

talktime

DANISH AKHTAR SAIFI

The actor, who essays Nandi's character in &TV's Baal Shiv, reveals that 'The Great Khali' has trained him for wrestling. He has taken up various mythological roles in his acting career. Howbeit, his love for wrestling is unmatched. He speaks with SUPRIYA RAMESH about how he manages his acting, wrestling and more. Baal Shiv airs every Monday to Friday on &TV at 8:00 pm



What motivated you to be a wrestler?

I hail from Bihar, where *kushti* is enjoyed by many. And in a similar vein, I was fascinated by wrestling. I was young when I decided to be a wrestler and the first person I told this to was my father. He, too, was amazed by my decision and motivated me for it. He made me go through years of intense training and a strict regimen, which greatly helped me gain fitness and energy in my body. I admired WWE a lot and wanted to become an international wrestler. Since facilities were not available in my city to learn wrestling, I went to Jalandhar and started taking the training. Later, I also got an opportunity to be there, but destiny had other plans.

How did acting happen?

In 2010, I went to the National School of Bodybuilding, Jalandhar and took a

six-month training, which helped me gain a wrestler's body and then moved to Delhi and initially started working as a gym trainer. While in Jalandhar, I connected with The Great Khali's brother. So, one day he called me and said selectors are coming from WWE, and I think you are a good fit for it. So, can you come back to Jalandhar for it? Obviously, I decided to go back in no time. Khali sir had personally trained me for six months before the selection in his academy CWE (Continental Wrestling Entertainment). I remember around four to five thousand people had come for the selection, out of which only five or six were shortlisted, and I was one of them. But due to some paperwork, I could not fly to America then. After that, I came to Mumbai, and my acting career began.

How did you get your first break as an actor?

For a mythological show, auditions were happening; the makers were looking for someone tall, extremely strong, and muscular, with a clean image. A casting friend of mine suggested I go for the audition, and in the

very first audition, I got selected for Hanuman's role. I never thought that I would end up in this field. It was director Nikhil Sinha's vision that convinced me to try out for this role. I had to work a lot on my acting skills, and for almost three months, I studied the character to portray it in the desired way.

How has your experience with Baal Shiv been?

I am playing Nandi in the show, who is the guardian deity of Kailash, the abode of Shiva. This character is appreciated, and many people from the industry have also complimented me on how I portray it. The character has helped me get closer to the viewers as many Shiv ji's bhakts follow the show very ardently, and this is one show which every age group enjoys. My journey has been great with all my co-stars. Everybody shares a very great unbreakable bond. Whenever I am on the set, Aan (Baal Shiv) keeps playing with my biceps and tells me that he wants a body like mine.

Although your acting career happened by chance, do you feel it happened for good?

Absolutely, yes. The audience

enjoys watching me on screen, and over the years, I have learned a lot from my directors and co-stars about how to portray myself and be a good actor. And I frequently mention to people that my first love is wrestling and my last is acting. I feel immense pleasure and satisfaction in performing as an actor and competing in the wrestling ring simultaneously.

You have always played mythological roles on the screen. Why?

I have portrayed Hanuman on two occasions, Bheem in a Kannada movie and now Nandi in &TV's *Baal Shiv*. I am incredibly grateful for it. I have received accolades from the audience for every mythological role I have ever played. And I believe their support and acceptance persuades the makers to choose me for such characters, and they continue to offer me similar roles. However, I would also like to give some credit to my physical appearance, which probably makes them think of me for such devotional characteristics. And to be honest, I will do any mythological show that comes my way.

'WRESTLING IS MY FIRST LOVE'

DESIGN PHILOSOPHY

With the pandemic, people spent a lot of time at home and realised the importance of a timeless space that reflects one's personality. Hence, it is imperative to create evergreen spaces that always appeal to the residents. DEVIKA KHOSLA shares a few ways to design spaces

Plan Your Day



two countries' artistic creations and develop mutual understanding," says Chang Jae Bok, Ambassador of the Republic of Korea to India, after inaugurating the exhibition on August 18.

Adwaita Gadanayak (Director General of National Gallery of Modern Art), Jaya Asokan (Director of India Art Fair), Mahinder Sehgal (Programme Director of Indian Council for Cultural Relations), and the artists and curators were also present on the occasion.

If you love experiments in creativity, then it's time to head to Korean Cultural Centre India, which has put up an exhibition 'Synthesis of Difference' showcasing contemporary art practises like new media art, photo art and performances from four Korean and six Indian artists.

Through this exhibition, art lovers will have a unique opportunity to appreciate rich artistic traditions of Korea and India, realise the subtle similarities and differences in out

Jointly curated by senior artists Jeong Heon Ki and B Ajay Sharma, it showcases the unique artworks of 10 artists from Korea and India.

