
GR8!
December 2015 $ 1.99 | Vol. XIII No.04
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Even though all the back-to-back festivities accompanying Dusshera, Durga Puja, Diwali, Eid, Gur Purab are slowly vanishing, it still feels like the country is in holiday mode all over again. The atmosphere seems tranquil and people look relaxed! Could it be just a post-election scenario, considering the way passions and tempers were inflamed pre-Bihar-election or could it be because it's December!

Given that most people interactions are now done at a global level and given that the internet has broken most geographic & cultural boundaries and given that a huge part of the world considers this time from after Thanksgiving (last weekend of November, in the USA) till New Years Day as Holiday Season, perhaps we're getting into that cozy mold too.

Or could it be that irrespective of how agreeable or unpleasant the year past has been, most folks view this time of the year as the end of a phase and look forward with great optimism to the start of a new one. A general "we're almost there" feeling of relaxation glides in and renewed energy accompanied by renewed positivity starts to build up all around. Maybe that's what makes Christmas so special and maybe that what makes it the most celebrated of festivals across ages, across faiths, across cultures and across the globe!

Staying with that feeling I'm going to avoid sharing my two bits about all the unconstructive pessimism we are still being subjected to via the TV news channels every day and every night! I'll steer away from the daily tu-tu-main-main between political parties that is thrown at our faces via the airwaves and I'll silently pray for the well being of victims of crimes being committed by radicals in the name of religion.

On that serene note, I wish you all well… I wish you all good times and I wish you all stay surrounded with the spirit that complements Christmas all year through! Here's looking forward to a magnificent 2016! Until next time, Happy reading and Happy New Year!

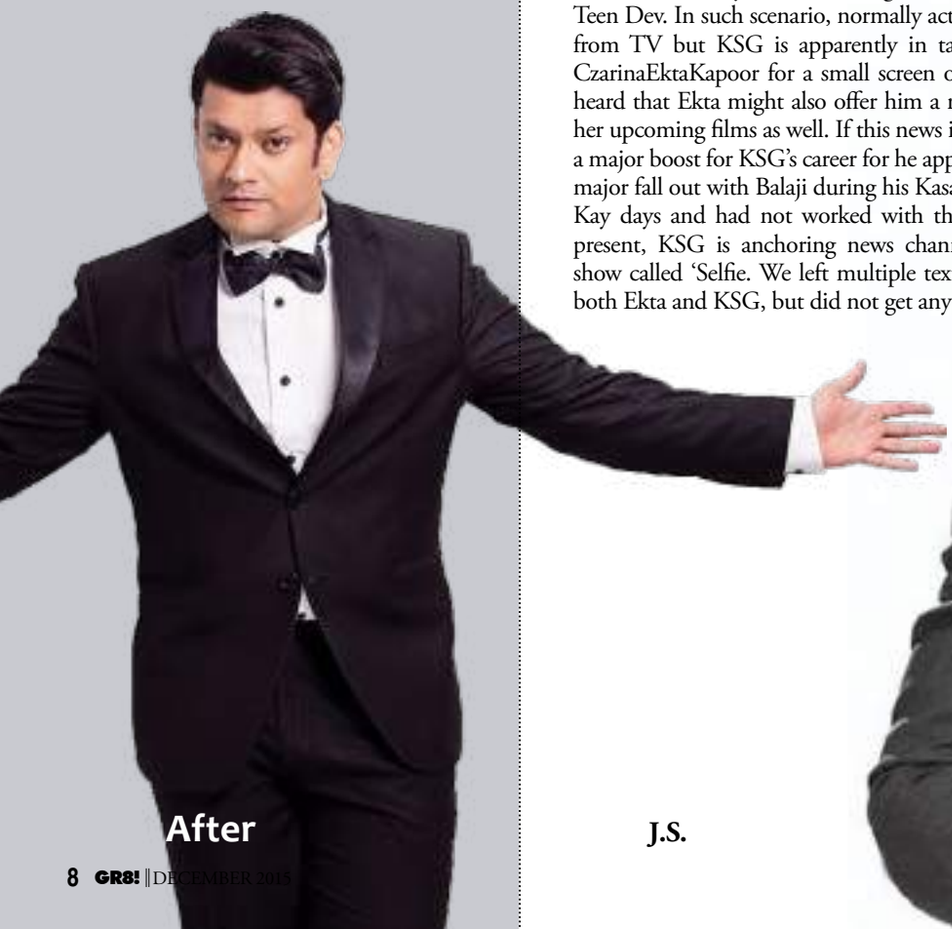
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Rohit Nag has lost close to 10 kgs in the last 2 months...

