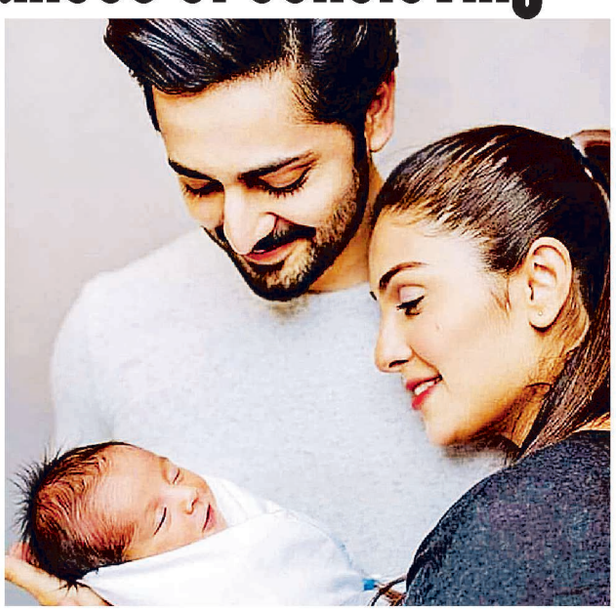
Decoding IVF success rates: Tips to boost chances of concieving

In Vitro Fertilisation (IVF) is a medical procedure for conception in which a woman's egg is fertilised with the partner's sperm in the lab. The resulting embryo is transferred to the woman's uterus. This advanced fertility treatment has a success rate between 30-50%. IVF success primarily depends upon woman's age, infertility cause, sperm quality, oocyte quality and uterine receptivity. Here are some tips to improve chances of success.

- Maintain healthy weight, quit smoking, avoid excess alcohol, adopt balanced diet and exercise.
- Reduce stress with acupuncture and other stress relieving techniques.
- Take multivitamin and mineral supplements which contain vitamins D, A, C, E and B complex, zinc, magnesium, selenium, iron and Co-enzyme Q10, 3 months prior to IVF, to improve egg and sperm quality.
- Individualised IVF protocols for ovarian stimulation recommended for each patient.
- Associated gynaecological illness like fibroids, endometrial polyps, endometriosis, adenomyosis and hydrosalpinx should be treated before IVF
- Intracytoplasmic Sperm Injection (ICSI) can improve IVF outcome if the sperm is otherwise normal. Sperm sorting techniques like MACS and microfluidics help identify best sperm for ICSI
- Testicular Sperm Aspiration (TESA)—Testicular sperms can be easily aspirated with small needle without much damage and used in ICSI.
- Blastocyst transfer – Blastocysts which are embryos developed 5 days post fertilisation, have better implantation rate compared to day 3 embryos. Only 1/3 of all embryos are capable of growing to this stage.
- When an embryo is unable to escape its shell, the embryologist offers assisted hatching by laser so the embryo can implant
- Specially developed embryo glue, which contains hyaluron is used to enhance implantation
- Preimplantation genetic testing is used to select healthy and chromosomally normal embryos, to improve chances of healthy baby without birth defects
- Endometrial receptivity analysis is a genetic test that evaluates the uterine endometrial lining to assess optimal timing for embryo transfer and successful implantation

Consult a fertility specialist to know what plan works best for you. In case of a failure, couples should not lose hope and instead discuss causes of failure and go for further advanced tests and procedures, to improve success.



Dr Vandana Hegde

Dr Vandana Hegde,
Clinical Director, MS - OBG, Post - Doctoral Fellowship in Reproductive Medicine - RGUHS, Diploma in Reproductive Medicine & Embryology – Germany
***Branches:** Hitech City, Malakpet, Miyapur; Suchitra*
Call: 8880 747474
www.hegdefertility.com

