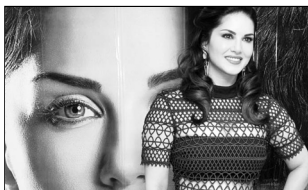




CREATIVE WORLD

Feel fortunate to bag film opposite Arbaaz : Sunny



MUMBAI, JUNE 1 /- Actress Sunny Leone says she feels blessed that she will be starred alongside actor Arbaaz Khan in her upcoming film. When asked about reports that she will star opposite him in "Tera Intezaar", the "Mastizaade" actress told PTI, "Yes the rumours are true. I am very excited to work with Arbaaz. I don't know where life is going to take me and the way things will happen. I believe things happen for a reason." The movie will mark the directorial debut of Rajeev Walia.

Sonakshi to star in big screen adaptation of Pakistani book

MUMBAI, JUNE 1 /- Actress Sonakshi Sinha will star as a journalist in the Bollywood adaptation of Pakistani novel "Karachi, You're Killing Me!". The 2014 comedy crime-thriller novel by journalist-writer Saba Intiaz, centres around a 20-year-old reporter Ayesha Khan, living in Karachi, and her misadventures and finding a nice lover. The movie has been titled "Noor".

A psychiatrist's guide to dealing with heartbreak



NEW DELHI, JUNE 1 /- After exam stress, probably the most common country are caused by heartbreak, says psychiatrist Shyam Bhat, who shot a fame after Bollywood actor Deepika Padukone opened up about her struggle with depression in a TV interview over a year ago. "More than 1.35 lakh people commit suicide in India every year and as many as 20,000 of them end their life because of heartbreak," says Bhat, who has written a new book that looks at what happens to the human mind and body when faced with the extremely traumatic process. The New Zealand-born MBBS

Pollution turning Taj Mahal yellow: NGT notice to Centre

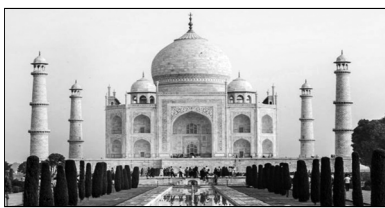
NEW DELHI, JUNE 1 /- The National Green Tribunal has asked the Centre to respond to the plea of an environment enthusiast alleging that largescale burning of municipal solid waste in Agra was turning the Taj Mahal yellow. The green panel also restrained civic authorities from burning municipal solid waste and other waste in open in Agra and the areas around the ecologically sensitive Taj Trapezium Zone. A bench headed by NGT Chairperson Justice Swatanter Kumar issued notices to Ministry of Environment & Forests, Ministry of Urban Development, Uttar Pradesh government, Central Pollution Control Board and others while seeking their reply in two weeks.

Julia Roberts to be named Woman of the Decade

LONDON, JUNE 1 /- Oscar-winning actress Julia Roberts will be named the Woman of the Decade at the Spike Guys Choice Awards next month. The 48-year-old "Pretty Woman" star will receive the award at the 10th annual event that will take place in Culver City, Los Angeles, reported Female First. In the past, the award show has honoured winners based on one year, but for its 10th edition, Spike Guys Choice is widening its scope and looking over the whole decade. Others, who will receive awards at the ceremony include "Pitch Perfect's" Anna Kendrick, Ben Affleck and Matt Damon.

Juhi visits young cancer patients

MUMBAI, JUNE 1 /- Actress Juhi Chawla visited a city-based cancer hospital for kids to raise awareness about health. The 48-year-old mother of two met and spoke to the children, who are battling with the disease. She chose the unique way to mark the World No Tobacco Day. (PTI)



more than 2000 metric tonnes of solid waste per day was being dumped in various part of the city besides plastic waste which was being consumed by stray animals. "It is submitted that respondents are not segregating industrial, hazardous and bio-medical waste from Municipal Solid Waste and the same is being dumped in various parts of Agra for the last several years. "The drains and canals have been converted into sewer lines which fall directly into River Yamuna without any treatment by the various authorities including Nagar Nigam Agra, Agra Development Authority, Cantonment Board and areas falling under the TTZ Authority," the plea said. (PTI)

Design own jewellery using paper

NEW DELHI, JUNE 1 /- Wearable jewellery created by quilling or paper filigree, the art which uses colorful strips of paper that are rolled, shaped, and glued together to create decorative designs can now be learnt at a new workshop here. IT professional and author Mala Gupta, who has learnt the art form from her 13-year-old daughter is leading the 5-day workshop by Kaagzevar (paper jewellery) at India Habitat Centre here that begins today. "I learnt quilling from my daughter. It has a meditative effect on me and helps me unwind after a long day at work," says Gupta.



The workshop, she says, will help the participants rediscover their creativity as they design and create their own quilled paper jewellery. "Many might think that the jewellery that they will make at the workshop will eventually land up in their cupboards, but the truth is that they are extremely beautiful and wearable. Both my daughter and I have been wearing what we create and have received compliments," she says. Gupta, who has been holding workshops along with her daughter since last year, has created a wide array of paper jewellery in unique designs. The collection ranges from necklaces, pendants, ear studs to earrings, headbands and finger rings.

The designs are displayed on Gupta's recently created website, kaagzevar.com. Gupta realised her daughter's creative potential when she refused to buy her an old pendant and the latter ended up creating one herself using paper quilling. An image of the "Wise Owl" pendant is exhibited on the website. She says, "These days parents are ready to go to any extent to make their children creative, but they should realise that creativity can only come from within, and for that parents should not make everything readily available to the kids." Gupta and her daughter, Shreya, find inspiration in "anything and everything" around them and use it as ideas to design for their jewellery.