Rohit Nag last seen in Nach Baliye 7 with Aishwarya Sakhuja has lost 10 kgs in last two months. "I have quit all carbs and haven't had rice, roti or bread and dairy products post Nach Baliye. I am eating lots of dal, grilled chicken and boiled eggs. I also do 60-90 minutes of workout 5 days a week. But yes, I take a break from my regime once a week and eat everything. I don't believe in fat burners or supplements. My motto is Eat Natural - be it fruits/veggies or chicken."



Karan Mehra wish to turn director for Deepika Singh...



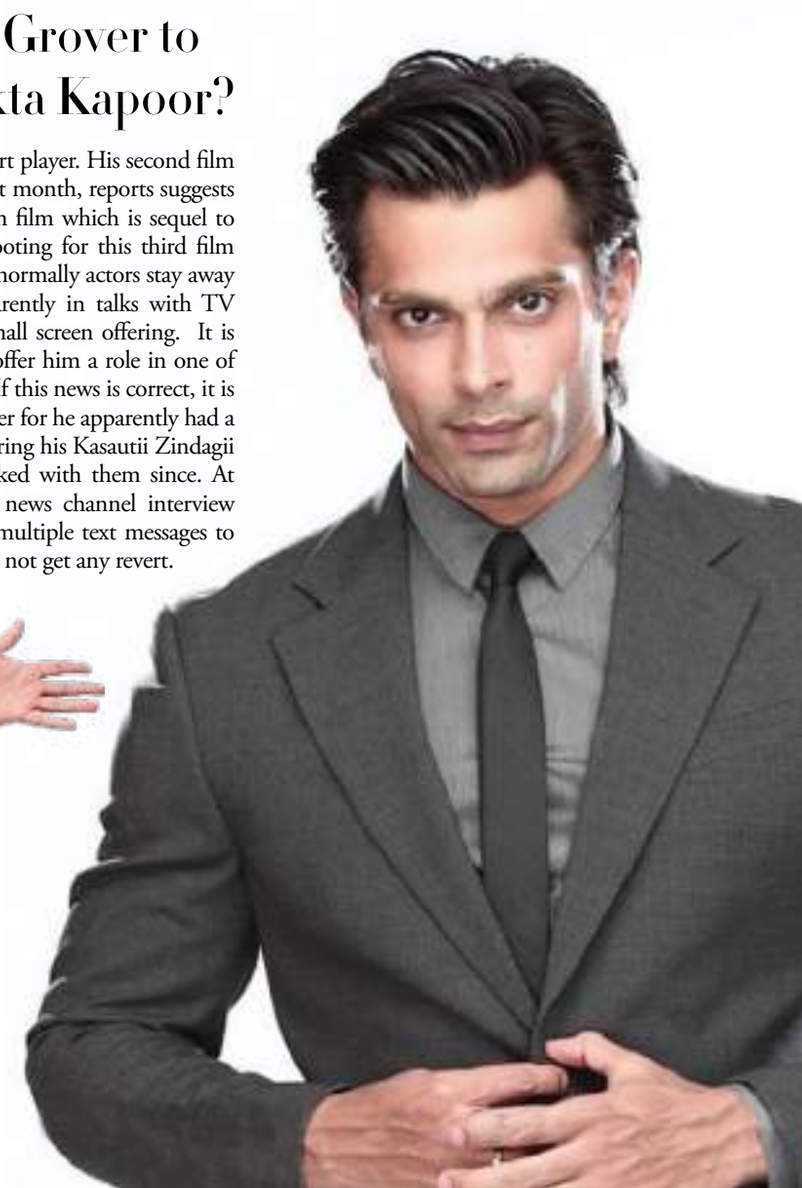


After charming his audiences with his acting stint in Yeh Rishta Kya Kehlata Hain, Karan Mehra who had turned director twice for his wife's NishaRawal music album says, "Direction is more like a hobby that I'm enjoying at the moment but Acting comes naturally to me after 13 years of acting career."

This handsome actor who has been an assistant director to Ram GopalVerma and RajuHirani before his big break with YRKKH adds, "If given a chance, would like to direct Deepika aka Sandhya from DiyaAurBaati Hum. It would be great to work with my dear friend who is also a really good actress."

