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MidWeek LIFESTYLE

ALIA BHATT LOOKS REFRESHING
ON MAGAZINE COVER | P33

happy diwali



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AISHWARYA RAI BIRTHDAY: HOW SHE CAPTURED INDIA'S ATTENTION BEFORE HER DEBUT, CONTINUES TO BE A STAR AT 48



ON AISHWARYA RAI'S 48TH BIRTHDAY, HERE'S LOOKING AT THE STARDOM OF THE 'MOST BEAUTIFUL WOMAN' WHO WAS FAMOUS WAY BEFORE SHE APPEARED IN THE MOVIES.

DETAILS ON PAGE 32

2022 XC40 RECHARGE FEATURES INCREASED RANGE, STREAMLINED OPTIONS, AND COMPLIMENTARY CARE OFFER



RICHMOND HILL, ON – The Volvo XC40 Recharge luxury compact SUV, the first of many pure-electric vehicles from the Swedish carmaker benefits from a range of enhancements for Model Year 2022. Updates to the vehicle's powertrain have added an extra 24 kms of range. The pure-electric SUV is now estimated to deliver 359 kms on a single charge; and owners of existing 2021 models will also be able to increase range via a forthcoming software update. The new XC40 Recharge can charge from ten to 80 percent on a DC fast-charger in 33 minutes. Also new for the 2022 model is a recently introduced heat pump, which has been designed to extend the vehicle's range by an additional 10 percent under certain cold climate conditions. The new XC40 Recharge will be the first Volvo model to benefit from a comprehensive and simplified purchasing and ownership experience. One element will be the inclusion of a 'Care offer' which, in addition to roadside assistance and the full Volvo New Car Warranty, provides owners with complimentary maintenance service and wear coverage on select items for the first 4 years or 80,000 kms.

GTA RENTAL PRICES SURGE WHILE RENTAL LISTINGS DROP DRAMATICALLY: TRREB

Accelerating economic recovery from the pandemic has spurred renewed demand for rental accommodation in 2021. In the third quarter, there was a doubledigit increase in the number of condominium apartment rental transactions reported through the Toronto Regional Real Estate Board's (TRREB) MLS® System. Over the same period, tightening market conditions resulted in an increase in average rents across all unit types. Greater Toronto Area (GTA) REALTORS® reported 16,121 condominium apartment rentals in Q3 2021 - up by 15 per cent compared to Q3 2020.

During the same period, the number of rental units listed was down substantially, by almost one-third. "We have seen a dramatic resurgence in rental demand this year. This demand will be augmented in 2022 and 2023 by record levels of immigration. Unfortunately, the supply of rentals is not keeping pace. The City of Toronto recently announced a new vacancy tax to increase rental supply, but it is not a magic solution. GTA municipalities and the Ontario government must work collaboratively to streamline the planning and development approvals process to alleviate the current supply backlog and to meet the needs of today - let alone the needs of tomorrow," said TRREB President Kevin Crigger.

The average one-bedroom condominium apartment rent was \$2,060 in Q3 2021 - up 2.4 per cent compared to \$2,012 in Q3 2020. The



average two-bedroom condominium apartment rent was \$2,773 in Q3 2021, an increase of four per cent compared to \$2,666 in Q3 2020. "The GTA rental market took about a year to rebound from the pandemic, which speaks to the improvement in the region's labour market and economic outlook. Tightening market conditions suggest the condo apartment vacancy rate has trended lower and average rent growth will continue to accelerate as population growth picks up next year and beyond," said TRREB Chief Market Analyst Jason Mercer.

RIGHT FOOD CAN HELP BEAT DEPRESSION, SAY NUTRITIONISTS



Eating the right food can help beat depression effectively during difficult times, say nutritionists. Troubles linked to personal health, family situation, financial condition, and any other issue which might trigger despair during Covid-19 pandemic is likely to result in causing mental depression among those facing these situations. The common belief is that people when depressed tend to consume food in excess. However, nutritionists say eating the right food will also help people overcome depression. A Lancet report recently indicated that more and more people are suffering from depression related problems due to the after-effects of Covid-19 pandemic. Commenting on linkage between food and depression, Dr N. Malleshwari, Chief Dietician & Nutritionist, Gleneagles Global Hospital said: "Poor food choices and selection of foods might contribute to deficiency of the nutrients which actually can result in depression. Some amino acids like tryptophan, tyrosine, methionine, and phenylalanine are often helpful in treating many mild disorders including depression." Mental depression is a serious problem that affects people around the world, and in many, this could be a life changing occurrence.



