

Planning to have a baby? Here are a few steps to boost your chances

The path to parenthood isn't always an easy one for some couples. One in 10 couples face fertility problems at some stage and avoid seeking answers because of fear. For most couples trying to conceive, the odds vary between 15%-25% in any one month. After crossing 30, chances get lower as the eggs become fewer with age and sperms decline in quantity and quality.

Those under 35 must see a doctor after one year of trying for a baby and couples over 35 must visit the doctor after 6 months to understand current fertility status and improve chances of conception. However, studies show that 38% of couples avoid medical seeking help despite failing to conceive for over a year.



WORLD HEALTH DAY

Fertility treatments available:

1. Intrauterine insemination (IUI) — success rates of 30-40% in three-four cycles of treatment
2. In vitro Fertilisation (IVF) — success rates of 70% in three cycles of treatment

Maintaining a resolute, transparent and uninhibited relationship with your partner is invaluable. The happier the relationship and bond between partners, the lesser the stress and better the understanding. A relaxing environment for conception while being positive and proactive helps couples through the procedure.

Doctors investigate the couple's lifestyle as stress, unhealthy diet, lack of exercise, exposure to certain drugs, alcohol, smoking and being overweight or underweight affect the ability to become pregnant.

Stress is very toxic to our bodies, and has a direct impact on ovulation and libido. Reducing stress levels and making lifestyle changes, can boost chances of pregnancy.

Disclaimer: The views/suggestions/opinions/data in the article are the sole responsibility of the expert/organisation.



Dr Vandana Hegde

The passionate team helps you with queries and concerns, knowing well that the best things in life happen when the right decisions are made at the right time.

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Call: 8880 747474
www.hegdefertility.com

TELEGU

WILD DOG (U/A) ★★★

58888 Code: wil

Nagarjuna, Dia Mirza, Saiyami Kher, Ali Reza

After bomb explosions rock the city of Hyderabad, controversial NIA officer Vijay Verma is brought back to investigate the case. When he identifies the masleemid, he conducts a covert operation to nab the terrorist behind them.