Karan Singh Grover to work with Ekta Kapoor?

Karan Singh Grover is a smart player. His second film Hate Story 3 will release next month, reports suggests that he has signed his fourth film which is sequel to Alone. Currently, he is shooting for this third film Teen Dev. In such scenario, normally actors stay away from TV but KSG is apparently in talks with TV CzarinaEktaKapoor for a small screen offering. It is heard that Ekta might also offer him a role in one of her upcoming films as well. If this news is correct, it is a major boost for KSG's career for he apparently had a major fall out with Balaji during his Kasautii Zindagii Kay days and had not worked with them since. At present, KSG is anchoring news channel interview show called 'Selfie. We left multiple text messages to both Ekta and KSG, but did not get any revert.



J.S.

CELEBS AT Zee Rishtey Awards 2015

Zee Rishtey Awards 2015 was definitely one star – studded event and not to forget the extravagance and the razzle dazzle it brought with it. The event witnessed prominent faces from Zee TV's popular shows like Kumkum Bhagya, Jamai Raja, Ek Tha Raja EkThi Rani, Qubool Hai, Tashn-e-Ishq, Satrangi Sasural, Sarojini, Lajwanti, Yeh Vaada Raha, etc. Also Present were eminent personalities from industry such as Sajid Khan, Sonali Bendre, Viveik Oberoi, Shaan, Deepshikha Nagpal, Shilpa Shirodkar, Mohit Malik, Neha Marda, Krishna Abhishek, Bharti Singh, KikuSharda, Sugandha MishV rushika Mehta, Terence Lewis, Mudassar Khan and many more…



Drashti Dhami



Dalljiet Kaur



Sajid Khan, Sonali Bendre and Vivek Oberoi



Mrunal Thakur



Ravi Dubey



Mohit Sehgal



Terence Lewis



Nia Sharma

Gauahar Khan



Sriti Jha & Shabbir Ahluwalia

I visit my parents on each Deewali without fail... Once I got so entangled in my commitments here that I had to just give up the idea... Suddenly, my shoot got cancelled and I lost not a moment in hopping onto a flight home... And just in the nick of time, I rang the bell at my place... Oh, you should have seen my folks' faces... I can never forget that euphoria and that Deewali...!



Newlywed couples in Tellywood



Himanshu Soni

Currently essaying the role of Lord Shiva in Neeli Chatri Waale, Himanshu got his matrimonial status altered from engaged to married on November 27. Himanshu tied the knot with his girlfriend Sheetal Singh who was co-producer for one of his shows. There were two grand weddings, one by Hindu rituals and another by South Indian rituals.

When we contacted him he said, "I am only taking ten days break as I have to resume shooting.I have no plans for immediate honeymoon as settling down is very important in life. Sheetal has all the qualities of a perfect life partner. As soon as I manage time, I will plan a romantic cruise trip for about a week."



Disha Vakani

Better known as Daya from Taarak Mehta Ka Ooltah Chashmah, this Gujarati actress got married on November 24 with Mayur, who is believed to be Chartered Accountant from Mumbai. The wedding was a private affair which was followed by reception party for industry colleagues.



Pooja Joshi

Pooja got married to her beau Maanish Arora on November 25 after dating him for about a year. Known for her stint as Varsha in 'Yeh Rishta Kya Kehlata Hain', Pooja's wedding was attended by close industry friends as well.



Aniruddh Dave

Aniruddh Dave, currently busy with Yam Hain Hum tied the knot with his fiancée ShubhiAhuja of Suryaputra Karna fame in Japiur on November 24 after few months of dating. The wedding was believed to be a close – knit affair in a palace near Jaipur.



Praneet Bhat

Popularly known as Shakuni in 'Mahabharat' and for his stint in Bigg Boss 8, he finally tied the knot with Kanchan Sharma, whom he was dating for five years. The wedding took place on November 4 in Lucknow and was a 7 day grand affair and was attended by few of his industry friends. Kanchan is a theatre artist and also stylist by profession.

MOHIT MALIK

A must have music collection: Has to be Kishore Kumar. His songs for Rajesh Khanna and Amitabh are just amazing.

One advice you had put into action: My dad's advice 'Work Hard and Be Humble'

The coolest thing you have ever done: I have made my parents really proud and happy. What can get cooler than this…

Moment where you were really scared: Hmm on my wedding day but I got the best wife in Addite.