CINEMA

TELUGU

ZOMBIE REDDY (U/A)
58888 Code: zom
Teja Sajja, Daksha Nagarkar, Anandhi
When a failed experiment to discover a vaccine for COVID -19 creates a new epidemic, a young game developer desperate to save his best friend has to fight off zombies.
AMBA 11.30AM, 2.30, 6.30, 9.30PM; **ARJUN** 11.30AM, 2.30, 6.30, 9.30PM; **AMB CINEMAS** 10.35AM, 1.25, 4.25, 7.20, 10.20PM; **ASIAN CINEPLANET** 10.55AM, 1.45, 4.35, 7.25, 10.15PM; **ASIAN GPR** 10.55AM, 1.45, 4.40, 7.25, 10.15PM; **ASIAN M CUBE** 10.55AM, 1.45, 4.35, 7.25, 10.25PM; **ASIAN CINESQUARE** 10.40AM, 1.35, 4.35, 7.25, 10.15PM; **BRAMARAMBA** 11.30AM, 2.45, 6.30, 9.45PM; **BHUJANGA** 11.00AM, 2.00, 6.00, 9.00PM; **BVK MULTIPLEX** 11.00AM, 1.55, 4.45, 7.45, 10.45PM; **CINEPOLIS** (Malkajgiri) 10.00AM, 12.55, 3.35, 7.25, 10.20PM; **CINEPOLIS** (Attapur) 10.00AM, 1.05, 7.15, 10.20PM; **CINEPOLIS SUDHA** 12.00PM, 3.00, 8.10, 9.15PM; **CINEPOLIS DSL MALL** (Uppal) 12.45PM, 7.00, 10.10PM; **DEVI** 11.00AM, 2.15, 6.00, 9.00PM; **GOKUL** 11.15AM, 2.15, 6.15, 9.15PM; INDRA **VENKATARAMANA** 11.15AM, 6.00PM; **INOX GSM MALL** 12.05PM, 1.05, 2.55, 4.10, 7.15, 9.00, 9.45, 10.20PM; **INOX MP MALL** 10.10AM, 11.00, 1.10, 4.10, 8.00, 10.40PM; **MIRAJ** (Balanagar) 11.00AM, 5.20, 8.10, 11.00PM; **MIRAJ SHALINI SHIVANI** 11.00AM, 1.45, 5.00, 7.30, 8.00, 11.00PM; **MIRAJ** (Chandanagar) 12.15PM, 7.15, 10.15PM; **NARTAKI** 11.30AM, 2.30, 6.30, 9.30PM; **INOX GVK MALL** 10.20AM, 12.0, 4.20, 7.20, 10.20PM; **KONARK** 11.5AM, 2.15, 6.15, 9.15PM; **ASIAN MUKTA** (Narapally) 10.30AM, 1.20, 7.15, 10.10PM; **HITECH** 11.00AM, 2.00, 6.00, 9.00PM; **MUKUND** 11.00AM, 2.00, 6.00, 9.00PM; **LAKSHMIKALA** 2.30PM, 9.30PM; **RADHIKA** 10.55AM, 1.45, 7.25, 10.20PM; **PLATINUM MOVIE** 10.30AM, 12.45, 3.15, 5.30, 8.00, 10.20PM; **PRASADS LARGE SCREEN** 8.45AM, 4.00, 8.45PM; **PRASANTH** 11.00AM, 2.00, 6.00, 9.00PM; **PVR ICON** 1.20PM, 7.20, 10.15PM; **PVR CENTRAL** 11.15AM, 2.10, 7.35, 10.30PM; **PVR IRRUM MANZIL** 12.3PM, 3.25, 6.20, 9.15PM; **PVR MUSARAMBAGH** 12.30PM, 3.25, 6.20, 9.15PM; **PVR RK** 11.00AM, 7.50, 10.15PM; **PRASADS MULTIPLEX** 8.45AM, 8.45, 11.30, 2.15, 5.00, 7.45, 10.30PM; **PVR FORUM MALL** 10.10AM, 11.35, 1.55, 5.20, 7.35, 10.45PM; **PVR FORUM MALL** 10.10AM, 11.35, 1.55, 5.20, 7.35, 10.45PM; **PVR NEXT GALLERIA MALL** 11.00AM, 1.55, 4.50, 7.45, 10.40PM; **PVR INORBIT MALL** 11.30AM, 2.25, 8.05, 11.00PM; **SAIRANGA** 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; **SREERAMULU** 11.30AM, 2.30, 6.30, 9.30PM; **SRIKRISHNA** 11.00AM, 2; 15, 6.00, 9.15PM; **SRILAKSHMI** 12.00PM, 3.00, 7.00, 10.00PM; **SRIPREMA** 11.00AM, 2.00, 6.00, 9.00PM; **SRISAIRAM** 11.15AM, 2.15, 6.15, 9.15PM; **SUPER** 11.00AM, 2.00, 6.00, 9.00PM; **SV CINESQUARE** 11.00AM, 2.00, 6.00, 9.00PM; **SVC SANGEETA** 11.00AM, 2.00, 6.00, 9.00PM; **SHA** 11.15AM, 2.30, 9.15PM; **SHIVAGANGA** 11.00AM, 6.15, 9.00PM; **TARAKARAMA** 2.15PM, 9.00PM; **VIJETHA** 11.00AM, 2.00, 6.00, 9.00PM; **VIMAL** 11.00AM, 2.00, 6.00, 9.00PM; **VLS SRIDEVI** 11.00AM, 2.00, 6.00, 9.00PM; **VYJAYANTHI** 11.00AM, 2.00, 6.00, 9.00PM.