AMBA CINEMAS 11.30AM, 2.30, 6.30, 9.30PM; ARJUN 11.30AM, 2.30, 6.30, 9.30PM; ASIAN GPR 10.30AM, 1.20, 4.45, 7.20, 10.10PM; ASIAN CINEPLANET 10.30AM, 1.20, 4.40, 7.15, 10.00PM; ASIAN CINESQUARE 10.20AM, 1.20, 4.20, 7.10, 10.05PM; AMB CINEMAS 10.20AM, 10.30, 1.25, 4.25, 7.20, 10.10PM; BHUJANGA 11.00AM, 2.00, 6.00, 9.00PM; BR HITECH 11.00AM, 2.00, 6.00, 9.00PM; BVK MULTIPLEX 11.00AM, 1.50, 4.40, 7.20, 10.20PM; LAKSHMIKALA (Moosapet) 11.15AM, 2.30, 6.15, 9.30PM; ASIAN M CUBE 10.20AM, 1.20, 4.20, 7.15, 10.10PM; ASIAN MUKTA (Narapally) 10.20AM, 1.20, 4.10, 7.10, 10.10PM; CINEPOLIS MANTRA 10.00AM, 1.10, 1.20, 4.20, 7.20, 10.20PM; CINEPOLIS SUDHA 10.00AM, 1.10, 2.00, 5.00, 7.00, 10.50PM; CINEPOLIS (Malkajgiri) 11.20AM, 12.55, 3.50, 7.35, 9.40PM; CINEPOLIS DSL MALL (Uppal) 12.00PM, 1.20, 4.30, 7.10, 7.40, 10.50PM; LAKSHMI (Shamshabad) 11.30AM, 2.30, 6.15, 9.15PM; MUKTA RAMAKRISHNA 11.30AM, 2.30, 6.00, 9.15PM; GOKUL 11.15AM, 2.15, 6.15, 9.15PM; INOX GVK MALL 10.40A, 1.40, 4.40, 7.40, 10.40PM; INOX MP MALL 10.30AM, 1.30, 4.30, 7.30, 10.30PM; INOX GSM MALL 12.00PM, 1.20, 3.10, 4.30, 6.20, 7.40, 9.30, 10.50PM; INDRA VENKATARAMANA 11.15AM, 2.15, 6.00, 9.30PM; INOX GSM MALL 12.00PM, 1.30, 10.40, 6.20, 7.50, 9.30, 11.00PM; MIRAJ CINEMAS 12.30PM, 3.45, 7.00, 10.00PM; MUKUND 11.15AM, 2.00, 6.00, 9.00PM; PRASADS MULTIPLEX 8.45AM, 11.30, 2.45, 5.00, 6.15, 10.30PM; PLATINUM MOVIE 9.15AM, 1.00, 3.30, 6.05, 8.15, 11.15PM; RAJYALAKSHMI 11.00AM, 2.00, 6.00, 9.00PM; SHIVAGANGA 11.00AM, 2.00, 6.00, 9.00PM; SHA 11.15AM, 2.15, 6.15, 9.15PM; SAIRANGA 11.00AM, 2.00, 6.00, 9.00PM; SANDHYA 11.00AM, 2.00, 6.00, 9.00PM; SENSATION SUNSHINE 11.00AM, 2.00, 6.00, 9.00PM; SHARADA 11.00AM, 2.00, 6.00, 9.00PM; SREERAMANA 11.00AM, 2.00, 6.00, 9.00PM; SRIPREMA 11.00AM, 2.00, 6.00, 9.00PM; SRISAIRAM 11.15, 2.15, 6.15, 9.15PM; SUSHMA 11.15AM, 2.15, 6.15, 9.15PM; SVC CINESQUARE 11.00AM, 2.00, 6.00, 9.00PM; SVC MAHALAKSHMI 11.00AM, 2.00, 6.00, 9.00PM; SVC ESHWAR 11.00AM, 2.00, 6.00, 9.00PM; SVC SANGEETA 11.15AM, 2.15, 6.00, 9.00PM; SVC SRI LAKSHMI 12.00PM, 3.00, 7.00, 10.00PM; SRI LAKSHMI KALAMANDIR 12.00PM, 2.30, 6.30, 9.30PM; MANJU 11.00AM, 2.00, 6.00, 9.00PM; VIJETHA CINEMA 10.50AM, 1.40, 4.30, 7.20, 10.10PM; VIJETHA 11.00AM, 2.00, 6.00, 9.00PM; VLS SRIDEVI 11.30AM, 2.30, 6.15, 9.15PM; VJAYANTHI 11.00AM, 2.00, 6.00, 9.00PM.

SULTHAN (U/A) ★★★

(Dubbed in Telugu)

58888 Code: sul

Karthi, Rashmika Mandanna

Soora lives on the outskirts of a village with his adopted family which consists of a hundred rowdies. When everything he loves is threatened, he fights back with the help of his supporters.