Favourite sport: Cricket any day

One confession: Well to be honest, I used to take out money from my dad's wallet.

One possession you are obsessed with: My wife

Most expensive gift received: Watch which Addite gifted me

One motivational quote you use quite often: Every morning you have two choices, one is to continue with your dream and sleep,and the second is to get up and chase them.

When out of words, fillers used are: You know what!

Parties or peaceful evenings: Anytime I will prefer Peaceful evenings

Funniest thing you heard about yourself: That I lost my temper on one of my co-star. Funny…



J.S.

Tryst with SHILPA Shinde

Adjectives that describe you:
Hardworking, Versatile and Multifaceted

One advice:
Give your best and do it with lot of confidence

Your way of saying adieu to stress:
Going for spa helps me a bit...

One rumour you heard recently:
I am not getting married because I have many boyfriends... Crazy

You hit a low point in life:
When my father passed away

Scariest thing done by you:
When I was around 21 years old, I jumped from 1st floor but fortunately nothing happened to me.

One low:
Lizards... Everyone around me knows that I am scared of them

You know her as Angoori from the iconic show 'Bhabhiji Ghar pe Hai' and originator of 'Sahi Pakde Hain', a line which you may have encountered many times. Shilpa Shinde, the very Effervescent, Obstinate and Self-effacing definitely knows how to strike the right chord with the audiences by her stupendous acting skills. Here, she answers 5 frequently asked questions by her fans and uncurtains minute details about her character Angoori, marriage and her life...

On her takiya kalam line 'Sahi Pakde Hain'…

Yes it's true that I insisted on having my own takiya kalam line. And trust me all thanks to our writer Santoshji and Shashank Ji who deserves a lot of credit for the popularity my character has received. In fact, the expressions also while saying this dialogue happened coincidently. Once when I was shooting, by error I beamed while saying the line Sahi Pakde Hain. Shashank instantly liked it though it was done unintentionally. Since then, every time I use my catchphrase, I have to smile irrespective of my emotions before that scene. That worked really well for my character.

On her resemblance to onscreen character Angoori…

The character Angoori is very fresh and innocent. My father always taught me to be honest and upfront and I also don't pretend like Angoori. I am also very hard working and unlike Angoori, people think I am more of a tom boy. Hehe. Well, I also added my own elements like sindoor and wearing saree in a peculiar way to my character because I wanted Angoori to be as authentic as possible.

On being a private person…

I don't like to showoff and don't attend parties. I like to be low profile which I think I learned from my father. My father was a very dear



friend of Sharad Pawar and had established really good contacts but was never a social person. When I manage to spare some time for myself, I do fashion designing and even I have done interior designing for few of my friends and relatives."

On her bond with her father…

To be honest, I have changed a lot after papa's death. When he was there, I used to be busy attending his demands because I always wanted to fulfil all his wishes. But now there is a vacuum in my life which I am somewhat trying to cover up by being busy with work. I have become more moody as a person after his death.

On marriage…

Well, it's not like I don't believe in relationships. However, due to past incidents, I am little reluctant now. But to be honest, I am happy and content in my own space

J.S.



Who's THE BOSS?

words by TANU K KUMAR
photographed by RAHUL JHANGIANI

Exquisite, towering and with midnight colored hair this Iranian beauty, popularly known as Mandana Karimi now, moved bag & baggage from Tehran to Mumbai more than half a decade ago. She's woven magic working diligently; she's charmed the folks with her smile and she's cozily made a home for herself here now.




NY
ADIDAS
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Born Manizhe Karimi (as revealed in many-a-scandal sheets over these past few years), Mandana has worn many hats along her journey to Mumbai. She started out with a career in the friendly skies, as an airhostess. From there she made a safe landing on to the fashion runway as a model – she walked the ramp for several of the top Indian fashion designers, did some TV commercials and from there she took off again, flying straight on to the silver screen in Bollywood!

Mandana's done roles in films such as Roy with Arjun Rampal, Bhaag Johnny with Kunal Khemu, the more recent Main Aur Charles starring Randeep Hooda and the soon to be released Kya Kool Hain Hum 3 with Tushar Kapoor. One might have missed seeing her in the theaters but there's no ignoring her now… Ms Karimi is practically a household name now & what's making her such is none other than the house of horrors where she's spotted weekdays and weekend nights too… Yes, I'm talking about the television, in the house of Bigg Boss 9. Mandana is apparently a huge favorite with Boss Bhaijaan, which also makes her a likely contender for the top spot in that house.

