



PICS: AFP, GETTY IMAGES

Aditya Roy Kapur and Shraddha Kapoor were rumoured to be dating and reportedly broke up last year

The best way to part company

Hard though it may be, it is possible to keep cool and stay amicable during a separation

glynda.alves@timesgroup.com

It's the season of break-ups. First Brangelina called it quits after 12 years together. The next shocker was the breakdown of 11-year relationship between Naomi Watts and partner Liev Schreiber. While all relationships start with the best of intentions, few end up so. But with a little discipline and stifling of your ego, you can make a break-up less painful and, dare we say, amicable. Here are a few ground rules to follow if you plan on having a cordial uncoupling:

Decisions, decisions, decisions

No, we don't mean deciding what's hers and what's yours. You need to look internally and decide a lot of things with a clear head and calm attitude. You need to decide what is your top priority

in the break-up, excluding the assets. Is it the happiness of your children? Is it your peace of mind? Only you can decide and set the tone for this separation. Decide how you want to feel and make an effort to follow through on those feelings. Handling it without any drama is the key to an amicable break-up.

Make it quick

The longer you take to finalise the details, the harder and more hostile it is going to get. You need to pull the band-aid off and start talking to your partner. Going back and forth isn't going to make the break-up easier a month or even a year from now. Being in a state of limbo, or trying to get back is only going to complicate the situation and make you part on bad terms. The quicker it's done, the less likely it is you will hate the person.

Don't be that guy

We'll know the type. Immediately after they have called it quits on a relationship, they are sleeping around or seeing who else is on the market. If you are trying to have an amicable break-up, you need to reel in those adventurous feelings at first. Do not let a third party get involved because it will complicate the situation and be a surefire way to raise the hackles of yours.

Third party

If you are truly looking for an amicable break-up, there is one third party you can involve: a marriage counsellor or therapist. A therapist can help a couple even once they have decided to part ways. They will give you a neutral space to air grievances and can help come to agreements during a divorce.



Demi Lovato and Wilmer Valderrama went their ways amicably after six years

Liev Schreiber took to social media to wish Naomi Watts on her birthday a day after their split was announced

Kalki Koechlin and Anushka Kashyap have stayed friends after their divorce last year

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Surviving sex with the ex



Nicole Scherzinger and Lewis Hamilton had an on-and-off relationship for eight years

A sex advisor suggests the right time to turn up the heat with a former flame

Break-up sex can be a good or a bad idea. Some find it freeing because they no longer have to impress the ex. A few believe it's a good way to end the relationship. And there are some who are left confused and depressed. Sex advisor Tracey Cox outlines when the idea of sleeping with your former partner is either worth it or should be avoided. According to Cox, you can opt for it if the split was an amicable one. If you both are happy to walk away, you can end it on a good note. You also need to talk through the terms and discuss the parameters of getting involved in this activity. Also, be sure that you are emotionally independent. Do not get manipulated into doing it one last time. However, if you are heartbroken over the break-up, you won't be able to handle getting intimate and later being separated from the one you love. This is a clear no. If you are unclear, do not jump into it. Set things straight and talk it out. Is the voice inside your head indicating that the break-up was a wrong move? If you're not sure, the sex will only add to your confusion. If the sex is great, consider your compatibility when the physical act isn't involved. Think about why you decided to break up. Also, pity sex is the worst idea. Sleeping with someone you've dumped isn't going to do them any favours. —Agencies

MS Dhoni: The Untold Story (Biopic) ★★★★★

Cast: Sushant Singh Rajput, Anupam Kher, Rajesh Sharma, Disha Patani, Kiara Advani, Bhoomika Chawla
Director: Neeraj Pandey
Language: Hindi

If you are a fan of MS Dhoni and cricket (in that order), you are bound to love this film, which reverts its protagonist. Despite the glorification, what works is Sushant Singh Rajput's portrayal of a stoic Dhoni and the latter's inspiring story — his journey from being a ticket collector to a renowned cricketer. Sushant internalises his character without heavily mimicking the cricketer. He even nails Dhoni's iconic helicopter shot and restrained personality. The film's first-half, which showcases Dhoni's initial struggle as an aspiring professional cricketer,



Movie Review

reminds you why sportsmen deserve all the fame and money. Neeraj Pandey recreates Dhoni's Ranchi life beautifully. He keeps it authentic and relatable. And a particular scene shot at Kharagpur station where Rajput tries to make his way through the crowd, stands out. Supporting actors deserve a special mention as their performances tug at your heartstrings. A scene featuring