PRANAVAM (U/A)
58888 Code: pra
AMB CINEMAS 4.00PM; **ASIAN M CUBE** 11.00AM; **ASIAN MUKTA** (Narapally) 10.40AM; **CINEPOLIS** (Malkajgiri) 4.35PM; **CINEPLANET** 1.55PM; **ASIAN CINESQUARE** 4.45PM; **ASIAN GPR** 10.35AM; **LAKSHMIKALA** 6.30PM; **INOX GSM MALL** 3.35PM; **INOX GVK MALL** 1.55PM; **PVR FORUM MALL** 7.15PM; PVR CENTRAL 4.35PM; **PVR INROBIT MALL** 4.35PM; **PVR MUSARAMBAGH** 1.45PM.

BOMMA ADIRINDI DIMMA TIRIGINDI (U/A)
58888 Code: bom
ASIAN CINEPLANET 11.00AM; **BIG CINEMAS** 10.25PM; **ASIAN CINESQUARE** 11.00AM; **ASIAN MUKTA** (Narapally) 1.30PM; **INOX GSM MALL** 10.00PM; **CINEPOLIS DSL MALL** (Uppal) 3.30PM; **CINEPOLIS** (Attapur) 3.40PM; **CINEPOLIS** (Malkajgiri) 6.30PM; **INOX MP MALL** 7.45PM; **INOX GVK MALL** 4.55PM; **MIARAJ** (Balanagar) 1.30PM; **MIRAJ SHALINI** 2.00PM; **PVR NEXT GALLERIA MALL** 10.40PM; **PVR INORBI TMALL** 2.05PM; **PVR IRRUM MANZIL** 7.30PM; **PVR MUSARAMBAGH** 4.30PM; **PVR CENTRAL** 1.20PM; **PVR FORUM MALL** 8.15PM; **RADHIKA** 10.45AM; **SANDHYA** 6.00PM, 9.00PM.

JOURNALIST (U/A)
58888 Code: jou
AMB CINEMAS 1.20PM; **INOX GVK MALL** 11.10PM; **INOX GSM MALL** 12.05PM; **ASIAN M CUBE** 4.30PM; ASIAN **CINESQUARE** 4.20PM; **ASIAN MUKTA** (Narapally) 10.15PM; **CINEPOLIS** (Attapur) 10.05PM; MIRAJ (Balanagar) 11.00AM; **ASIAN CINESQUARE** 10.10PM; **MIRAJ SHALINI** 11.30AM; **PVR NEXT GALLERIA MALL** 12.00PM; **LAKSHMIKALA** 6.30PM; **ASIAN GPR** 4.50PM; **PVR FORUM MALL** 5.05PM; **VENKATASAI** 11.00, 2.00, 6.00, 9.00PM.

G-ZOMBIE (U/A)
58888 Code: gzo
ASIAN M CUBE 1.35PM, 7.35, 10.20PM; **ASIAN CINEPLANET** 1.25PM, 7.35PM; **AMB CINEMAS** 10.55AM, 7.00PM; **ASIAN SHA** 9.45PM; ASIAN 11.30AM; **ASIAN GPR** 11.00AM, 10.10PM; **CINEPOLIS** (Attapur) 3.35PM; **MIRAJ** (Balanagar) 1.45PM, 7.35PM; **INOX MP MALL** 4.05PM; **INOX GVK MALL** 7.40PM; **MIRAJ** (Chandanagar) 3.30PM; **MANJU** 11.00, 2.00, 6.00, 9.00PM; **PVR CENTRAL** 1.55PM, 7.20PM; **PLATINUM** 12.50PM, 10.15PM; **PVR INORBIT MALL** 11.25AM, 7.20, 10.00PM; **PVR RK** 5.15PM; **PVR FORUM MALL** 11.05AM, 4.35, 10.00PM; **PVR MUSARAMBAGH** 5.15PM, 10.45PM; **PVR IRRUM MANZIL** 1.20PM, 10.00PM; **PRASADS** 11.15AM; **PVR NEXT GALLERIA MALL** 2.30PM, 7.50, 10.30PM; **PVR ICON** 1.00PM, 9.45PM; **TIVOLI CINEMA** 11.10AM, 10.20PM; **RADHIKA** 4.25PM, 10.10PM.