AMBA CINEMAS 11.00AM, 2.00, 6.00, 9.00PM; ARJUN 11.30AM, 2.30, 6.30, 9.30PM; ASIAN GPR 10.30AM, 1.20, 4.45, 7.20, 10.10PM; ASIAN CINEPLANET 10.30AM, 1.20, 4.40, 7.15, 10.00PM; ASIAN CINESQUARE 10.20AM, 1.20, 4.20, 7.10, 10.05PM; AMB CINEMAS 10.20AM, 10.30, 1.25, 4.25, 7.20, 10.10PM; BHUJANGA 11.00AM, 2.00, 6.00, 9.00PM; BR HITECH 11.00AM, 2.00, 6.00, 9.00PM; BVK MULTIPLEX 11.00AM, 1.50, 4.40, 7.20, 10.20PM; LAKSHMIKALA (Moosapet) 11.15AM, 2.30, 6.15, 9.30PM; ASIAN M CUBE 10.20AM, 1.20, 4.20, 7.15, 10.10PM; ASIAN MUKTA (Narapally) 10.20AM, 1.20, 4.10, 7.10, 10.10PM; CINEPOLIS MANTRA 10.00AM, 1.10, 2.00, 5.00, 7.00, 10.50PM; CINEPOLIS (Malkajgiri) 11.20AM, 12.55, 3.50, 7.35, 9.40PM; CINEPOLIS DSL MALL (Uppal) 12.00PM, 1.20, 4.30, 7.10, 7.40, 10.50PM; LAKSHMI (Shamshabad) 11.30AM, 2.30, 6.15, 9.15PM; MUKTA RAMAKRISHNA 11.30AM, 2.30, 6.00, 9.15PM; GOKUL 11.15AM, 2.15, 6.15, 9.15PM; INOX GVK MALL 10.40A, 1.40, 4.40, 7.40, 10.40PM; INOX MP MALL 10.30AM, 1.30, 4.30, 7.30, 10.30PM; INOX GSM MALL 12.00PM, 1.20, 3.10, 4.30, 6.20, 7.40, 9.30, 10.50PM; INDRA VENKATARAMANA 11.15AM, 2.15, 6.00, 9.30PM; INOX GSM MALL 12.00PM, 1.30, 10.40, 6.20, 7.50, 9.30, 11.00PM; MIRAJ CINEMAS 12.30PM, 3.45, 7.00, 10.00PM; MUKUND 11.15AM, 2.00, 6.00, 9.00PM; PRASADS MULTIPLEX 8.45AM, 11.30, 2.45, 5.00, 6.15, 10.30PM; PLATINUM MOVIE 9.15AM, 1.00, 3.30, 6.05, 8.15, 11.15PM; RAJYALAKSHMI 11.00AM, 2.00, 6.00, 9.00PM; SHIVAGANGA 11.00AM, 2.00, 6.00, 9.00PM; SHA 11.15AM, 2.15, 6.15, 9.15PM; SAIRANGA 11.00AM, 2.00, 6.00, 9.00PM; SANDHYA 11.00AM, 2.00, 6.00, 9.00PM; SENSATION SUNSHINE 11.00AM, 2.00, 6.00, 9.00PM; SHARADA 11.00AM, 2.00, 6.00, 9.00PM; SREERAMANA 11.00AM, 2.00, 6.00, 9.00PM; SRIPREMA 11.00AM, 2.00, 6.00, 9.00PM; SRISAIRAM 11.15, 2.15, 6.15, 9.15PM; SUSHMA 11.15AM, 2.15, 6.15, 9.15PM; SVC CINESQUARE 11.00AM, 2.00, 6.00, 9.00PM; SVC MAHALAKSHMI 11.00AM, 2.00, 6.00, 9.00PM; SVC ESHWAR 11.00AM, 2.00, 6.00, 9.00PM; SVC SANGEETA 11.15AM, 2.15, 6.00, 9.00PM; SVC SRI LAKSHMI 12.00PM, 3.00, 7.00, 10.00PM; SRI LAKSHMI KALAMANDIR 12.00PM, 2.30, 6.30, 9.30PM; MANJU 11.00AM, 2.00, 6.00, 9.00PM; VIJETHA CINEMA 10.50AM, 1.40, 4.30, 7.20, 10.10PM; VIJETHA 11.00AM, 2.00, 6.00, 9.00PM; VLS SRIDEVI 11.30AM, 2.30, 6.15, 9.15PM; VJAYANTHI 11.00AM, 2.00, 6.00, 9.00PM.

CINEMA



WILD DOG (TELEGU)