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NATIONAL HOMES AND BRIKEN DEVELOPMENTS LAUNCH ONE OF BRAMPTON’S FIRST HIGH-RISE CONDOMINIUMS

EMBRACING THE EVOLUTION OF THE STEELES CORRIDOR AND THE NEW GATEWAY TERMINAL LRT, DUO CONDOS WILL USHER IN A NEW ERA FOR BRAMPTON



SITUATED AT THE CORNER OF MALTA AND STEELES, DUO CONDOS IS ONE OF THE FIRST HIGH-RISE CONDOMINIUMS IN THE CITY OF BRAMPTON. THE FIRST 26-STORY TOWER (PICTURED ON THE LEFT) WILL FEATURE 350 HIGH-QUALITY SUITES.

BRAMPTON: Classified as Canada’s second-fastest-growing city, Brampton is forecasting a 25 per cent growth in population over the next 20 years. Embracing this excitement and the evolution of the Steeles Avenue corridor, National Homes and Brixen Developments launch DUO Condos, one of the first high-rise condominiums in the City of Brampton. The 2.6-acre community, situated at the corner of Malta and Steeles, comprises two towers connected by an expansive outdoor courtyard, setting a new benchmark for transit-oriented, high-rise developments along with this node.

“Since 1992, we have had the great privilege of contributing to Brampton’s growth and evolution, including the development of over 1,850 homes in eight communities,” says Jason Pantalone, President and Managing Partner, National Homes. “Brampton is quickly becoming a new urban centre with its own distinct identity, and we’re thrilled to bring one of the city’s first high-rise condos to life, setting a benchmark for quality in a shared vision with Brixen Developments.” Located at the corner of Malta and Steeles, DUO Condos is at the nucleus of an extensive network of trails, green spaces, transit, highways and schools, including Sheridan College. The Brampton Gateway LRT, which is slated for fall 2024, connects residents to Mississauga, serving 19 stops on the way to Port Credit GO Station. The new community is also conveniently connected to Highways 407, 410, 401 and the QEW, with access to Toronto by car in less than 30 minutes.

“The launch of DUO Condos is an exciting milestone that will transform the way people live in Brampton,” says Andrew Iacobelli, Co-Founder, Brixen Developments. “Situated minutes from the new Brampton Gateway Terminal LRT, DUO Condos will be a model for thoughtful communities, offering much-needed housing options and amenities that cater to the evolving demographics of the city. Along with our partners at National Homes, we look forward to unlocking the potential of this great site and contributing to an already-desirable neighbourhood.”

DUO Condos is the product of an inaugural collaboration between National Homes and Brixen Developments, who have come together to bring a residential living experience that Brampton has never seen before. National Homes has a long-standing history and successful track record in Brampton, while Brixen Developments, a boutique developer specializing in mid and high-rise projects around the GTA, brings deep experience in multi-family development along with in-house construction expertise.

The first 26-storey tower at DUO Condos will feature 350 high-quality suites and will become one of the most affordable communities in the Greater Toronto Area. The majority of suites boast a balcony or terrace, extending residents’ lifestyles beyond their homes. Designed by global architecture firm, IBI Architects, DUO Condos features sawtooth balconies and juxtaposes black and white materiality, creating a striking gateway into Brampton. A brick podium aligns

with the character of the low-rise neighbourhood that surrounds DUO Condos and creates a warm streetscape experience. As the viewer’s eye looks up, the tower creates a strong, modern presence with black metal and glass.

Complementing the City of Brampton’s Active Transportation Master Plan (ATMP), DUO Condos will have a central courtyard that serves as the heart of the community, creating an animated, active public realm. The brick-paved, landscaped courtyard, inspired by a European piazza, will act as a thoroughfare from the low-rise neighbourhood to Steeles Avenue, which will be pedestrianized as part of the ATMP. The outdoor space has been created for residents and the wider community to walk, cycle, or simply sit and enjoy. Spilling out onto the courtyard is 3,500 square feet of ground-floor retail for the first building, creating a new, urban destination for dining and exploring the city. “Creating a strong sense of place and moments of surprise were integral to the design of DUO Condos,” says Mansoor Kazerouni, Global Director of Buildings, IBI Architects. “That comes through in the break between the towers, where an opening draws you in to discover a beautifully landscaped courtyard with an expansive patio and a potential café or retail offering. The design was done sensitively, contextually and in a manner that’s responsive to its surroundings.”

The interiors at DUO Condos are designed by EsQape Design, who embraced flexible spaces that cater to a variety of residents. The spaces are light, functional, and luxurious. A grand two-storey lobby features light colours and finishes complemented by black accents and detailing.