VITTALWADI (U/A)
58888 Code: vit
ASIAN LAKSHMIKALA 11.30AM; **ASIAN M CUBE** 1.25PM; **ASIAN CINESQUARE** 4.10PM; **ASIAN MUKTA** 4.25PM; **ASIAN CINEPLANET** 4.45PM; **INOX MP MALL** 6.55PM; **PVR MUSARAMBAGH** 2.10PM; **PVR NEXT GALLERIA MALL** 1.30PM; **INOX GSM MALL** 6.40PM; **PRASADS** 11.00AM; **SANDHYA** 2.00PM; **PVR FORUM MALL** 1.05PM; **TIVOLI CINEMA** 11.00AM.

RADHA KRISHNA (U/A)
58888 Code: rad
ASIAN M CUBE 4.45PM; **ASIAN MUKA** (Narapally) 4.20PM; **AMB CINEMAS** 4.10PM, 10.00PM; **ASIAN CINEPLANET** 4.15PM; **ASIAN CINESQUARE** 10.50AM; **CINEPOLIS** (Malkajgiri) 12.30PM; **CINEPOLIS** (Attapur) 4.10PM; **CINEPOLIS SUDHA** 6.35PM; **INOX GSM MALL** 3.10PM; **INOX MP MALL** 1.20PM; **CINEPOLIS DSL MALL** (Uppal) 3.45PM; **INOX GVK MALL** 11.55AM; **LAKSHMIKALA** 11.30AM; **MIRAJ** (Balanagar) 10.45PM; **MIRAJ SHALINI SHIVANI** 10.45PM; **PVR FORUM MALL** 2.15PM; **PVR CENTRAL** 10.00PM; **PVR INORBIT MALL** 3.10PM; PLATINUM MOVIE 4.50PM, 9.30PM; **PVR ICON** 3.40PM; **PVR IRRUM MANZIL** 2.25PM; **PVR MUSARAMBAGH** 7.55PM; **PVR NEXT GALLERIA MALL** 5.05PM; **SHA** 2.45PM; **RADHIKA** 4.35M; **TIVOLI CINEMA** 4.30PM.

CHETHILO CHEYYESI CHEPPU BAVA (U/A)
58888 Code: che
ASIAN CINEPLANET 10.35AM; **ASIAN M CUBE** 10.45AM; **ASIAN CINESQUARE** 1.15PM; **KUMAR** 11.30AM, 2.30, 6.00, 9.00PM; **TIVOLI CINEMA** 4.40PM; **PVR FORUM MALL** 2.30PM.

MONSTER HUNTER (U/A)
58888 Code: mon
PVR NEXT GALLERIA MALL 11.00AM; **SHIVAPARVATHI** 11.45AM, 2.45, 6.45, 9.45PM.

