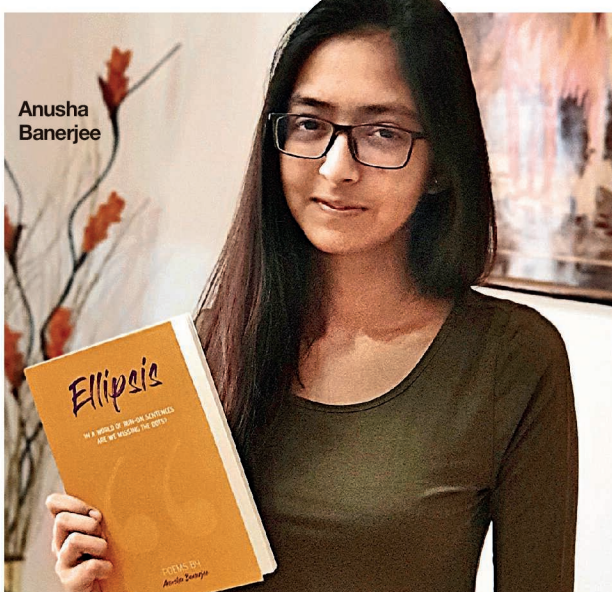


Hyderabadi teen's debut book of poems mulls on the need to pause and enjoy the ellipses in life

Growing up, 17-yr-old Anusha Banerjee, was a shy, quiet kid. But she always found a lot to muse about. When the thoughts couldn't stay within, she let them bubble out as verse. And that's how her very first book, *Ellipsis*, an anthology of 15 poems, was born. Talking about her poetry, the 12th grader who is studying science at Oakridge International School, Gachibowli, says, "Ellipsis acts like an interlude, emphasising the fact that very often the meaning is hidden in what is missed, or left unsaid. This is true of life as well. That's what my poems reflect. They talk about all that we miss out on when we unknowingly race along, like a run-on sentence, forgetting to use commas, dashes or find time for an extensive pause..."



Anusha Banerjee

A published book at 17 is achievement alright, but Anusha says she's always been a writer at heart, ever since she began at the age of 10. While writing is her first love, she aspires to pursue a career in scientific research, alongside writing.

Needless to say, her teachers are proud of her: "We are happy to see her enjoy this sense of freedom to think, doubt, let her mind wander and wonder, and find comfort in being herself at Oakridge. The school has been like a home for her, where she learnt to explore and grow a little more each day, to create space

MY POEMS TALK ABOUT ALL THAT WE MISS OUT ON WHEN WE RACE ALONG IN LIFE WITHOUT A PAUSE....

for every-thing interesting that captured her imagination", says Babita Deou, Anusha's class teacher. Hema Chennupaty, Principal, Oakridge Gachibowli says, "We are very proud of Anusha's achievement. She is not only doing very well academically but has carved out time to create this

beautiful anthology of poems. This book shows her maturity and remarkable insight into life at such a tender age. At Oakridge, we encourage our students to go after their dreams, to not be afraid to express their thoughts, feelings and ideas, and to always be creative. While all credit goes to her for making the most of her time and talent, I'd also give kudos to her parents for their encouragement and support and her teachers for their guidance."

Planning a baby? Try this to boost your fertility

Although many couples yearn for a child, parenthood doesn't happen quickly or easily for a few. Here are some steps to help improve fertility and increase your ability to conceive.

- **Maintain a healthy balanced diet:** Extremely high or low BMI leads to hormonal imbalances resulting in infertility. Hence maintaining an optimal BMI is essential
- **Stop or avoid smoking and alcohol intake:** Smoking adds 10yrs to your fertility age, causes ovulatory problems, reduces egg quality and sperm count and motility, causes erectile dysfunction (compared to non-smokers) and also affects sperm DNA. Alcohol intake reduces libido and decreases the percentage of normal sperms.
- **Cut back on caffeine and colas:** Caffeine and cola causes reduced sperm motility. In women, the muscle activity in fallopian tubes that carry the egg from the uterus to the womb is also reduced.
- **Have intercourse at the right time:** The best time to conceive is during a woman's "fertile window". Ovulation occurs when the ovaries release an egg, which travels down the fallopian tube and survives for 12-24 hours. You can get pregnant if the egg fertilizes with a sperm, chances are highest within 24 hours of ovulation and one day before ovulation. But as the sperm can live upto three to five days in the reproductive tract, it's also possible to get pregnant by having intercourse in the five days leading upto ovulation.