Lopez feels mom guilt when she gets lost in her work

LOS ANGELES, JUNE 1 /- Actress-singer Jennifer Lopez says she feels guilty if she is away from her two kids - eight-year-old twins Max and Emme with ex-husband Marc Anthony - for too long. Speaking on an upcoming episode of PBS series 'Actors on Actors', the 46-year-old star said she tries her best to alter her schedule to fit in with the kids.

"I get lost in my work for a little while I feel guilty. I feel so guilty when I come out of that haze. Like, 'Oh God, it's been seven hours and I haven't even checked on them. What is wrong with me? What kind of mother are you?'" Lopez said. "It's having good people to help you take care of those kids. My kids visit me at the set (of her new television show 'Shades of Blue'). They have a room on the set so after school they come right there. 'I try to shoot this show in the summer so it's only a couple of months that I'm doing the show when they're in school. We work it out and have a life and this is their life.' Lopez, who is busier than ever, says she also tries to video chat with her kids every day when she can't be with them. "I am busy and they know it. And they know part of their job is helping me get sleep. If I'm sleeping in, they're very quiet, like, 'Mummy needs to sleep! She worked late last night! We're a team. Becoming a mum makes you stronger but also more gentle, especially with yourself and that changes everything." (PTI)

Selena visits Boston Children's Hospiz

LOS ANGELES, JUNE 1 /- Singer Selena Gomez brought smile on the faces of sick kids, when she visited them at the Boston Children's Hospital. The 23-year-old "Havana" singer, "Myself" hitmaker went to the hospital on Friday to spend her day hanging out and even playing a little music with the patients, reported Entertainment Weekly. The former Disney star was in Boston to perform at the TD Garden as part of her Revival Tour: "I have a show in Boston here, tomorrow. I never know when I am because I'm always on tour. But I have the day off so I figured I'd come and see hi." Gomez joked as she spoke to a few young female patients. The star also stopped at the Seacrest Studios for a jam session with some of the children. (PTI)

Katy Perry Twitter account hacked

LOS ANGELES, JUNE 1 /- Pop star Katy Perry has fallen victim to an internet hacker, who took over her Twitter page and leaked an unreleased song. The Roar hitmaker's account was taken over yesterday when a message going out to her 89 million followers read, "haha follow @sw4yl0r #hackersgonnamack." The user "sw4yl0r" is reportedly based in Romania and only started the account a few days ago. (PTI)

only agony aunts were talking about and yet it causes deaths, and causes clinical depression in hundreds and thousands of people," he says. Coupled with his own experience of love and loss in his 20s, he attempts to write about the strange nature of an experience that even the most rational mind cannot seem to change.

His book "How to Heal Your Broken Heart: A Psychiatrist's Guide to Dealing With Heartbreak", available on the Juggernaut app attempts to give insights to help one "become happier, stronger and more complete and in the future helps to love again and have a better relationship." About 40 per cent of Indians, says the doctor, carry a variant of the serotonin transporter gene, which makes them vulnerable to depression. "That means that 40 per cent of our country could suffer from depression if they experience significant emotional stress such as heartbreak," Bhat writes.

Also, he says that men and women treat heartbreak differently. "Although there isn't enough data yet to make a conclusive observation but based on my own observations, men are more susceptible to the effects heartbreak and thus depression than women." A general lack of affiliative tendencies of men, make them more prone

to depression due to heartbreak. "A breakup is probably worse for a man because men does not have affiliative tendencies. Women seek support from friends but many men get isolated and deal with heartbreak on their own... they alienate more people due to their anger, which is just a symptom of sadness," says Bhat.

After asking the most important question of all, why does it hurt so much, the book takes the reader on the path of healing. Advice on diet, meditation and exercise apart from FAQ that addresses the most important questions that Bhat gets from people who seek him out are also included in the book. The 40-plus doctor and author wants the book to act as a tool to prevent tragedy and use the opportunity for transformation. "That is the goal of the book. We know people are suffering so let us give some real advice based on research and real insights into how the brain and body are released to heartbreak and how you can find love again."

More than young readers, the psychiatrist says he wants older persons to also benefit. He terms heartbreak as a mysterious pain originating from the deeper reaches of the human being. "Our mind, our body and our soul, and when we learn to deal with heartbreak, both to heal and

then to love again, we discover the best part of us," he says. Although heartbreak is associated with younger people, the psychiatrist has learned to take seriously the emotional experience, which he attributes is at the root of a great many emotional disturbances.

I have seen people whose lives, after the end of a relationship, have spiraled out of control, degenerating into addictions, meaningless relationships and illnesses, battling loneliness and problems in their careers and, in the worst instances, ending in suicide," he says. Everything ultimately boils down to two emotions - love and fear, says the doctor who says the cynical nonchalant attitude to wards love and romance in adults who are in their 30s and 40s comes from having their hearts broken years ago. "I actually would like to reach out to my older readers, those who don't know they are heartbroken."

Heartbreak does not mean that you are pining away it means that the heart is a little harder now," he says. Bhat, who is also an integrative medicine specialist recommends a holistic approach to getting over heartbreak with adequate rest, an exercise programmer that combines aerobics, breath exercises and yoga among other practices. (PTI)