10.30PM; CINEPOLIS DSL MALL (Uppal) 11.40AM, 1.10, 3.30, 6.30, 10.10PM; DEVI 11.00AM, 2.15, 6.00, 9.15PM; GANESH 11.30AM, 2.30, 6.15, 9.15PM; INDRA VENKATARAMANA 11.30AM, 6.15PM; INOX GSM MALL 11.55AM, 1.25, 3.20, 7.05, 10.40PM; LAKSHMIKALA (Moosapet) 11.15AM, 6.20PM; MIRAJ (Chandannagar) 12.00PM, 3.15, 6.30, 9.45PM; PRASADS MULTIPLEX 8.45AM, 11.45, 5.15, 7.30, 10.45PM; PRIYA 11.30AM, 2.30, 6.15, 9.30PM; PLATINUM MOVIE 10.00AM, 12.00, 5.10, 7.40, 10.45PM; PRATAP 11.00AM, 2.00, 6.00, 9.00PM; RAMAKRISHNA 11.30, 2.30, 6.00, 9.00PM; SENSATION INSOMNIA 11.30, 2.30, 6.30, 9.30PM; SREERAMANA 11.00AM, 2.00, 6.00, 9.00PM; SREERAMULLU 11.00AM, 2.30, 6.30, 9.30PM; SRINIVASA 11.15AM, 2.15, 6.15, 9.15PM; SVR SHIVASHAKTHI 11.00AM, 2.00, 6.00, 9.00PM; RADHIKA 10.30AM, 7.30, 10.30PM; SHA 11.00AM, 6.00PM; SHIVA 11.15AM, 6.15PM; SRISAIRAJA 11.00AM, 2.00, 6.00, 9.00PM; SWAPNA (Katedan) 11.15AM, 2.15, 9.00PM; TARAKARAMA 11.15AM, 2.15, 6.00, 9.00PM; TIVOLI CINEMA 11.00AM, 1.45, 4.45, 10.20PM; VIMAL 11.00AM, 2.00, 6.00, 9.00PM.

RANG DE (U/A) ★★★

58888 Code: ran

Nithin, Keerthy Suresh

Arun and Anu have been neighbours since childhood and the former hates the latter as he's always compared to her. When they are forced to get married due to unforeseen circumstances, all hell breaks loose.

AMBA CINEMAS 11.00AM, 1.05, 4.55, 7.45, 10.25PM; ASIAN CINEPLANET 10.40AM, 1.40, 7.30PM; ASIAN M CUBE 10.30AM, 1.30, 7.30, 10.20PM; ASIAN MUKTA (Narapally) 10.30AM, 1.30, 7.30, 10.20PM; ASIAN CINESQUARE 10.00AM, 4.30, 10.10PM; ASIAN GPR 10.45AM, 1.30, 7.40PM; CINEPOLIS (Malkajgiri) 10.30AM, 1.25, 7.35PM; CINEPOLIS DSL MALL (Uppal) 12.20, 3.30, 6.40, 9.50PM; CINEPOLIS (Attapur) 10.20AM, 4.00, 7.20, 10.10PM; INOX GSM MALL 10.40AM, 1.35, 7.30, 10.30PM; INOX MP MALL 10.10AM, 1.10, 10.30PM; MEGHA 11.15AM, 2.15, 6.15, 9.15PM; MIRAJ 10.55AM, 4.00, 10.15PM; PRASADS 2.15PM, 5.10, 10.15PM; PVR FORUM MALL 10.15AM, 1.10, 7.25, 10.20PM; PVR ICON 1.20PM, 6.50PM; PVR CENTRAL 10.15AM, 7.45PM; PVR INORBIT MALL 11.35AM, 4.30, 10.35PM; PVR IRRUM MANZIL 3.40PM, 6.35, 10.10PM; PVR MUSARAMBAGH 4.15PM, 6.25, 9.20PM; PVR NEXT GALLERIA MALL 10.45AM, 4.50, 7.45, 10.40PM; PVR RK 10.30AM, 10.40, 8.05PM; LAKSHMIKALA (Moosapet) 2.40PM, 6.30, 10.20PM; MIRAJ (Chandannagar) 7.30PM; PLATINUM MOVIE 6.30AM, 2.30, 6.40, 10.30PM; RADHIKA 11.00AM, 1.40, 7.25PM; SHA 2.45, 9.45PM; SHIVA 2.15PM, 9.15PM; S2 MALLAPUR 2.00PM, 8.00PM; SRIKRISHNA 11.00AM, 2.00, 6.00, 9.00PM; SUARASHAN 11.00AM, 2.15, 6.00, 9.15PM; TIVOLI CINEMA 2.15PM, 10.25PM; VISHWANATH 11.45AM, 1.50PM, 9.45PM.