Yuvraj Singh (Herry Tangri) is outstanding. However, the biopic loses its momentum in the second half with the prominence of Dhoni's love life. Also, the cricketer's questionable decisions or possible vices are mostly over-looked. His tiff with senior players (Sehwag, Gambhir), rivalry with Yuvraj Singh, love-hate relationship with the media, team politics and criticism faced on occasions, barely find a passing reference. As a full-fledged biopic, this one-dimensional approach towards the lead character leaves you a tad discontented. Nonetheless, this cricket movie hits sufficient sixes. —etpanache@timesgroup.com

Poor ★ Average ★★ Good ★★★ Very Good ★★★★ Excellent ★★★★★

..... dive in

TOP SPOTS FOR EXTREME DIVERS

Dive Butler, a company that curates spectacular dives, gives tips on places to add to your underwater bucket list



1 Andaman Islands
India's last remaining active volcano is in the centre of Barren Island — a spit of land that is at least a 12-hour sail from civilisation. Most days, you can see smoke emanating from its caldera; when it spews lava, the flow path goes straight into the Indian Ocean. The result, says Vincent, is "a lunar landscape underwater, made up of black volcanic rock."



2 Myanmar
This little known dive trail is in Myanmar's Mergui archipelago. The goal is to traverse a small island — the southernmost in a chain referred to as the Three Islands. "It's pretty dark when you're in the middle of the crevasses," said Vincent. And occasionally you'll come across one notable sighting: venomous black banded sea snakes.



3 Antarctica
Diving (or snorkelling) in polar climates requires specialised gear, from an insulated drysuit to special hoods and masks that keep you warm. It also requires specialised cold water certifications to dive into the Southern Ocean with penguins and seals. Also on the list are swimming with polar bears in Svalbard or exploring underwater ice castles of the North Pole.



4 Micronesia
Fleet of ships, aircraft, and light carriers sunk in the Caroline Islands towards the end of World War II. Seeing the remnants of Japan's Imperial Fleet means sailing more than 1,000 miles north of Papua New Guinea, into the waters of Micronesia and navigating an underwater graveyard. Human remains are still visible, as are tanks, artillery pieces, trucks, and ammunition, all of them brought down by Allied bombers in a surprise attack.



5 The Galapagos
Through the Galapagos and the Amazon, travellers can discover a series of underwater lava tunnels near the volcanic Isabela Island. These are replete with marine life: from green sea turtles to white-tipped sharks and various types of rays, along with tons of bird sightings above sea level. —Bloomberg

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Giving credit where credit is due is an age-old adage, but few people in the position of power follow it. While people worry that giving credit to someone else for a good idea or a job will reflect badly on them, it is quite the contrary. Praising those who have done an exemplary job actually reveals a lot about you—and it's all good. Read on to find out why you should never hesitate from praising your team or colleagues.



Sachin Tendulkar called Virat Kohli a special talent and appreciated his batting technique

Narayana Murthy thanked Azim Premji for rejecting him for a job years ago, a step that accelerated the founding of Infosys

THE POWER OF PRAISE

PICS: AFP, N. NARASIMHA MURTHY, GETTY IMAGES

Appreciation and positive reinforcement create a healthy work culture and motivate employees to perform better

Raghuram Rajan thanked D Subbarao for allowing him to announce the scheme of raising diaspora deposits, an idea he was initially sceptical about and was later credited for

Team player

When you credit a co-worker or employee for a job well done, it shows that even though you may be the boss, and justified to take credit (after all, you do run the show), you understand that your team is an important cog in the organisation's machinery. It is an indication that you're a team player and an even better team leader.

Ego aside

Many colleagues are hesitant to praise their co-workers. But just because someone is doing well, doesn't mean you are doing badly in comparison. Patting a co-worker on the back and genuinely being happy for their achievements reflect that you don't have an ego.

Eye open

While having talent is important, having someone who recognises it is crucial, and rare. Appreciating a person's expertise shows that you have the capability to measure their potential. After recognising it, you can work on moulding it for better performance of the whole unit.

Self-confident

Complimenting someone shows you are not threatened by their success and you understand that everyone comes with their own skill set, which may be different from yours. You know your own self-worth and the expertise you bring to the table.

Better for the team

Imagine if your boss only discusses the employees' mistakes. Sounds depressing, doesn't it? Everyone wants to be recognised for their good work and a small word here or there will actually help them perform better, which is beneficial to the company as a whole. This also ensures company loyalty.

Why I left the family business

Continued from page 1



PIC: SHRIYA PATIL

Turning pro

The typical trajectory of heirs includes gaining some professional work experience before they take up positions in the group companies. It was the exact opposite for Sasha. After being tethered to the company founded by his father for almost 10 years, he chose the professional life, becoming MD, BlueRun Ventures.