“DUO Condos presented a unique opportunity to introduce urban living in Brampton, with forward-thinking amenities that support residents no matter what their lifestyle needs are. Every space is light-filled to inspire and foster peace of mind. A human-centred design approach that creates a true community was at the heart of our vision,” says Carmen Dragomir, Principal Designer, EsQape Design. Prior to embarking on the design process, EsQape, National Homes, and Brixen consulted multiple focus groups to inform which amenities would be most suitable for the future residents in this evolving neighbourhood. The result is a robust amenity offering with spaces that are multi-functional and flexible, becoming a perfect backdrop for relaxing or hosting social events. This includes a dining and social room, which features a full kitchen and bar. A co-working space is perfect for a variety of needs, featuring small nooks for independent working and large, open-plan tables for collaboration. In consultation with a fitness consultant, an expansive fitness studio features a cardio section, yoga, pilates, spinning and a separate room for private classes or a group session.

The first tower at DUO Condos is a 26-storey, 350 suite condominium with options for a studio, 1 bedroom, 1 plus flex space, 2 bedrooms and 2 plus den. Prices start from the \$400,000s. To register, visit www.duocondos.ca.

VITILIGO: DERMATOLOGIST SHARES MYTHS AND FACTS ABOUT THIS SKIN CONDITION



Vitiligo is a condition that causes pale white patches on the skin. Unfortunately, despite all advancements, there’s still shame and stigma attached to this skin disorder. There are several myths tied to vitiligo that further fuel this stigma.

Dermatologist Dr Madhuri Agarwal, recently, shared a post debunking these myths about vitiligo.

“Vitiligo is a skin disorder that causes depigmentation (loss of skin colour) in irregular patchy patterns. The disorder itself is rare, affecting only about 0.5 per cent to 1 per cent of the world’s population,” the dermatologist said.

Myth: Offspring with white patches in skin born to mixed-race parents suffer from vitiligo.

Fact: Vitiligo is not related to the ethnicity of the parents and most people with white patches may have normal skin colour at birth. She added, “It is a progressive medical condition that generally emerges as discoloured white patches in a person before the age of 20, though it can occur at an older age too.”

Myth: If you see someone with vitiligo, you should turn the other way because it’s contagious.

Fact: Vitiligo is neither contagious nor infectious, and there’s no way to get it from someone else. So, there is no reason to avoid people who may have visible signs of the disorder.

Myth: You can cure vitiligo and return the colour to white patches by rubbing a variety of oils into the skin or taking certain supplements.

Fact: Unfortunately, there is currently no cure for vitiligo. However, there are a number of therapies that people with vitiligo may try including UV light therapy, surgical skin and melanocyte grafts, tattooing and medications.

Dr Agarwal suggested to “speak with your dermatologist to learn about all the options available to address the colour loss of skin” if you have vitiligo.

AISHWARYA RAI BIRTHDAY: HOW SHE CAPTURED INDIA'S ATTENTION BEFORE HER DEBUT, CONTINUES TO BE A STAR AT 48

It has been three years since Aishwarya Rai Bachchan last appeared on the silver screen and if you are one of those who keeps up with the cultural zeitgeist, it will surprise you because Aishwarya often appears in your social media feed, is usually trending on one of the social platforms and is still a bonafide star. It is a common notion that movie stars often step into the spotlight when they have a movie coming up for release, or when there is a controversy surrounding them but contrary to those popular notions, Aishwarya is omnipresent in the age of social media, and that is a privilege enjoyed only by a handful of stars. Despite not having a movie release in a while, Aishwarya still has a fan base that swears by her beauty and celebrates every time she poses for the camera but this celebration of her aura is not a recent phenomenon. Aishwarya was a star even before she entered the movies. When she first appeared in a Pepsi commercial in the early 1990s, she left the audience awestruck with her charismatic appeal, and decades later, one still can’t move on from her beauty which has often overshadowed her other virtues. Even before she won the Miss World competition in 1994, Aishwarya was making waves. In an episode of talk show Jeena Isi Ka Naam Hai, ex-Miss India and fashion writer Meher Castelino revealed that Aishwarya was declared as ‘the face of ’93’ in a Sunday Midday centerspread, which basically put her on the map. It was during the same interview that Prahlad Kakkar spoke about the now-iconic Pepsi ad that changed the trajectory of Aishwarya’s career. “She took 21 takes,” he announced. In the movies, it was with Sanjay Leela Bhansali’s Hum Dil De Chuke Sanam and Subhash Ghai’s Taal that Aishwarya captured the imagination of the audience. In both these films, she was the central figure who drove the story forward. Aishwarya had been a household name ever since she won Miss World in 1994 and even before she made her debut in the movies, she was a known face in the fashion world.