30 ROJULLO PREMINCHADAM ELA (U/A)
58888 Code: 30r
AMB CINEMAS 1.15PM, 7.15, 10.30PM; **ASIAN CINEPLANET** 4.25PM, 10.20PM; **ASIAN CINESQUARE** 1.25PM, 7.30, 10.25PM; **AARADHANA** 11.00, 2.00, 6.00, 9.00PM; **ASIAN MUKTA** (Narapally) 1.40PM, 7.20PM; **ASIAN M CUBE** 4.30PM, 10.25PM; ASIAN GPR 1.35PM, 7.15PM; **MIRAJ** (Balanagar) 2.10PM, 4.25, 10.15PM; **BVK** 4.40PM; BIG CINEMAS 10.00AM, 4.40, 11.00PM; **LAKSHMIKALA** (Moosapet) 6.20PM, 9.45PM; **CINEPOLIS SUDHA** 12.30PM, 7.20, 10.30PM; **CINEPOLIS DSL MALL** (Uppal) 12.15PM, 6.15, 9.35PM; **CINEPOLIS** (Attapur) 12.15PM, 6.30, 9.55PM; **CINEPOLIS** (Malkajgiri) 12.15PM, 6.40, 10.05PM; **MIRAJ SHALINI** 2.00PM, 4.30, 10.15PM; **GANESH** 11.15AM, 2.15, 6.15, 9.15PM; **INOX MP MALL** 10.05AM, 4.25, 10.30PM; **INOX GSM MALL** 11.45AM, 3.10, 7.05, 10.00PM; **INOX GVK MALL** 11.15AM, 2.40, 6.05, 9.30PM; **PVR IRRUM MANZIL** 12.15PM, 3.20, 6.25, 9.25PM; **MIRAJ** (Chandanagar) 12.30PM, 7.00, 10.00PM; **JYOTHI** 11.00, 2.00, 6.00, 9.00PM; **MALLIKARJUNA** 11.15AM, 2.30, 6.15, 9.15PM; **PVR NEXT GALLERIA MALL** 10.10AM, 1.15, 4.20, 7.20, 10.30PM; **PRASADS MULTIPLEX** 1.45PM, 4.30, 7.15PM; **PVR INROBIT MALL** 12.15PM, 3.20, 6.25, 10.20PM; **PVR RK** 1.00PM, 7.10PM; **PVR MUSARAMBAGH** 12.30PM, 3.35, 6.40, 9.30PM; PVR CENTAL 10.40AM, 1.45, 4.50, 7.20, 11.00PM; **PLATINUM MOVIE** 10.00AM, 3.15, 7.30PM; PVR ICON 12.00, 3.05, 6.10, 9.15PM; **RADHIKA** 1.35PM, 7.15PM; **SUDARSHAN** 11.00AM, 2.15, 6.00, 9.00PM; **ASIAN SHIVAGANGA** 2.00PM; **SHA** 6.00PM; **TIVOLI CINEMA** 1.30PM, 7.30PM; **PVR FORUM MALL** 11.10AM, 1.55, 4.10, 7.15, 10.20PM; **SUSHMA** 11.15AM, 2.15, 6.15, 9.15PM; **SRINIVASA** 11.15AM, 2.15, 6.15, 9.15PM.

RED (U/A) ★★½
58888 Code: red
CINEPOLIS DSL MALL (Uppal) 9.55PM; **CINEPOLIS** (Malkajgiri) 10.30AM, 9.20PM; **CINEPOLIS** (Attapur) 1.00PM, 10.05PM; **CINEPOLIS SUDHA** 3.55PM; **INOX GSM MALL** 12.10PM, 6.20PM; **INOX GVK MALL** 10.30PM; **INOX MP MALL** 12.45PM, 10.10PM; **MIRAJ** (Balanagar) 4.05PM; **MIRAJ SHALINI** 4.45PM; **PLATINUM** 1.30PM, 7.30PM; **PVR ICON** 4.15PM; **PVR CENTRAL** 10.50AM, 7.05PM; **PVR IRRUM MANZIL** 3.25, 9.45PM; **PVR RK** 4.05PM; **PVR FORUM MALL** 10.50AM, 4.50, 7.55, 11.00PM; **PVR INORBIT MALL** 1.05PM, 7.25PM; **PVR MUSARAMBAGH** 10.15PM; PVR NEXT GALLERIA MALL 2.00PM, 7.55PM; **TIVOLI CINEMA** 1.40PM, 7.20PM.