Personally, he considers this transition one of the best decisions he's ever made. "The learnings that I've had from my colleagues at BlueRun Ventures were priceless. They were some of the smartest people I've ever met in my life. I hadn't worked outside my family business before that. For me it was a phenomenal experience," Sasha says.

It helped that Mirchandani supported the decision. "My father's always been extremely open to anything his children do. Because he says that as long as you guys are not lazy I am happy. And don't come to me for money. Even if you are lazy, you sleep at home and do what you have to. But then I won't be funding you," he says.

This is hardly surprising though once you've heard Sasha recount memories of the start of his work life. Instead of a berth on the board of Onida, he was given the dusty streets of Mangalore and grueling busrides around Karnataka, as he learnt the ropes of the business and earned his cred. There is hardly a note of complaint.

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TOGETHER till the end



Victoria Beckham and Eva Longoria have been best friends for many years and say that they have shared many life lessons

What differentiates best buds from other friends? Here are some pointers



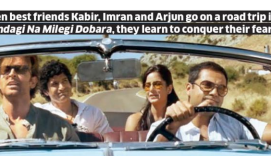
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We're lucky to have friends in our lives. School friends, college pals, work buddies, club friends — the list goes on. Yet, many friends play just a cameo in your life, disappearing or losing touch after a few years. But there will always be those who manage to bag a starring role in your life. Here's how you can identify if your friendship will stand the test of time.

The side eye Your friendship has transcended beyond words. You two can crack each other up with just a glance because you know exactly what the other is thinking. Developed and perfected after years of hanging out together, not many can read your fast flashing smirk or raised eyebrow as well as your buddy can. This comes in handy when you're figuring how to ditch the bore who has tagged along, so just the two of you can catch up over a drink.

Laughing buddy Even on those days when you can't bear to meet anyone, for some reason you don't mind catching up with your best friend. You don't have to talk about what's bothering you. Somehow being around them makes you feel better. And he (or she) will put a smile on your face and probably drag you out to have some fun, without you realising it.

Selfie test: Your muscular selfies and thoughtful tweets are what you share with the rest of the world. Your multiple chins and random thoughts are what



When best friends Kabir, Imran and Arjun go on a road trip in 'Zindagi Na Milegi Dobara', they learn to conquer their fears

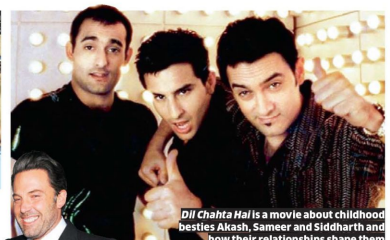


you share with your best friend. You know they're not going to laugh at you, but with you. The grosser the details, the stronger the love.

Too much information

Whether it's how your Tinder date went or what your current finances are like, you can't stop yourself from sharing every little dirty detail. And the amazing part is that they actually want to know. There's no such thing as oversharing in your book. They know it all — the good, the bad and the oh-so-gly. If there is someone you were thinking of while reading this, well, be happy you can call them your best bud. It wouldn't hurt to celebrate this day by taking a weird selfie with them.

PICS: GETTY IMAGES



Dil Chahta Hai is a movie about childhood besties Akash, Sameer and Sidharth and how their relationships shape them



Ben Affleck and Matt Damon have known each other since childhood and have co-starred in many movies



Television series F.R.I.E.N.D.S. is famous for the way it showed the bond between six friends living in Manhattan

Mr Generosity: When you see something your friend would like, you immediately pick it up for him. And he would do the same for you. Whether it's a fancy helmet or gourmet cheese from your overseas travel, you are generous with your best buddy. There's no paying the bill awkwardness because you just want them to have something that you know they will love. Experiences, time, money and food — you never mind sharing with your close friend.

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PICS: AFP, GETTY IMAGES

Friends with benefits

Pros and cons of having a sex-buddy

While there is no greeting card to celebrate this bond, friends with benefits is a pretty common lifestyle choice for many commitment-phobes or unsuccessful Tinder users. While it is great if you both are on the same page, it comes with its own set of downsides. Read on to find out the pros and cons of having a friend with benefits — and we don't mean them bringing you chicken soup when you're down.

Pros

- Having sex with someone you actually enjoy hanging out with means that it's going to be fun.

Cons

- If there are no rules, expect the friendship to self-destruct in 3,2,1...