Mandana's courted much controversy along her passage thus far… from rumors of her "marriage of convenience" to Lalit Tehlan (the ex-boyfriend of one of India's top male fashion designers Rohit Bal) to her alleged affair with co-star Tushshar Kapoor to her secret liaisons with her current beau Gaurav Gupta to her hush-hush crush on Bajrangi Bhaijaan. She's also gotten much flak for apparently being high handed and selfish in the house of Bigg Boss but it seems she's taking it all in her stride. Good for her!

We wish Mandana luck in her future ventures and hope she finds whatever it is she's looking for in the "lost & found Maximum City" of Mumbai!



Direct with ARUN SHESHKUMAR



Arun Sheshkumar who has directed many International hit formats like Indian Idol, Jhalak Dikkhlaja, Deal or No Deal, Biggest Loser, India Poochega Shaana Kaun, India's Got Talent. Kaun Banega Crorepati and recently I Can Do That, definitely deserves all the accolades for his work which depicts perfection and authenticity.

Recently turned producer for the first time for Comedy Superstar he says, "The trend is very confusing, its insult comedy v/s clean comedy. You can't keep everyone happy, hence one need to identity the target audience one wishes to cater to and I guess that's the biggest challenge. Comedy is a very subjective and there is no sure shot tool or mechanism to please your audiences."

On being compared to the epitome of Comedy show i.e. Comedy Nights with Kapil and Comedy Nights Bachao, he says, "Comedy Superstar was in a different league all together, since it had entertainers who are fresh and new talent in a competition space. The whole objective was to find an all-round entertainer who not only do Stand-up Comedy but also sing, dance, enact and have tremendous improvisation skills."

Comedy superstar was a series of 30 episodes with Finale beingaired in two parts on 28th and 29th November 2015. So we ask him whether we can look forward to Season 2, he answers, "Yes of course, it is a show promising to find new comedy entertainers and India is a country of very talented people and this is the only show that gives them such a large platform to exhibit their 360 degree talent. People seek comedy to make them smile."

But Comedy Superstar did not do a great job in terms of garnering TRP numbers for the channel. He replies, "The Show has worked very well in certain segments of the audience. Any new show with Fresh Contestants and Pure Comedy will taketime to hit the right chord. Just like any other show in the reality genre, things picked up really well mid-way on the show as the characters got registered. As for TRPs are concerned, we are really not into this game, but can surely say, Comedy Superstar has done its job for the channel interms of what they expected out of the show."

When asked his previous projects he says, "Satyamev Jayate was one show very near to as the show was giving something back to the society and was not made with the purpose of entertainment but to get the audiences socially aware of the situation around them. Having said this, most challenging assignment of in my entire career has to be Kaun Banega Crorepati. What helped me the most in this industry was a specialization in reality interspersed with Multi Camera Direction, which at that time was first of its kind and there are still very few Directors who are specialized in this."

There are so many new shows which are not able to sustain and are being pulled off. What you think is the reason behind it? "The audience has become too choosy. There is no resistance or patience, simply because there is so much being served to them and hence it all gets divided. The target audiences these days are so large and therefore it is very important to keep the existing audience happy as well as upgrade for the newer generation."

So tell us one thing you would like to change in TV Industry. Arun says, "I think respect and appreciation for technicians and creative team is what I desire."

Lastly we ask him to name thedirector he adores. "Rajkumar Hirani and Sanjay Leela Bhansali are my all-time favorites."And what about the actor whom you would love to direct in future? "Obviously, Ranveer Singh", he says without much hesitation.

J.S.



'I'M NO AISHWARYA RAI' MEGHNA MALIK IN *A RAW*



One of the most dependable actors on TV, Meghna Malik hit the heavens with her despotic 'Ammaji' in '… Laado'… But while the world was heaving in awe & wonder at the larger-than-life image, she bared her true persona to GR8! which was exactly the opposite of what was there on the Screen… Here are a few vignettes of that heart-to-heart with the colossus that actually wasn't… Instead, you'd find a li'l, docile, vulnerable girl behind the gigantic façade … Read on…!

