

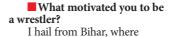
DANISH **AKHTAR** SAIFI

sunday pioneer

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

two countries' artistic

creations and develop mutual understanding,"



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 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 Éntertainment). 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

Plan Your Day



which has put up an exhibition

showcasing contemporary art

'Synthesis of Difference'

lovers will have a unique

India, realise the subtle

weekend

Bollywood vibes

Halki Si Barsaat (Saaj Bhatt)

Tauba (Badshah, Payal Dev)

Barishon Mein (Drashan Raval)

mood

opportunity to appreciate rich

artistic traditions of Korea and

similarities and differences in out

Sound of.

Music is the best medicine.

week that will lift up your

Here are the top 10 songs of the

Teri Galliyon Se (Jubin Nautiyal, Meet Bros)

Dhoke Pyaar Ke (Rochak Kohli, B Praak)

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). Java Asokan (Director of creativity, then it's time to head India Art Fair), Mahinder Sehgal to Korean Cultural Centre India,

also present on the occasion. practises like new media art, Jointly curated by senior photo art and performances artists Jeong Heon Ki and B Ajay from four Korean and six Indian Sharma, it showcases the unique artworks of 10 artists "Through this exhibition, art from Korea and India.

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

(Programme Director of Indian

Council for Cultural Relations),

and the artists and curators were

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 are a few ways to design spaces

n 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 multifunctional 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

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

rials 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,

a timeless aesthetics. Understand the decor elements

to no maintenance, in these to achieve

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 builtin 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

Explore with fluid elements

materials from a durability and main-

tenance perspective and choose wise-

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



changed periodically. It could be neu-stooth, gingham, and plaids, if done tral that blends with the overall aesthetic correctly and in the right proportions, 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 dramatise a space. Classic patterns like chevron, herringbone, houndThese can be explored in elements like cushions, curtains, rugs and throws.

Travel souvenirs, photographs,

Memorabilia and art

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.

The writer is Creative Director, The Works

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 AirwrapTM 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

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.

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

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. 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.

IRKYTALE 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

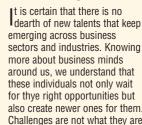
generate interest in cryptocurrencies Businessman Sethi enjoys wearing expensive watches. He considers life similar to a road. Even in traffic gridlock, the light will suddenly turn green, allowing you to shine.

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.

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. Thecoffee-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.

Muhammad Adil Mirza is scaling new heights in healthcare sector



scraed 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

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

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.