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Spread happiness as it's infectious: Study

SAUMYA BHATIA

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If you liked Ranbir Kapoor's forever happy and cheerful character Prem, who is the president of Happy Club in the movie *Ajab Prem Ki Ghazab Kahani*, then you'd be surprised to know that happiness is contagious.

A study of 4,739 adults who participated in the Framingham Heart Study showed that people tend to cluster into happy or unhappy groups, and happiness appears to spread not just to those immediately inside the social group, but to their contacts as well.

If you in a cheerful mood today, thank your friend and friend's friend as new research states that happiness is not an individual phenomenon and that if you are happy, you are able to spread that happiness to people around you.

A pharmacy

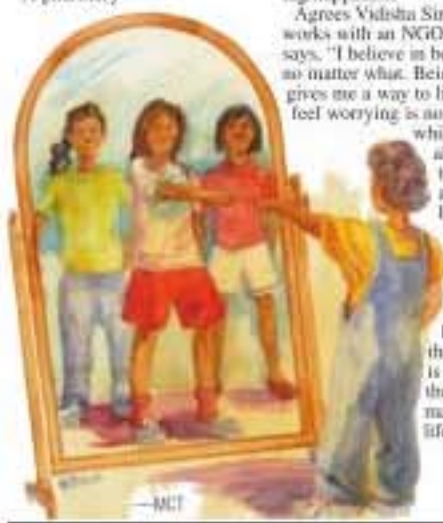


"WORRYING IS NOT WORTHWHILE. BEING HAPPY GIVES ME A WAY TO LIVE LIFE."

undergraduate Akshay Arora, owner of the Facebook group Happy Club which has over 3,300 members says, "Well, I made this group after watching *Ajab Prem Ki Ghazab Kahani* which had a Happy Club and since I am a big fan of Ranbir Kapoor. Initially, this group was popular because of the movie and its popularity is increasing day by day. Ten-15 people join this group daily on an average. The group has slowly become a joke pot, people send in movie updates, post latest wallpapers, jokes and after going through content I share them with the members."

A self-confessed comedian Akshay shares, "Happiness is an asset to me. I am a comedian from school days, I have always been trying to make people around me happy with my jokes, mimicry, I cannot see anybody upset. I love celebrating happiness."

Agrees Vidisha Singh, who works with an NGO. She says, "I believe in being happy no matter what. Being happy gives me a way to live life. I feel worrying is not worthwhile, it sucks all the positivity from a person's life. At the end, it takes a lot of courage to be happy all the time, it is not easy though it makes one's life easy."



Cheerleaders and music amp up the entertainment aspect of IPL; (below) Adam Gilchrist

IPL set to screen-tillate

Cricket fever is building up in the capital with IPL matches slated to be screened in cinema halls, and their tickets being sold online

HEMANT ABHISHEK

THE ASIAN AGE

Only weeks to go for IPL 3.0 and the excitement is slowly beginning to heighten. All that fun of two editions when added with a host of new add-ons like live matches in cineplexes, newer venues and live streaming of the hard-hitting action on the Web shall ensure that no matter where you are, you just won't be far from the action.

The capital is gearing up for the mega-event. Rahul Malik, student of Zakir Husain College, says, "We missed it last year, so we are ready to compensate it all this time around." He feels the IPL matches in Kotla will

give fans in the capital something to cheer about after the pitch fiasco robbed them of all the fun this year.

Of special interest to most people is the decision to screen IPL matches live on giant screens in multiplexes and single theatres, besides live streaming on Youtube. So not only can fans catch the action live in stadiums, they also can relax at plush cineplexes or watch it on their laptops while on the go or when in office. Initial talks suggest that multiplexes like FAME, INOX and Cinemax along with single-screen halls could be screening the IPL matches.

Fans also have the option of booking their tickets for their matches online. Neetu

Bhatia, CEO of Myzomango.com, portal that will be handling the online ticketing, says, "There were a few scattered attempts to screen IPL last year. But this time around it's a structured effort. It provides a great chance for multiplexes too, as the IPL weeks will see relatively lesser action on the Bollywood-release front."

All this has fans bracing up for a "High Definition" experience. Ankur Malhotra, engineer, avers, "IPL is big and if I can't catch a match in stadium the I would rather enjoy it in a multiplex complete with plush seats, food courts and all."

One can also expect sporty "season tickets" from multiplexes that will provide a subsidised option to provide state-of-the-art viewing experience for hard core cricket fanatics.

Avid fans in the capital, who would love to club their love for cricket with their need for a quick break, can even drive down to Dharamsala, the scenic new addition to IPL's list of venues this year. So brace up for a bigger, better IPL 3.0.



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