In *No Strings Attached*, Adam and Emma decide to have a strictly physical relationship

- It will be a safe place to experiment — you are not going to judge your friend.
- You know their dating history and are open about discussing any hesitation you have about STDs.
- No pressure to impress and put on an act. After it's done, you can just grab a pizza. No cuddling required.
- No drama. You don't have to woo, wine and dine, you both are fine with it just being sexual.
- Since you both already share an emotional connection, it could deepen for one. Big problem because now there are feelings involved.
- It can ruin your friendship. If a potential partner finds out about you two, it could put a stop to you being friends.
- You or your friend could get jealous when one backs out of the deal.

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PICS: BECL

Why you must keep company with a hobby

Adopt these activities in your free time to get more productive at office

businessinsider.in

Recent research out of San Francisco State University shows that one can become better at work if you use your time outside the office wisely. After conducting studies on employees who self-rated or were rated by co-workers on job performance, the researchers concluded that people with creative hobbies outside of work feel more relaxed and in control in their off hours and

are more likely to be helpful to co-workers. They are also creative in their approach towards solving work problems compared to those without these hobbies. One study found that employees who reported engaging fairly often in creative hobbies also had a 15 per cent to 30 per cent edge on occasional hobbyists when it came to performance rankings. According to the researchers, having a creative outlet could provide an opportunity to discover new skills, which could also be helpful in the workplace. They suggested that companies could even benefit from encouraging their employees to consider such activities outside of work. Here are a few examples of hobbies that you can consider.

- 1 Dance often requires choreography, which involves designing sequences of steps and movements.
- 2 While some cooks stick entirely to the recipe, others experiment with ingredients and methods to construct their masterpieces.
- 3 Writing poetry impacts one's ability to articulate thoughts.
- 4 Many baking enthusiasts will tell you that baking has a calming influence, and helps in recovering from stress at work.
- 5 You have to use your imagination to envision an empty room as your beautifully decorated sanctuary.
- 6 Crosswords and puzzles require you to connect different thoughts, which are the key elements of creativity.
- 7 Humour often involves suspending reality, which is key to creativity.
- 8 Turning a blank canvas into a work of art means generating new possibilities and seeing things differently.
- 9 Song writers could let out steam through music. It's a cathartic release of work strain.
- 10 Photographers engage in creative activities that are similar to their experiences at work because of the shared knowledge, skills, and abilities.
- 11 Playing games often requires sensing what's askew, making guesses and testing and revising them.



Hinduja Group's Shom Hinduja plays tabla and drums

Infosys cofounder Nandan Nilekani plays quizmaster on his Twitter account



Yahoo CEO Marissa Mayer enjoys baking and has said that her hobbies make her better at work

Snapchat CEO Evan Spiegel likes arranging flowers

Hero Eco Group MD Naveen Munjal has said that photography is his passion and he always carries his camera with him

intimate affair



Miranda Kerr revealed that one night stands aren't her thing

Is casual sex for you?

Read these tips if you are into the idea of no-strings-attached sex, but can't decide if it will work for you

People generally have sex when they are dating or are in a relationship. But sometimes, the idea of no-strings-attached sex is alluring. According to marriage and sex therapist Van Kirk, "Sometimes it can be more pleasurable to be in your body, fully enjoying sensation versus in your head where judgments and attachments can crop up." She said that as a result you could end up being more aroused and orgasmic. However, achieving this kind of an arrangement could be a challenge and it is important to keep the following pointers in mind. First, be honest with yourself. Are you only looking for casual sex or hoping it will turn into something more? Would you be alright if your partner goes out with someone else? Second, be honest with your partner. Van Kirk said that both the partners need to be on the same page. Third, don't regret it or feel bad about your desires. And lastly, practice safe sex. Remember that this type of sex is not meant for everyone and it is alright if it doesn't work for you.

—Agencies

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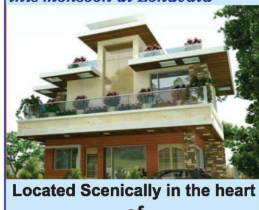
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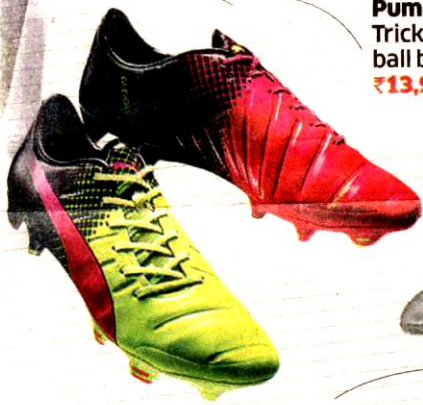


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