KRACK (U/A) ★★★½
58888 Code: kra
AMB CINEMAS 1.35PM, 7.30PM; **ASIAN CINESQUARE** 7.15PM; **ASIAN M CUBE** 7.20PM; **ASIAN MUKTA** (Narapally) 7.20PM; **ASIAN M CUBE** 7.20PM; **ASIAN SHA** 6.15PM; **ASIAN CINEPLANET** 7.25PM; **ASIAN MUKTA** (Narapally) 7.20PM; **ASIAN CINESQUARE** 7.15PM **ASIAN GPR** 4.35PM; **BVK MULTIPLEX** 10.25PM; **BIG CINEMAS** 10.25AM, 1.25, 4.25, 7.25, 10.25PM; **CINEPOLIS** (Malkajgiri) 3.50PM, 10.15PM; **RADHIKA** 7.35PM; **CINEPOLIS DSL MALL** (Uppal) 12.00PM, 6.30PM; **CINEPOLIS SUDHA** 3.20PM, 9.50PM; **CINEPOLIS** (Attapur) 12.00PM, 6.30PM; **CINEPOLIS DSL MALL** (Uppal) 12.00PM, 6.30PM; **INOX GSM MALL** 12.00PM, 3.30, 6.35, 10.30PM; **INOX GVK MALL** 12.40PM, 6.25, 10.00PM; MIRAJ (Chandanagar) 3.45PM; **INOX MP MALL** 1.50PM, 7.10PM; **MIRAJ SHALINI SHIVANI** 10.30AM, 7.45PM; PRASADS 2.00PM; **PVR FORUM MALL** 10.00AM, 1.15, 4.30, 7.45, 11.00PM; **PVR CENTRAL** 3.50PM, 10.10PM; **PVR INROBIT MALL** 11.55AM, 4.10, 10.30PM; **PVR RK** 1.55PM, 10.45PM; **PVR MUSARAMBAGH** 1.45PM, 7.00PM; **PRASADS MULTIPLEX** 2.00, 11.00PM; **PVR NEXT GALLERIA MALL** 10.45AM, 7.25, 11.00PM; **PVR MUSARAMBAGH** 1.45PM, 7.00PM; **PLATINUM MOVIE** 10.30AM, 1.50, 6.30, 10.15PM; **PVR IRRUM MANZIL** 12.10PM, 6.30PM; **SVR SHIVASHAKTHI** 11.00, 2.00, 6.00, 9.00PM; **RADHIKA** 7.35PM; **SHIVA** 11.15AM, 6.00PM; **SRILAKSHMI KALAMANDIR** 11.30, 2.30, 6.30, 9.30PM; **SAPTAGIRI** 11.00AM, 2.00, 6.00, 9.00PM; **SHIVA** 11.15AM, 6.00PM.

MASTER (U/A) ★★★½
58888 Code: mas
AMB CINEMAS 7.00P; **PLATINUM MOVIE** 10.30AM, 6.00PM.

ALLUDU ADHURS (U/A) ★★½
58888 Code: all
VISHWANATH 11.45AM, 2.45, 6.45, 9.45PM; **KRISHNA CINEMA** 11.00, 2.00, 6.00, 9.00PM.

HINDI

BOLO HAU (U) ★★
58888 Code: bol
PVR NEXT GALLERIA MALL 5.10PM; **CNEPOLIS SUDHA** 9.40PM.

MONSTER HUNTER (U/A)
58888 Code: mon
TARAKARAMA 11.15AM, 6.00PM.

ENGLISH

MONSTER HUNTER (A)
58888 Code: mon
ASIAN M CUBE 1.40PM, 7.45, 10.45PM; **ASIAN RADHIKA** 1.55PM, 4.45, 10.30PM; **ASIAN CINESQUARE** 10.55AM, 1.55, 4.55, 7.45, 10.40PM; **ASIAN CINEPLANET** 1.25PM, 7.50, 10.35PM; **AMB CINEMAS** 11.05AM, 1.20, 3.50, 6.45, 9.50, 10.15PM; **CINEPOLIS SUDHA** 12.40, 8.00PM; **CINEPOLIS** (Attapur) 10.20AM, 2.10, 4.25, 7.30PM; **BVK MULTIPLEX** 12.00PM, 2.30, 7.45, 10.30PM; **ASIAN MUKTA** (Narapally) 10.55AM, 1.55, 4.55, 7.45, 10.40PM; **CINEPOLIS** (Malkajgiri) 11.30AM, 2.10, 4.50, 7.30, 10.10PM; **INOX MP MALL** 11.10AM, 2.05, 4.50, 7.35, 10.20PM; **INOX GVK MALL** 10.00AM, 12.00, 2.45, 4.15, 5.30, 8.15, 10.00, 11.00PM; **INOX GSM MALL** 12.50PM, 3.45, 6.30, 9.15PM; **MIRAJ SHALINI** 11.20AM, 2.00, 4.40, 7.20, 10.00PM; **MIRAJ** (Balanagar) 2.15PM, 10.00PM; **ASIAN GPR** 1.55PM, 7.35, 10.25PM; **PVR MUSARAMBAGH** 1.00, 3.30, 5.006.00, 7.30, 8.30, 10.00PM; **PVR IRRUM MANZIL** 1.00, 3.30, 5.15, 6.00, 8.30, 10.30PM; **PVR INORBIT MALL** 10.45AM, 12.00, 2.30, 5.00, 6.00, 7.30, 8.30, 10.00, 11.00PM; **PVR RK** 11.30AM, 2.00, 4.30, 7.00, 9.30PM; **MIRAJ** (Chandanagar) 6.30PM; **PRASADS LARGE SCREEN** 11.30, 1.45, 6.30, 11.15PM; **PVR CENTRAL** 11.00AM, 1.30, 4.00, 5.05, 6.30, 9.00PM; **PLATINUM** 10.30AM, 1.00, 3.15, 5.50, 8.00, 10.30PM; **PVR FORUM MALL** 11.25AM, 1.00, 3.30, 6.00, 7.30, 8.30, 10.00, 11.00PM; **PVR ICON** 2.30PM, 3.30, 5.00, 6.00, 7.30, 8.30, 10.00PM; **PVR NEXT GALLERIA MALL** 11.00AM, 12.15, 1.30, 2.45, 4.00, 5.15, 6.30, 7.45, 9.00, 10.15PM; **SHIVAGANGA** 2.15PM, 9.15PM; **TIVOLI CINEMA** 11.30AM, 1.45, 7.15, 10.15PM.