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Alia Bhatt looks refreshing in electric blue jacket on magazine cover

Alia Bhatt has featured on the cover of a magazine's latest issue, looking stunning as ever. The 28-year-old featured on the cover of Elle India's October issue in an electric blue silk duchesse peak lapel double-breasted jacket from Gucci. Keeping the look elegant, the outfit was accessorised with Bulgari jewellery. Alia wore a beautiful Serpenti necklace in white gold, Serpenti Viper bracelet and a ring in white gold. Alia sported subtle makeup, done by Puneet B Saini. Her hair was tied in a low messy ponytail with middle parting. In yet another refreshing look, she teamed an embellished bustier with a long-sleeved knitted top and shiny calf-length black pants, all from Gucci. The look was accessorised with a rose gold pendant necklace, earrings, ring and a bracelet from Bulgari. The actor also looked ethereal in a fern-ruched organza dress from Ralph Lauren, with a rhinestone studded mesh top from H&M. The look was completed with gold stone earrings from Amrapali Jewels, rings and Bulgari bracelets.



FULLY VACCINATED? YOU CAN STILL SPREAD VIRUS AT HOME

LONDON, (IANS) Even if you are fully vaccinated, chances are that you can still catch Covid and pass on the deadly disease to people at home, according to a study published in the journal The Lancet Infectious Diseases on Friday. Households are the site of most SARS-CoV-2 transmission globally. The study, which focussed on densely sampled household contacts exposed to the delta variant, found that even with no or few symptoms, the chance of transmitting the virus to other unvaccinated housemates is about two in five,

or 38 per cent. This drops to one in four, or 25 per cent, if housemates are also fully vaccinated. While Covid vaccines do prevent serious Covid illness and deaths, they are less effective at spreading infections, particularly since the emergence of the more infectious Delta variant. Various studies have also shown the waning protection of these vaccines, effectively pressing the need for boosters. "This finding indicates that breakthrough infections in fully vaccinated people can efficiently transmit infection in the household setting," said corresponding author Prof AjitLalvani, National Heart and Lung Institute, Imperial College London, UK. The study included 440 households in London and Bolton doing PCR Covid tests between September 2020 and September 2021. The results reveal that even after two doses of Covid vaccines people can appear to be just as infectious.

THIS DIWALI SEASON, INCORPORATE THESE HEALTHY EATING HABITS



In India, festival time is when people tend to stray from healthy eating habits and allow themselves to binge-eat, and eat unhealthy food that is typically not a part of their everyday diet. While occasional cheat-meals are okay, one must also learn to consciously stay away from foods that can harm their health and lead to lifelong issues. As we await Diwali, Minal Shah, senior nutrition therapist, Fortis Hospital, Mulund shares some pointers on how one can enjoy the festival of lights, keep their taste buds happy and also not compromise on health.

1. Choose a milk-based dessert like shrikhand, sandesh, mishit doi, kheer, etc. Milk is a good source of first-class protein, and these desserts can easily be made at home with any modifications that we desire.
2. Sugar can be replaced with natural flavoring agents like cinnamon, nutmeg, dry fruits like dates, raisins, and fresh fruits. To an extent, jaggery and honey can also be opted over refined sugar, but with quantity restriction.
3. Make a healthier choice among existing desserts.
 - Choose badam katti (omega-3 fatty acids) over kaju katti.
 - Choose besan laddoo (protein) or peanut laddoo (MUFA) over rava laddoo, Mysore pak (protein) over coconut laddoo.
 - Choose carrot halwa or dudhi halwa (antioxidants/vitamins) or moong dal sheera (protein) over rava sheera.
 - Choose payasam over a regular rice kheer.

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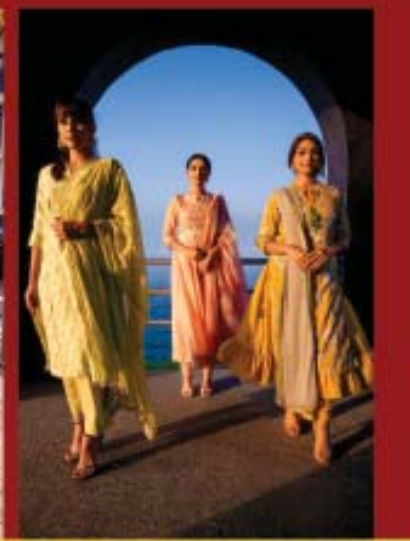

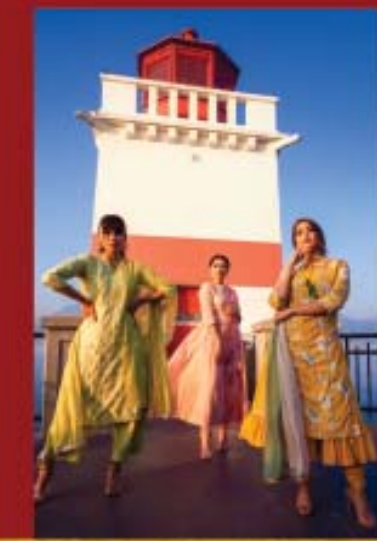
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