What: Art exhibition
Where: Korean Cultural Centre India, Lajpat Nagar, ND
When: On view till Sept 30

Sound of music



Music is the best medicine. Here are the top 10 songs of the week that will lift up your weekend mood

Bollywood vibes

- Halki Si Barsaat (Saaj Bhatt)
- Teri Galliyan Se (Jubin Nautiyal, Meet Bros)
- Dhoke Pyaar Ke (Rochak Kohli, B Praak)
- Tauba (Badshah, Payal Dev)
- Barishon Mein (Drashan Raval)

English Vinglish

- 29 (Demi Lovato)
- Make You Say (Zedd)
- Lobby (Missy Elliott)
- Super Freaky Girl (Nicki Minaj)
- Bad Decisions (Benny Blanco)

Masterstroke

Dyson unveiled its best-performing and most efficient Airwrap yet – the Dyson Airwrap™ multi-styler today for the Indian market. Relentlessly dissatisfied, Dyson engineers challenged their own design to miniaturise and multiply the Coanda effect, pioneering a fully customisable styling tool to deliver a range of styles for all Indian hair types, without extreme heat.



Enhanced styling versatility: Led by Dyson's continued dedication to better understand hair damage and hair types, the new multi-styler now caters to more hair types and styles.

Engineering in a simulated world: Iterating virtually through advanced computational fluid dynamics, machine learning and intelligent digital design software allowed for fewer physical prototypes and more sustainable development practices in Dyson's R&D process.

In the design world, trends are seasonal; they come and go. However, spaces are a permanent part of our lives, especially in the case of a home, which is one of the most personal spaces. Here are a few ways to design spaces with a timeless aesthetic:

Set your priorities

Before starting to design a space, you should consider everything they aspire to achieve with it. Be it a multi-functional character, a provisional colour scheme, or unique areas like a home gym or a home theatre. Having clarity on what is important will make moving forward and making choices easy.

Create a layout

Focus on the bigger picture and address all the needs of the space through your layout. Try to accommodate your needs for the next few decades in the area. For instance, depending on your needs, the breakfast counter can be designed as a makeshift work-from-home desk, or your study can accommodate a projector and be converted into a home theatre when required.

Assemble a mood board

Creating a visual palette of materials and aesthetics that speak to you is the next step to grounding the ambience of your space before construction begins. Remember, a well-balanced design will never go out of fashion. And a mood board allows you to try different permutations and combinations because while you like different materials in isolation, they might not always complement each other. With visual boards, one can explore materiality, and the end product acts as a reference to come back to in case of confusion at a later stage, say during selections.

Sort your services

Once the layout and visual palette are finalised, focus on the core of the structure- the services. These include



plumbing, electrification, HVAC system and essential elements like flooring, ceiling and walls. Again, ensure uncompromised quality so that there is little, to no maintenance, in these to achieve a timeless aesthetics.

Understand the decor elements

Decor creates the personality of a space, and hence it is vital to curate pieces in a way that reflects your choices to interest you for a long time. There are two parts of decor- the built-in elements and the dynamic elements. The former is a more permanent part of the interior space, whereas the latter can be experimented with. To balance both, it's essential to understand your own style, likes and dislikes.

Fixed elements

The more permanent elements like the wall colours, flooring material and fixed furniture like wardrobes and kitchen counters should ideally be in a neutral palette like creams and beiges. Additionally, natural materials like wood and stone are functional and



create a wholesome look because they can be amalgamated with most design sensibilities. Finally, consider your materials from a durability and maintenance perspective and choose wisely.

Explore with fluid elements

Decor elements such as lounge chairs, ottomans, centre tables, rugs, and cushions can be playful and be



changed periodically. It could be neutral that blends with the overall aesthetic or an eye-catching element that makes a statement. However, it is feasible if a proportion of them are versatile to be paired with any other piece of furniture; for a change of look.

Upcycle and reuse

Recycle the old and blend it with the new to personalise the space with nostalgia, making the decor more meaningful. It could be an old mantel, a storage cabinet, or a traditional chair inherited from your family. Such items bring warmth and belonging to a space, while ensuring it feels like home.

Playful patterns and upholstery

Prints and patterns are eye-catching elements that are an excellent way to dramatisate a space. Classic patterns like chevron, herringbone, hound-

stooth, gingham, and plaids, if done correctly and in the right proportions, can bring eccentricity to neutral spaces. These can be explored in elements like cushions, curtains, rugs and throws.

