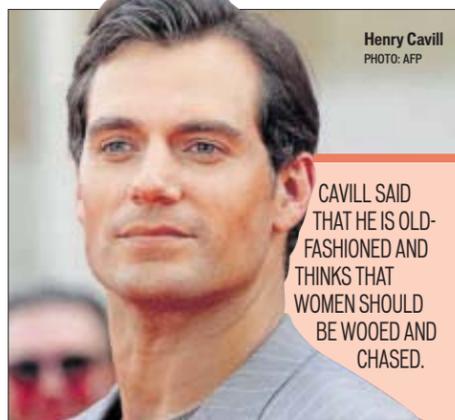
HTC

Mental fitness expert Vrinda Mehta says we shouldn't compare ourselves all the time

YOGA GURU RAMDEV SHARES THAT PRANAYAMA, OR SIMPLE BREATHING EXERCISES, CAN RELIEVE STRESS AND ANXIETY



Cavill faces criticism over #MeToo comment



Henry Cavill
PHOTO: AFP

CAVILL SAID THAT HE IS OLD-FASHIONED AND THINKS THAT WOMEN SHOULD BE WOODED AND CHASED.

Actor Henry Cavill got criticised on social media over a recent comment he made on the #MeToo campaign.

In a recent interview with a magazine, Cavill said that he is old-fashioned and thinks that women should be wooed and chased. He confessed to being nervous about the #MeToo movement.

However, Cavill's remarks didn't go well with people on Twitter who later criticised the Batman v Superman: Dawn of Justice (2017) star.

In the same interview, The Man from U.N.C.L.E. actor also said, "I don't want to go up and talk to her (woman) because I'm going to be called

a rapist or something."

"This is absurd. If Henry Cavill doesn't want to be called a rapist then all he has to do is... not rape anyone. The mental gymnastics some men are doing to position themselves as 'victims' of #MeToo is insane," one user wrote. Another person tweeted, "Wow Henry Cavill I am so utterly sorry that the #MeToo movement has inconvenienced you I am so sorry.."

The actor will be seen next in Mission Impossible: Fallout along with Tom Cruise, Alec Baldwin, Simon Pegg, Rebecca Ferguson and Angela Bassett. The film will be directed by Christopher McQuarrie. ANI

BIEBER, BALDWIN TAKE HELICOPTER TO MEET HER FAMILY



Hailey Baldwin
PHOTO: INSTAGRAM/HAILEYBALDWIN

Singer Justin Bieber and his fiancée, model Hailey Baldwin took a helicopter to meet up with her family just a few miles away from New York, USA.

Bieber and Baldwin loaded into their very own private helicopter on Wednesday for the 70-mile trek to upstate New York, to reach New Windsor, a town with a population of about 25,000, where Baldwin's father Stephen and family stay.

Reportedly, Bieber approached Stephen a few weeks ago to ask for his daughter's hand in marriage before he got down on one knee in the Bahamas and popped the question. IANS



Justin Bieber
PHOTO: AFP

CELEBRATING
PVR 600 CINEMAS SCREENS | **20** YEARS

Get Nostalgic OVER OLD CLASSICS at PVR ECX, PHOENIX MARKETCITY, KURLA

WATCH
YASH CHOPRA'S
Dilwale Dulhania Le Jayenge
an ADITYA CHOPRA film

SUNDAY 15TH JULY '18 10 AM ONWARDS

DILWALE DULHANIA LE JAYENGE HINDI | DRAMA (U/A) 186 MINS

www.pvrcinemas.com | PVR mobile app

★★★★★ A TALE OF A TRUE HERO TOLD WITH VALOUR AND VIVACITY! SUBHASH K JHA

★★★★★ BRINGS TO SCREEN ONE OF THE GREATEST COMEBACK STORIES OF A SPORTSMAN! TARAN ADARSH

★★★★★ SANDEEP SINGH'S DETERMINATION TO PLAY FOR INDIA IS TRULY COMMENDABLE! SACHIN TENDULKAR

SONY PICTURES NETWORKS INDIA PVT. LTD. PRESENTS
SOORMA
WRITTEN AND DIRECTED BY SHAAD ALI

IN CINEMAS NOW

PRODUCED BY SONY PICTURES NETWORKS PRODUCTIONS, CHITRANGDA SINGH AND DEEPAK SINGH

SCAN THIS CODE & BOOK YOUR TICKETS FOR SOORMA ONLY ON bookmyshow

farnazfever