Dr Sneha Shetty
 Women who are 35 years and older, with irregular periods, with a history of pelvic infections, previous abortions or other health issues which may affect fertility or pregnancy should seek a specialist right away.
Dr. Sneha Shetty, Consultant Reproductive Medicine DGO, Fellowship in Minimal Access Surgery, Fellowship in Reproductive Medicine & IVF - LONDON
 Branches: Hitec City, Malakpet, Miyapur, Suchitra
 Call: 8880 747474
 Know more: www.hegdefertility.com

- **Reduce stress:** As trying to get pregnant can be stressful, try to limit other stressors in personal and work life. Take time to relax by incorporating walking, yoga or meditation into your daily routine
- **Avoid lubricants during intercourse:** Studies show that most over-the-counter lubricants used to combat dryness during sexual intercourse, can affect the quality of sperms and reduce sperms' motility. Choose fertility-friendly lubricants instead.
- **Avoid over-the-counter medications and supplements:** Talk to your doctor about any medica-

CINEMA

CHAKRA (U/A) ★★
 58888 Code: cha
 Veshal, Shradha Srinath
 An officer has to go on a mission to crack down on cyber-crime. A bunch of goons wreak havoc on the internet and he must stop them before it's too late.

ASIAN M CUBE 10.35AM, 10.40PM; **AMBA** 11.30AM, 2.30, 6.30, 9.30PM; **ASIAN MUKTA** (Narapally) 10.20AM, 1.45, 7.40, 10.45PM; **ASIAN GPR** 10.30AM, 1.50, 7.50PM; **ASIAN CINELANET** 10.40AM, 4.20, 7.35PM; **AMB CINEMAS** 10.30AM, 1.20, 7.15, 10.45PM; **ASIAN CINESQUARE** 10.30AM, 1.35, 4.20, 7.45, 10.10PM; **BRAMARAMBA** 6.30, 9.45PM; **BVK MULTIPLEX** 1.55PM, 7.50PM; **DEVI** 11.00AM, 2.15, 6.00, 9.00PM; **LAKSHMI** (Shamshabad) 11.30AM, 2.30, 6.00, 9.00PM; **JYOTHI** 11.00, 2.00, 6.00, 9.00PM; **MUKTA RAMAKRISHNA** 11.15AM, 2.30, 6.00, 9.00PM; **MEGHA** 11.15AM, 2.15, 6.15, 9.15PM; **SHIVA GANGA** 11.15AM, 9.15PM; **LAKSHMIKALA** 11.15AM, 6.15PM; **PRASADS** 10.15AM, 12.45, 8.30, 11.00PM; **RADHIKA** 4.30PM, 10.15PM; **SHA** 11.30AM, 9.45PM; **TARAKARAMA** 2.15PM, 9.00PM; **SREERAMANA** 11.00AM, 2.00, 6.00, 9.00PM; **VLS SRIDEVI** 11.30AM, 2.30, 6.15, 9.15PM; **TIVOLI CINEMA** 11.15AM, 4.15, 10.45PM; **VJAYANTHI** 6.00, 9.00PM; **VJETHA** 11.00, 2.00PM; **VINAY** 11.15AM, 9.15PM; **PLATINUM** 10.50AM, 1.15, 7.00, 11.00PM; **SAIRANGA** 11.00, 2.00, 6.00, 9.00PM; **SRAIRANGA** 11.00, 2.00, 6.00, 9.00PM; **SRSIAIPUJA** 6.00, 9.00PM; **SVR SHIV** 11.00AM, 2.00, 6.00, 9.00PM; **BHULJANGA** 11.00AM, 2.00, 6.00, 9.00PM.

2.00, 6.00, 9.00PM
NAANDHI (U/A) ★★★
 58888 Code: naa
 Alia Naresh, Varalaxmi Sarathikumar
 Surya Prakash is an under-trial prisoner who is languishing in jail awaiting judgement for a crime he did not commit. How does he manage to escape his situation?

