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BACKBEAT

Shahid Kapoor pens a heartfelt note on Mother's Day

SUPPORT YOUR EXERCISES WITH A HEALTHY DIET

- **Eat whole plant foods:** Increase the intake of leafy vegetables, fruits, seeds, nuts, and legumes. These foods are rich in nutrients and antioxidants.
- **Choose your food wisely:** You are what you eat. "Supplements can help boost immunity and prepare the body to combat infections. Vitamin C, Vitamin D, Zinc, garlic, ginger and turmeric are easily available," says Nakrawati.
- **Switch to healthy fats:** It is said that healthy fats are anti-inflammatory and boost immune response towards pathogens. Fish like salmon, and olive oil and chia seeds contain good fat, which boosts the immune system.

This phase has been earth-shattering, but it's also been an eye-opener: Kriti

Onkar Kulkarni

Post the lockdown last year, Kriti Sanon got busy with her film projects only to hit the pause button when she tested positive for COVID-19 in December 2020. While she went back to work briefly early this year, since the second wave took over, most shoots came to a standstill. Talking about the tough phase, the actress shares, "After what I went through last year, I feel fortunate that my family and I are safe in these horrible times. This phase is earth-shattering, but at the same time, it's an eye-opener, too. We realised that we were running too fast and needed to slow down."

Kriti was in home isolation after she had tested positive for COVID-19 in December 2020. She resumed work soon after her recovery

From a horror-comedy to an out-and-out entertainer and an action film, Kriti has a variety of movies lined up. What makes it interesting is that in these films, she reunites with some of her previous co-stars. The actress will be seen with Akshay Kumar in Bachchan Pandey, opposite Varun Dhawan in Bhediya and with Tiger Shroff in Ganapath and is prepped to make her debut film, Adipurush (2022).

Elaborating on working with Akshay again, Kriti says, "The first time I worked with Akshay sir was in Housefull 4 (2019). He is someone who I always feel lucky to be with on the set. This time around, the entire team was in Jaisalmer shooting together for 45 days. With him at work, you tend to learn lessons. Silliness basically all needs to go together. It's like a lot of people are unable to be in the big family dynamic, we came together like we're brothers and had a

CONTINUED ON BACK PAGE

The financial uncertainty amid the pandemic makes me anxious, says Kanika

Abhimanyu Mishra

KANIKA KAPOOR

Kanika Kapoor tested COVID positive in 2020 when she was visiting India from the UK. And she, by her own admission, went through a harrowing time as hate messages targeted the singer and her children. But she stood strong trying her best to protect her kids and parents from the negativity. "It was a difficult phase. I was unwell and on top of that, there was so much hatred. My parents were also undergoing treatment. Everyone was positive and with Tiger Shroff in Ganapath and is prepped to make her debut film, Adipurush (2022).

Elaborating on working with Akshay again, Kriti says, "The first time I worked with Akshay sir was in Housefull 4 (2019). He is someone who I always feel lucky to be with on the set. This time around, the entire team was in Jaisalmer shooting together for 45 days. With him at work, you tend to learn lessons. Silliness basically all needs to go together. It's like a lot of people are unable to be in the big family dynamic, we came together like we're brothers and had a

THE PANDEMIC HAS MADE EVERYONE SUFFER IN THEIR OWN WAY AND THE KIND OF UNCERTAINTY WE ALL ARE GOING THROUGH IS TOUGH TO HANDLE

'THERE IS A LOT OF FINANCIAL UNCERTAINTY RIGHT NOW'

This pandemic has made everyone suffer and the kind of uncertainty we all are going through is tough to handle. Two months back, I was productive and now it is back to where we were last year. We don't know when we'll be able to start working and earning again. So, this financial uncertainty makes me anxious as I have been living off my savings.

CONTINUED ON BACK PAGE

as admitted to the hospital in time: l on his battle with COVID-19

MANAV GOHIL

WHEN MY WIFE, SHWETA, PT ASKING ME TO CHECK TH OUR DOCTOR WHETHER EEDED TO GET A CT SCAN NE, I THOUGHT SHE WAS NICKING UNNECESSARILY. IT AS LATER THAT I REALISED W CRUCIAL TIME IS TO HT THE VIRUS

probably have been worse. I was in the hospital for 10 days."

Sharing what this experience has taught him, Manav says, "I have learnt that in such a situation, we shouldn't panic and keep in touch with a physician after testing positive." The actor received a warm welcome when he returned home. "All the coming home, I appreciated the small things in life that we take for granted, like holding my daughter's hand, hugging her, breathing fresh air, and so on. The hug that I got from my daughter after I returned home was priceless," he signs off.

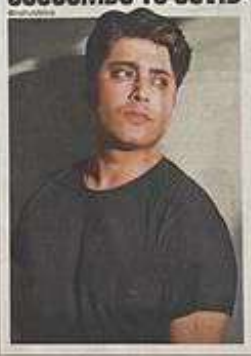
IN TRAUMA AS JODHAA R IS NOT JUST A SET, AN EMOTION: NITIN DRAKANT DESAI

The Jodhaa Akbar set created by Desai at his Karjat studio, which caught fire recently

BACK PAGE

BUZZSTOP

AFTER PLEADING FOR HELP ON SOCIAL MEDIA, ACTOR-YOUTUBER RAHUL VOHRA SUCCUMBS TO COVID-19 COMPLICATIONS



Actor-YouTuber **RAHUL VOHRA** died on Sunday at a hospital in Delhi due to COVID-19 complications, theatre director-playwright Arvind Gaur confirmed. Rahul, 35, had shared his coronavirus diagnosis earlier this week in a Facebook post. Confirming the news of Rahul's demise on Facebook, Arvind wrote, "Rahul Vohra is gone. My promising actor is no more. Yesterday Rahul had said that 'If I had got good treatment, I would have been saved too.' Yesterday evening he was shifted from Rajiv Gandhi Hospital to Ayushman, Dwarka, but... Rahul we all could not save you, sorry we are your culprits... Last bow.. (Mic)." On Saturday, Rahul, in a social media post, had asked for better treatment. He wrote, "*Mujhe bhi treatment acha mil jata, To main bhi bach jata tumhaara Rahul Vohra. Jald janam lunga or acha kaam karunga. Ab himmat haar chuka hu* (sic)."

— PTI

s everything about my life and I feel that's lationship should be: Shriya Pilgaonkar

were each other's support system when they were recovering from COVID-19 last month

Shriya and Supriya Pilgaonkar

Thankfully, we both could take care of each other even during our sedation period."

Shriya adds that before the pandemic struck they would often take off for fun trips in the mountains together. "Even though we would end up fighting on these trips (laughs), we enjoyed taking these holidays and cherished every experience we got." To this, Supriya adds, "With her around I don't have to think much. Shriya shows us good movies, curated by her. On holidays, she keeps asking me every few minutes if I am having a good time. She is extremely caring towards people around her and that, I feel, is one of her most endearing qualities."

Shriya is looking forward to getting vaccinated soon. She says that life itself seems fragile given what's happening everywhere. She says, "I'm grateful for the good health of my family and loved ones but I'm doing what I can to help unfortunate requirements of people in need. Every loss feels like a personal one. But we must hold onto every ounce of hope and strength and take care of ourselves and others."

THE DAY MY MOTHER RECOVERED WAS WHEN I TESTED POSITIVE FOR COVID-19. AT THAT POINT, IT WAS IMPORTANT TO BE CALM AND FOLLOW THE MEDICAL INSTRUCTIONS RESPONSIBLY

— Shriya Pilgaonkar

Shriya Pilgaonkar