On small-town bearings…

'Back in Haryana from where I come, so much harassment awaits girls… If you are a girl born in those environs, getting nastily subjected to eve-teasing is your inescapable lot… Tell you what, a Bombay girl cannot even imagine what girls face in those parts… Surely, if somebody leers at you, you feel so dirty about it… Are 'girls' some kinds of exhibits for someone to ogle at…?'

On the li'l Meghna…

'I was cocooned, tongue-tied and a loner… Mom's friends counselled her to take me to a Doc as, to them, I didn't seem 'normal'… And my Mom really did that… The Doc examined me and laughed heartily – 'Your girl isn't an oddball – actually, she's too intelligent'… You should've seen my Mom at that moment – she was crying with relief...!'

On being Acting-material…

'I'm no Aishwarya Rai… Indeed, I don't have a face like that to be on cloud nine while peering at my reflection in the mirror… But I loved dancing… I've been on Stage since the age of four… And by and by, I discovered the 'Actor' in me… I was winning prizes left, right and centre at the Youth Festivals etc… Then, I read Naseer and Om Puriji's interviews and decided to enrol myself in the NSD like them…!'

On resentment at home…

'Well, that was natural… Look, I come from an Academicians' family, so they wished me to be one too, or pursue the IAS or something… But I resisted their advices… But, then, they were enlightened parents and finally thawed to their child's wishes with just one advice – 'Now that you've decided to do it – give it your best shot…!'

On taking the Train-to-Mumbai…

'Oh, I almost missed it… When I reached the station, the person who was to bring me my ticket didn't turn up… But I was too charged up to be held back for anything, not even a ticket… I just flung my suitcase in the compartment and then spent the entire journey sitting on it and that too after paying a hefty fine… But I reached Bombay – and that's what mattered…!'

On Screen acting…

I didn't ever want to be a hot-shot heroine… I wanted to be an actor, instead… Coming from the NSD and Stage, 'Screen Acting' was awkward for me, initially – you know, they would say - 'Stand here… give a look to the left and talk to A/B/C, while there'd be no one there… I was shattered… Nothing of what I had learned so far was there in it… I remember, I cried in my rickshaw back to home from the shoot that day… But then, I realised there was a technique involved and I had to master it – And I did that…!'

On actor Meghna's mega moment…
'Of course, it has to be Ammaji in 'Na Aana Is Des Meri Laado'… I had decided to take a break from it all, when, out of the blue, Ammaji happened to me… She was poles apart from me… I could never imagine myself striding in that swinging gait, dripping terror and towering over all and sundry… I was so unsure about carrying it out initially, but the world changed for me when I changed from Meghna's Jeans to Ammaji's Kurti-Ghaaghra… If transported me to another avatar… I was no longer Meghna – I was Ammaji…!'

On Ammaji's impact…
'Oh, it's phenomenal… I still hear people gushing – 'Arre, Ammaji… Ammaji'… Negative characters are usually hated by people, but in my case, they have connected to me Meghna more than Ammaji and they love me…!

On the Meghna Persona…
'Simple…Very, very simple… I'm the Daal-Roti-Sabzi type with an obsession for keeping each and every thing at home squeaky clean… To me, the definition of 'Hot' is Marilyn Monroe standing on that subway grate, fighting to control her skirt from blowing up ('Seven Year Itch'- 1954)… And I'm not comfortable with 'Dates' and 'Candlelight-dinners'… I've been brought up to being a Moralist, but would acknowledge that the 'Physical' is important in a relation…!'

On being a Prankster…
'I am one – and how… I'm all the time raiding someone's tiffin on the Sets or polishing off someone's sweets… But don't ask me about the wildest thing I have done – that's a secret…!'

On being asked to write her own epitaph…
'Awww… That's a Googly… But OK… I'll do it for you… Umm… hmm… Yes – 'Here lies someone, who tried to live a Dream…!'

That's Meghna – a dream of herself, by herself, for herself…!





going bold...

SHARMAN JOSHI

After delivering hits like Rang De Basanti, Life in a Metro, Golmaal, 3 Idiots and many more, he is back with his first ever erotic thriller movie 'Hate Story 3'. The trailer has already raised many eyebrows and Sharman who has been tagged as 'cute comedy boy' of BollyTown has shocked everyone with his good physique and bold role. Here, Sharman gets upfront and opens up about his movies, upcoming assignments and TV...