LEGACY OF LIES (U/A)

(Dubbed in Hindi)

58888 Code: leg

Scott Adkins, Anna Butkevich, Yulia Sobol and Honor Kneafsey

Legacy of Lies is an upcoming film movie scheduled to be released on 2Apr. 2021. The movie is directed by Adrian Broll and will feature Scott Adkins, Anna Butkevich, Yulia Sobol and Honor Kneafsey as lead characters.

LEGACY OF LIES (U/A)

58888 Code: leg

Scott Adkins, Anna Butkevich, Yulia Sobol and Honor Kneafsey

Legacy of Lies is an upcoming english movie scheduled to be released on 2Apr. 2021. The movie is directed by Adrian Broll and will feature Scott Adkins, Anna Butkevich, Yulia Sobol and Honor Kneafsey as lead characters.

GODZILLA VS KONG (U/A) ★★★

58888 Code: god

Alexander Skarsgard, Millie Bobby Brown, Rebecca Hall and Ezra Gonzalez

Kong needs to protect the planet from Godzilla, who goes on an unprovoked rampage.

ARANYA (U/A) ★★★

58888 Code: ara

Rana Daggubati, Vishnu Vishal, Zoya Hussain, Shriya Pilgaonkar

A forest man shares a special relationship with the elephants at the jungle he stays at. When humans form a wall to an elephant corridor, he fights the battle for these voiceless creatures.

JATHI RATNALU (U/A) ★★★

58888 Code: jat

Naveen Polishetty, Priyadarshi, Rahul Ramakrishna

Three buddies travel to Hyderabad in hopes of living life king-size. Instead, they find themselves in prison due to a hilarious misadventure.

AMB CINEMAS 1.25PM, 7.10, 10.15PM; ASIAN CINEPLANET 4.30, 7.40PM; ASIAN CINESQUARE

BENNETT UNIVERSITY
THE TIMES GROUP
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ENGINEERING | MANAGEMENT | MEDIA | LAW | LIBERAL ARTS

SUDOKU CHALLENGE

4			8				3
	9	1	4				
		2	5				
2	6					5	7
8	1						4
		4	3				
			7	1	8		
5		8					6

Level: Medium

TIMES HITORI

1	3	4	2	5	3	2	1
1	4	7	2	8	9	5	1
5	5	5	9	5	1	3	2
3	1	9	6	7	2	3	5
1	9	4	3	9	6	4	8
6	3	5	6	1	9	7	3
5	6	2	8	4	3	1	9
8	8	8	7	5	5	2	4

How to play
1. A number may appear just once in each row or column.
2. Darkened cells must never be adjacent in a row or column.
3. Unmarked cells must create a single continuous area, undivided by darkened cells.
4. Every time you darken a cell, you can automatically circle its vertical and horizontal neighbours, which means they cannot be eliminated.

5. Any cell 'sandwiched' between neighbours of the same value can be circled. (e.g. 6 4 6)

6. A 'triple' is a special case of sandwich. Circle the centre cells, and darken the ends. (e.g. 6 6 6)

LOOP THE LOOP

Rules
■ Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A).
■ Crossovers or branches are not allowed (As shown by dotted lines in Fig B).
■ Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines.
■ You can't draw lines around zeroes.
■ Each puzzle has just one unique solution.

How to begin:
Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3.
So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a deadend (Fig B)

GARFIELD

LIFE IS COMPLICATED.
UNLESS YOU DO IT RIGHT.

ANIMAL CRACKERS

YOU KNOW EVERYTHING GRANDPA.
IT'S JUST THAT THERE'S A LOT OF FOLKS OUT THERE WHO KNOW A LOT LESS.

BEAU PEEP

I'LL WRITE A BOOK ABOUT MY PHILOSOPHIES ON LIFE.
THIS IS JUST THE KIND OF INTELLIGENT, DISTURBING THOUGHTS THE WORLD HAS BEEN WAITING FOR.
I'LL CALL IT 'THE BOOK OF VERY WISE WISDOM'.