★ Trash ★½ Poor ★★ Below Average ★★½ Average ★★★ Above Average ★★★½ Good ★★★★ Very Good ★★★★ ½ Very Good + ★★★★★ Outstanding

On occasions, the cinema listings in print may not reflect the actual shows running in theatres on account of mid-week changes in schedules, which have either not been communicated to us, or not communicated in time to meet print timelines. While any inconvenience caused to readers on this account is regretted, the responsibility for it is the individual theatre/ multiplex's.

Get movie details on mobile

- Type ASK <space> movie name <space>Hyderabad and send to 58888 to get the latest movie timings and theatres

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 or 5) <space> • Add your comments if any and send to 58888. **Eg: rev rar 2.5 Average movie.** To read your review, go to review.timesofindia.com

BENNETT UNIVERSITY
THE TIMES GROUP
bennett.edu.in
ENGINEERING | MANAGEMENT | MEDIA | LAW | LIBERAL ARTS

SUDOKU CHALLENGE

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

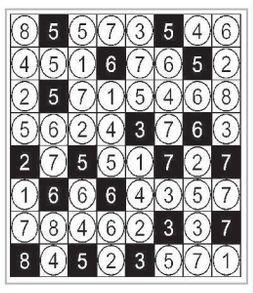
Level: Medium

How To Play
Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution.

TIMES HITORI

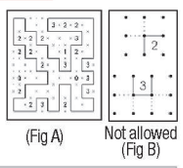
How to play
1. A number may appear just once in each row or column. Eliminate repeat numbers by darkening cells. (see example)
2. Darkened cells must never be adjacent in a row or column.
3. Unmarked cells must create a single continuous area, undivided by darkened cells.
4. Every time you darken a cell, 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)

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

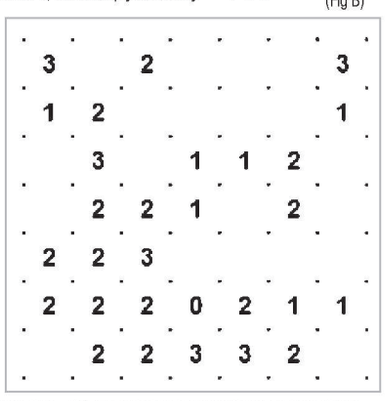


LOOP THE LOOP

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.



(Fig A) Not allowed (Fig B)

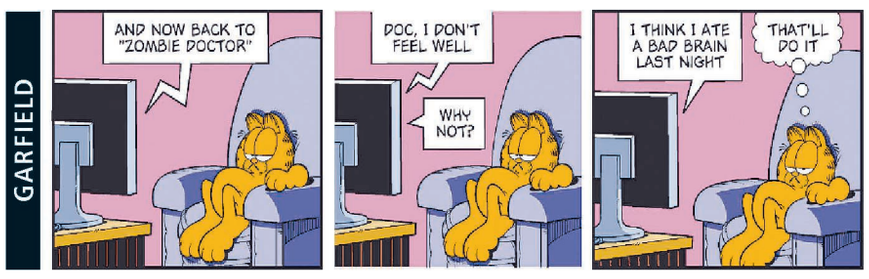


How to begin: Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended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