AMB CINEMAS 10.20AM, 1.00, 7.35, 10.40PM; **ASIAN M CUBE** 1.45PM, 7.45PM; **ASIAN CINELANET** 4.45PM, 10.35PM; **ASIAN MUKTA** 1.45PM, 7.20PM; **ASIAN CINESQUARE** 10.25AM, 7.25PM; **ASIAN GPR** 4.40AM, 4.30, 10.25PM; **BVK** 11.00AM, 4.45PM; **BIG CINEMAS** 10.20AM, 1.25, 7.40, 10.40PM; **CINELIPS SUDHA** 11.00AM, 2.10, 7.50PM; **CINELIPS DSL MALL** (Uppal) 12.20PM, 3.45, 9.50PM; **INOX GSM MALL** 12.25PM, 3.50, 7.15, 10.40PM; **INOX MP MALL** 1.25PM, 7.25, 10.50PM; **MIRAJ** (Balangar) 101.5AM, 4.35, 11.00PM; **MIRAJ** (Chandanager) 3.45PM; **MIRAJ SHALINI** 101.5AM, 4.40, 11.00PM; **INOX GVK MALL** 10.30AM, 3.45, 10.30PM; **LAKSHMIKALA** 2.30PM, 9.30PM; **RADHIKA** 10.30PM; **PLATINUM MOVIE** 12.15PM, 6.00, 10.30PM; **PVR ICON** 1.10PM, 7.35PM; **PVR CENTRAL** 10.45AM, 4.40, 10.50PM; **PVR INORBIT MALL** 1.30PM, 4.25, 10.40PM; **PVR IRRUM MANZIL** 12.45PM, 7.40, 9.45PM; **PVR PRESTON PRIME** 7.10, 10.30PM; **PVR RK** 11.00AM, 7.50PM; **PRASADS MULTIPLEX** 2.30PM, 5.15, 8.15, 11.00PM; **PVR FORUM** 10.10AM, 1.20, 4.30, 7.40, 10.40PM; **PVR MUsARAMBAGH** 1.00PM, 7.05, 9.30PM; **PVR NEXT GALLERIA MALL** 10.20AM, 1.30, 7.00, 10.40PM; **SHIVA** 2.15PM, 9.45PM.

2.45PM; SANDHYA 11.00AM, 2.00, 6.00, 9.00PM; **S2 MALLAPUR** 12.35PM, 7.05PM; **SRSIAIPUJA** 11.00AM, 2.00PM; **TIVOLI CINEMA** 10.40AM, 1.50, 7.50PM; **VJETHA** 6.00PM, 9.00PM; **VJAYANTHI** 11.00AM, 2.00PM.

POGARU (U/A) ★★
 58888 Code: pog
 Dhruva Sarja, Rashmika Mandanna
 Shiv is someone who always stands up against injustice. When he gains the support of locals, it sets him down a path he cannot return from.