BIG NATE

HI THERE, MR. GALVIN.
WHAT'S ANYTHING DIFFERENT ABOUT ME?
YES.
YOU'RE STANDING HERE WHISTLING MY TUNE WHILE ALL OF YOUR CLASSMATES ARE SITTING AT THEIR DESKS.
WHATSOEVER HAPPENED TO SOLIDARITY AMONG THE BESPECKLED?
IT'S 'RESPECTABLE,' EINSTEIN.

B.C.

SO, THE VIRUS IS STILL BAD AT SCHOOL, DAD?
YEP! BETTER TO BE SAFE.
TODAY'S HOME-SCHOOL LESSON: SEX ED.
I'LL RISK IT.

MANDRAKE THE MAGICIAN

I DON'T LIKE NARDA BEING AT LOMPOC'S STUDIO - I'M GLAD LOTHAR'S THERE...
WHERE'S LOTHAR?
HOW SHOULD I KNOW?
DISMISS EVERYBODY! AHW! - EXCEPT OUR PEOPLE - I WANT THIS PLACE EMPTY!
THERE'S A FORTUNE AT STAKE - AND TONIGHT'S THE NIGHT!!
WHAT DOES LOMPOC MEAN?

MUTT & JEFF

MUTT, SUNDAY THE WEATHER BUREAU SAID WINDY AND COLD AND IT SNOWED!
MONDAY THEY SAID FAIR AND WARM AND IT ALWAYS RAINED!
WELL, THEY CAN'T ALWAYS BE RIGHT!
WHY DON'T THEY MAKE IT DO WHAT THEY SAY THEY'RE GONNA MAKE IT?
DON'T ASK ME! I'M UP AND ASK 'EM!
MAYBE IF I ASK 'EM TO MAKE IT RAIN, THEY'LL MAKE IT NICE!
HELLO! WEATHER BUREAU? YES!
HOW ABOUT A SHOWER TONIGHT?
IT'S ALL RIGHT WITH ME! TAKE IT IF YOU NEED ONE!

SCRAMBLE

Rearrange the letters in the four word jumbles, one letter to each square/circle, to make four ordinary words

How to play
Now arrange the letters in the circles to form the answer to the riddle or to fill in the missing word as indicated.

There smites nothing so nor smelleth so
William Langland (5, ., 4, ., 5)

WHATZIT?
Find the familiar phrase, saying or name in this arrangement of letters.

h a p p i n e s s

SOLUTION: Happiness

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SMS your movie reviews/ratings

Type rev <space> short code of movie as given under each movie name <space> your name <space> your rating (choose from 1,1.5,2,2.5,3,3.5,4,4.5,5) <space> Add your comments if any and send to 58888. Eg: rev r2.5 Average movie. To read your review, go to review.timesofindia.com

THE BETTER HALF

"Do you have sleep apnea or are you dreaming about some girl who takes your breath away?"

MINDBENDER

I am the black child of a white father, a wingless bird flying even to the clouds.
I give birth to tears of mourning in pupils that meet me even though there is no cause for grief.
At once on my birth I am dissolved into air.

What am I?

HEALTH CAPSULE

CAN EATING TOMATOES LOWER MY BLOOD PRESSURE?

WATERMELON HAS MORE LYCOPENE THAN TOMATOES

LYCOPENE, THE ANTIOXIDANT COMPOUND IN TOMATOES, HAS BEEN SHOWN TO LOWER BLOOD PRESSURE. TOMATO SAUCE OR LYCOPENE SUPPLEMENTS ARE PREFERABLE TO EATING TOMATOES BECAUSE OF THEIR GREATER BIOAVAILABILITY. IN AN 8-WEEK STUDY, PARTICIPANTS' SYSTOLIC BLOOD PRESSURE DROPPED 10 POINTS.

SPELLATHON

Today's Ratings:
03-average | 04-good | 05-outstanding

U		N
A	Y	T
C		R

How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word must contain the central letter. There should be at least one seven letter word. Plurals, foreign words and proper names are not allowed. British English Dictionary is used as reference.

FinOlex FORTUNE

For appointments mail at