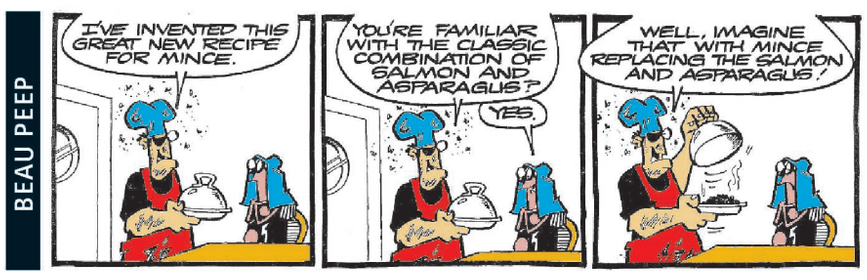
#GoodRiddance2020

GARFIELD



ANIMAL CRACKERS

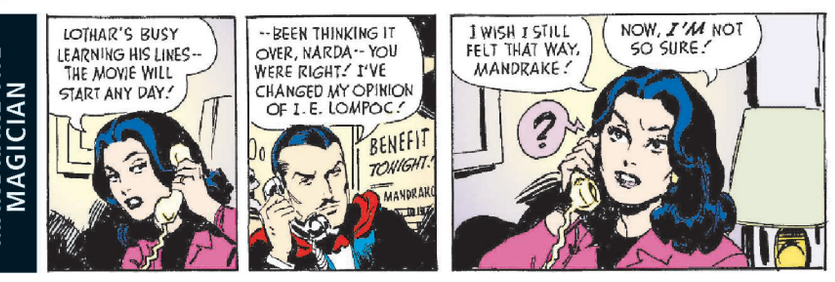
BEAU PEEP



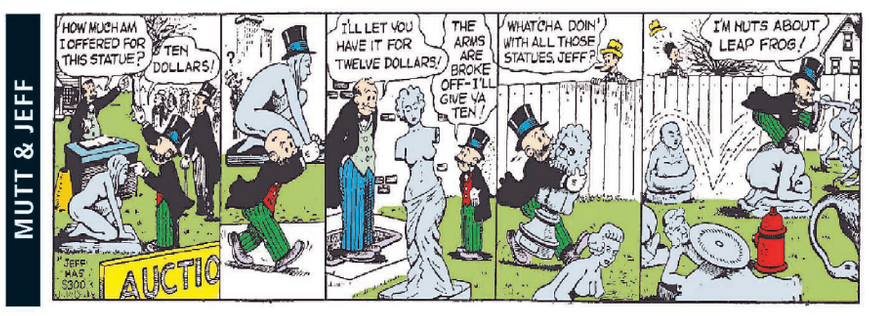
BIG NATE

B.C.

MANDRAKE THE MAGICIAN



MUTT & JEFF



SCRAMBLE

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

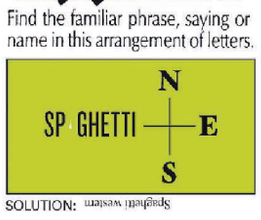
TRAVE
CIILT
EORXCT
ALSTVY

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.

Sometimes ___ is a compulsion, not an ambition
- Ed Norton (10)

WHATZIT?

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



SOLUTION: Spaghetti western

THE BETTER HALF

"If they can make cheating codes for games, why can't they make them for investments?"

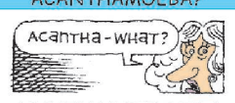
MINDBENDER

You may praise your good fortune and curse all you hate,
Yet I rule all your chaos and gamble your fate.
By some I'm avoided by others I'm game,
Called by fat or slim, my meaning's the same.

What am I?

HEALTH CAPSULE

HOW DOES A PERSON GET INFECTED WITH ACANTHAMOEBA?



ACANTHAMOEBA IS A TYPE OF AMOEBA THAT IS FOUND IN WATER AND SOIL. IF AN AMOEBA IS ABLE TO ENTER THE BODY BY WAY OF A CUT OR EYE TRAUMA, IT CAN CAUSE A SERIOUS INFECTION. IF THE INFECTION HAS NOT SPREAD TO THE CENTRAL NERVOUS SYSTEM, IT CAN BE SUCCESSFULLY TREATED WITH ANTIBIOTICS.

SPELLATHON

Today's Ratings:
01-average | 02-good | 03-outstanding

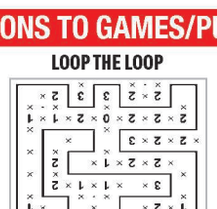
How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word must contain the central letter. There should be at least one seven letter word. Plurals, foreign words and proper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

SOLUTIONS TO GAMES/PUZZLES

TIMES SUDOKU

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

LOOP THE LOOP



TIMES HITORI

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