ASIAN CINEMAS 10.25AM, 1.45, 7.00PM; **ASIAN CINELANET** 1.35PM; **ASIAN CINESQUARE** 1.15PM, 4.20, 10.20PM; **ASIAN M CUBE** 1.35PM, 10.10PM; **ASIAN MUKTA** (Narapally) 10.20AM, 4.20, 10.20PM; **ASIAN GPR** 4.45PM, 10.30PM; **BVK MULTIPLEX** 1.50PM, 7.50PM; **BIG CINEMAS** 10.05AM, 4.30, 7.15, 10.20PM; **INOX GSM MALL** 12.05PM, 3.40, 7.15, 10.50PM; **INOX MP MALL** 12.45PM, 6.55, 0.30PM; **KUMAR** 11.30AM, 2.30, 6.00, 9.00PM; **MIRAJ** (Balangar) 2.25PM, 7.05, 10.45PM; **MIRAJ** (Chandanager) 3.30PM, 10.00PM; **MIRAJ SHALINI** 2.30PM, 7.10, 10.45PM; **METRO** 11.30AM, 2.30, 6.00, 9.00PM; **LAKSHMIKALA** 11.15AM, 6.15PM; **RADHIKA** 4.35PM; **PRASADS MULTIPLEX** 11.45AM, 8.00PM; **PLATINUM** 4.25PM, 7.50, 11.00PM; **PVR CENTRAL** 12.35PM, 3.55, 7.10, 10.10PM; **PVR INORBIT MALL** 11.45AM, 3.05, 6.25PM; **PVR IRRUM MANZIL** 12.30PM, 3.50, 7.10, 10.30PM; **PVR PRESTON PRIME** 7.10, 10.30PM; **PVR RK** 2.25PM, 11.05PM; **PVR FORUM MALL** 10.50AM, 12.00, 4.00, 7.20, 10.40PM; **PVR MUsARAMBAGH** 12.45PM, 4.05, 7.25, 10.45PM; **PVR NEXT GALLERIA MALL** 11.45AM, 3.05, 6.25, 10.10PM; **TARAKARAMA** 11.15AM, 6.00PM; **SHIVAPARVATHI** 11.30AM, 2.30, 6.30, 9.30PM; **S2 MALLAPUR** 11.25AM, 3.45, 10.15PM; **ASIAN CINEMAS** 11.00AM, 2.00, 6.00, 9.00PM; **SV CINESQUARE** 11.00AM, 2.00, 6.00, 9.00PM; **SANDHYA** 11.00AM, 2.00, 6.00, 9.00PM; **VENKATASA** 11.00AM, 2.00, 6.00, 9.00PM; **TIVOLI CINEMA** 1.40PM, 7.45PM.

KAPATDHARI (U/A) ★★
 58888 Code: kap
 Sumanth, Nandita Swetha, Nasser, Suman Ranganath
 Sub-Inspector, Traffic: Gautam is tired of the same old job and wants to transfer. He reopens a 40-year-old case when a child discovers buried bones.

ASIAN CINELANET 10.45AM, 1.45, 7.35PM; **ARJUN RUM MALL** 11.30AM, 2.30, 6.30, 9.30PM; **S2 MALLAPUR** 11.25AM, 3.45, 10.15PM; **ASIAN CINEMAS** 10.25AM, 1.15, 4.20, 7.25, 10.20PM; **ASIAN M CUBE** 11.00AM, 2.00, 6.00, 9.00PM; **SV CINESQUARE** 11.00AM, 2.00, 6.00, 9.00PM; **SANDHYA** 11.00AM, 2.00, 6.00, 9.00PM; **VENKATASA** 11.00AM, 2.00, 6.00, 9.00PM; **TIVOLI CINEMA** 1.40PM, 7.45PM.

★ Trash ★★ Poor ★★ Below Average ★★ Average ★★ Above Average ★★ Good ★★ Very Good ★★ ★★ 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.

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SUDOKU CHALLENGE

Level: Medium

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

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.

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)

TIMES HITORI

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

Rules
 1. Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A)
 2. Crossovers or branches are not allowed (As shown by dotted lines in Fig B)
 3. Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines.
 4. You can't draw lines around zeroes.
 5. 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)

LOOP THE LOOP

Rules
 1. Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A)
 2. Crossovers or branches are not allowed (As shown by dotted lines in Fig B)
 3. Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines.
 4. You can't draw lines around zeroes.
 5. 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

THIS YEAR I THOUGHT I'D GIVE YOU SOMETHING TRADITIONAL...
 THAT I MADE MYSELF!
 WHAT'S THAT?
 A SALTED GNAT ROLL, PLS IN!

ANIMAL CRACKERS

11 MORE DAYS TILL CHRISTMAS!

BEAU PEEP

LEARN THE WALTZ DANCE OF THE ROMANTIC!
 LEARN THE TANGO DANCE OF THE PASSIONATE!
 LEARN THE HOKEY COKEY DANCE OF THE LOONIES!