Memorabilia and art

Travel souvenirs, photographs, books and art pieces make the best decor pieces; such a collection is as personal as it gets. Adorn spaces with elements that tell your story to create a timeless appeal.

Biophilia for the win

The pandemic blurred the boundaries between the inside and the outside. Hence, green leafy plants are an economical and eco-friendly way to make any place come alive; these decor elements can never go out of style.

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QUIRKYTALE

To achieve well, score well

The past couple of years have impacted the global economy in unprecedented ways. The pandemic, a raging war, an uncertain political climate, and inflation at large have brought more volatility and uncertainty into the business world.

Each year, more than 3 million people take the exam. The test evaluates your proficiency of speaking, writing, reading, and listening in English. Additionally, the test comes in Academic and General Training variants. The General Training IELTS is used for career and immigration objectives while the Academic IELTS is necessary for entry into universities or colleges. The IELTS speaking test involves a live conversation between you and the examiner. This assists in simulating real-world conversations, such as those you would have with your neighbours and coworkers, better preparing you for life abroad.

Henry Harvin Language Academy, British Council, JAMBOREE, MEGAMIND and EDWISE are some of the leading IELTS training centres that will help you in achieving your goal.

Age is just a number

Ageing is a unique experience that allows life to come a full circle. As you get to give back to the community and at the same time, you let your heart live again by experiencing each day as it comes. Growing old is something to be celebrated. More time to spend with family, go on trips, develop new hobbies, nurture new talents and learn something you've always wanted to just proves that age is not a barrier. "Always walk through life as if you have something new to learn and you will." It stands true for today's new-age seniors who look at the world with a fresh perspective.

On the occasion of World Senior Citizens — observed on August 21 every year—SeniorWorld Releases a very special Anthem- *Dooji Paari Hai*. Seniors are living their **second innings** with utmost zeal and passion as they make a promise to themselves to get more from life. A well-planned first innings can open doors for all those looking forward to spend a fruitful time in their golden years.

Sandeep Singh Sethi turns his passion into a fruitful career

Obstacles and challenges are where your true talent, potential, and best qualities emerge. The number of times you failed, rather than how frequently you struggled to overcome challenges and triumph, is what counts. Successful people reinvent themselves by drawing inspiration from numerous influential artists. Success is evident everywhere and is not confined to a single industry. Sandeep Singh Sethi, for instance, used his fondness for pricey watches to generate interest in cryptocurrencies.

Businessman Sethi enjoys wearing expensive watches. He considers life similar to a road. Even in traffic gridlock, the light will suddenly turn green, allowing you to shine.

According to Sethi, anyone who desires to earn more money, particularly those who are young, should make prudent investments in items like expensive jewelry, expensive cars, real estate, and gold. He claimed that having the appropriate watch is necessary to sustain the value of watches as an asset. He converted his passion into a successful career, and his company went global. He is a true example for many youngsters, who want to be successful and wealthy.



Muhammad Adil Mirza is scaling new heights in healthcare sector

It is certain that there is no dearth of new talents that keep emerging across business sectors and industries. Knowing more about business minds around us, we understand that these individuals not only wait for the right opportunities but also create newer ones for them. Challenges are not what they are scared of!

Serving as one of the finest examples of such professionals and entrepreneurs is Muhammad Adil Mirza, who believed in his strong visions and ideas and took every possible step to jump high in the world of business with each of his businesses, which has propelled him forward as a serial entrepreneur of Dubai, the UAE.

From a very early age, seeing his elder brother work hard in the world of business, inspired him and he dreamt of being a part of the entrepreneurial world. Today, Adil Mirza is the head and CEO of Phoenix Group of Companies. After working hard and hustling his way to the top, he eventually created five top companies spread across the UAE in different niches and business areas. They have offices in Uzbekistan, Kazakhstan, Azerbaijan, Georgia, Pakistan, UAE, Oman, and Tajikistan.

Adil Mirza's empire includes companies like Allmed FZCO, Phoenix Medicines LLC, Avenue 80 Marketing and Management LLC, Future Mattress & Furniture Factory LLC, and CIS Countries Business and its Operations.

The tremendous entrepreneurial talent has truly taken the healthcare sector to greater success levels over the years and as the CEO of Phoenix Group of Companies in Dubai, Adil Mirza looks unstoppable with all his ventures.



Get addicted to good things

Coffee's for every mood and so is mCaffeine's gift kit. Uplift your loved one's mood and skin with a four-step rejuvenating regime. The Coffee Mood gift kit is specially curated to make your dear's day extra special. The coffee-based kit contains face wash, scrub, mask and body scrub and no matter what the occasion, your search for the perfect surprise gift ends with this hamper.