BIG NATE

HI, GRAM! OOOH! THEY'RE NOT FOR US, THEY'RE FOR THE CHURCH CRINKLES!
 YES, BUT THEY'RE NOT FOR US, THEY'RE FOR THE CHURCH COOKIE SWAP!
 WHAT'S THAT?
 A HOLIDAY GET TOGETHER, YOU BRING A PLATE OF YOUR OWN COOKIES...
 AND YOU LEAVE WITH A PLATE OF OTHER PEOPLE'S COOKIES!
 BUT THAT'S NOT A FAIR SWAP! YOUR COOKIES ARE BETTER THAN OTHER PEOPLE'S!
 WELL, I DON'T! THIS IS AN OUTRAGE!

B.C.

ELECTION BALLOTS.
 FROM 2016?
 YOU WANT FASTER? HIRE A PONY.

MANDRAKE THE MAGICIAN

JUST BEFORE THAT HEAVY LIGHT FELL, I'D SWEAR I SAW SOMEBODY UP ON THE PLATFORM!
 I LOOKED UP TOO... BUT IT WAS EMPTY!
 LOATHR THINKS IT WAS AN ACCIDENT-- BUT I'M NOT SO SURE...
 SOMEBODY WAS SUPPOSED TO GET HURT... --BUT WHO? LOATHR-- OR ME?

MUTT & JEFF

OH, MY GOSH, WOT A ROAD-- ARE THEY KIDDING?
 ER, EXCUSE ME M'AM, BUT DO YOU WEAR FALSE TEETH?
 SIR!
 OH, I DON'T MEAN TO BE CURIOUS BUT THIS ROAD IS SO BAD IF YOUR TEETH AIN'T GOOD AND FAST YOU'D BETTER PUT 'EM IN YOUR POCKET!

SCRAMBLE

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

LYEER
KKIOS
TONICS
AERRPP

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

All our knowledge has its origins in our
 -Leonardo da Vinci (11)

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

VALUE

SOLUTION: arpa Rudraswamy

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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

THE BETTER HALF

ROTATE CHIPS

"I'm not lazy! I prefer to think of myself as the Jedi Master of Stress Management!"

MINDBENDER

I am a path situated between high natural masses. Remove my first letter & you have a path situated between man-made masses.

What am I?

HEALTH CAPSULE

HOW LONG DOES IT TAKE FOR SALT TO RAISE MY BLOOD PRESSURE?
 WHAT? JUST ONE MEAL?

A SINGLE MEAL WILL DO IT. IN ONE STUDY, PARTICIPANTS WERE GIVEN A MEAL CONTAINING 4 GRAMS OF SALT, MUCH MORE THAN YOU'D FIND IN A TYPICAL MEAL. THIS AMOUNT OF SALT IMMEDIATELY CAUSED A SPIKE IN ARTERIAL SODIUM AS WELL AS AN INCREASE IN BLOOD PRESSURE.

SPELLATHON

Today's Ratings:
 17-average | 19-good | 21-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.

THEATRA

FinOlex FORTUNE

anupamvkapil@gmail.com | 1800 200 3466

BIRTHDAY TODAY
 The monotonous routine of your life will make you feel low. Listen to good music and relax. Tip: Your lucky colours are crimson, red, gold, orange, yellow and golden brown. Your lucky gems are diamond, ruby, topaz and garnet. You share your birthday with: Shahid Kapoor

SOLUTIONS TO GAMES/PUZZLES

TIMES SUDOKU

9	6	1	8	9	2	7		
8	2	6	9	2	1	8	7	
7	8	2	6	1	9	9	6	
2	1	8	6	7	9	9	6	
8	9	1	2	9	1	6	9	
6	9	2	7	1	8	9	1	
8	9	9	6	9	8	6	7	
1	2	6	9	8	6	7	9	

LOOP THE LOOP

TIMES HITORI

9	6	1	8	9	2	7		
8	2	6	9	2	1	8	7	
7	8	2	6	1	9	9	6	
2	1	8	6	7	9	9	6	
8	9	1	2	9	1	6	9	
6	9	2	7	1	8	9	1	
8	9	9	6	9	8	6	7	
1	2	6	9	8	6	7	9	

SCRAMBLE
 arpa, Rudraswamy

MINDBENDER
 Valley and ally

SOLUTIONS TO GAMES/PUZZLES

THE BETTER HALF
 ROTATE CHIPS

MINDBENDER
 Valley and ally