Hate Story 3
Well, Erotic films had come my way earlier also but it is just that this was the right one in terms of story, acting, etc. Everything just felt right. As an actor, I like to explore myself and stretch my boundaries. So this was one genre which needed to be explored and I am looking forward to it.

Shedding comedy and cute boy image
I have not done the movie to shed my image or to change the way people think about me. I decide my own roles and when I say I want to explore new territories, I just mean as an actor. And if in that process, the perception which was created changes, then so be it.

Stress to perform
It is a franchisee with the first two being successful, so third will get the benefit. Having said that, they are not a continuation and are independent of each other. So there is actually no stress as it carries the goodwill of previous two parts.

Workout Regimen for Hate Story 3
Depending on the role, I shed weight or put on. Same has been the case for Hate Story 3. Apart from healthy diet, I used to work out for about hour and half five times a week.

Your wife's reaction on bold scenes
Hmm…She belongs to a film family and she understands it. Honestly, there was nothing much we could discuss about.

On working on small screen
TV is a very powerful medium and I would like to be part of it. It is a good way to be connected to the audiences and I am definitely looking forward to play the role of host/anchor of a show which has rich and meaningful content.

Upcoming projects
Hate story 3, 1920 London which is a third sequel of 1920 horror franchisee and Excel Entertainment's 3 stories. I also have Bhootiyapa lined up and have signed my first Hollywood movie 'The Journalist'.

J.S.



DAMAADUM MAST 'CALENDAR'

A COMIC TSUNAAMI CALLED SATISH KAUSHIK



They still call him 'Calendar'!

Even though nearly 3 decades have passed since he exploded as 'Calendar' in 'Mr. India', the character and the name are still stuck on him like a second skin. But that does not take away the fact from him that he is one Chameleon of an actor and trust us, we really heard a wag commenting…
'Satish Kaushik is the 'Ichhaadhaari Naag' of Acting, who can morph himself into any and everyone on the Screen at the snap of a finger!'

We were stunned at the similie – it was outrageously outlandish, but on second thoughts, we realised that it was, perhaps, the greatest tribute to the incredibly and enormously versatile talent of Satish Kaushik's!

The Satish Kaushik saga started in distant, dusty Dhanounda in Haryana. Circumstances brought him to Delhi early on and it was there that he grew up in the Naiwala Gali of Karol Bagh. He had hardly touched his 8th spring, when he pompously declared to his folks – 'I have to come in the Newspapers some day!' … and yet, it took him quite a few years to realise as to how he could ever do it?

That moment came on the last day's function of his 11th standard, when he faced the audience for the first ever time to do a mono-act. And that did it! All present went into splits at his Act and then and there, he knew what his calling in life was going to be –Acting!

And he explored it further in the Kirorimal College, where the College-patron of Arts, Frank Thakurdas gave him his Mantra for life – 'Satish do not do anything in life after College… just be an Actor – period!'

NSD and FTII followed and finally, the Naiwali Gali ka Chhokra was on the train-to-Mumbai. Once here, he started doing odd jobs to survive in the big, bad Metro. One of them was dusting yarn-bundles in some Mills that often sent into bouts of depression, but even those could never unhinge him from his aim. He continued doing theatre, come rain, hail, sleet or snow!

And then it happened!

Destiny made him stumble upon Shekhar Kapoor and that put him on the threshold of his El Dorado! Satish glib-talked Shekhar into including him in his team. 'Masoom' and 'Joshilay' followed… He learned the ropes of Film-making swiftly. During that while, he met Javed Akhtar, who became a true 'Mentor' for the budding tinsel-town aspirant, telling him – 'Never think small – always go for the biggest!'

The Mentor's words came true – Satish got a Mega break as a director in 'Roop Ki Raani Choron Ka Raaja' and 'Prem'. However, both the films tanked and a phase followed when Satish went to the extent of thinking about committing suicide. But whacking words from the redoubtable Mahesh Bhatt yanked him off that – 'Your film has flopped – you haven't flopped!'

Since then, it has been a rollercoaster ride for the indefatigable Satish Kaushik both behind and in front of the Camera. For the latter, he has gone on to create evergreen, imperishable characters – 'Calendar' (Mr. India), 'Pappu Pager' (Hum Kisi Se Kam Nahin), Chenu Anand (Brick Lane) and so on…!

Big Screen apart, he left an indelible mark on the Small Screen as well with 'Philips Top Ten' where he was party to creating an immortal duo of wackos with Pankaj Kapoor!

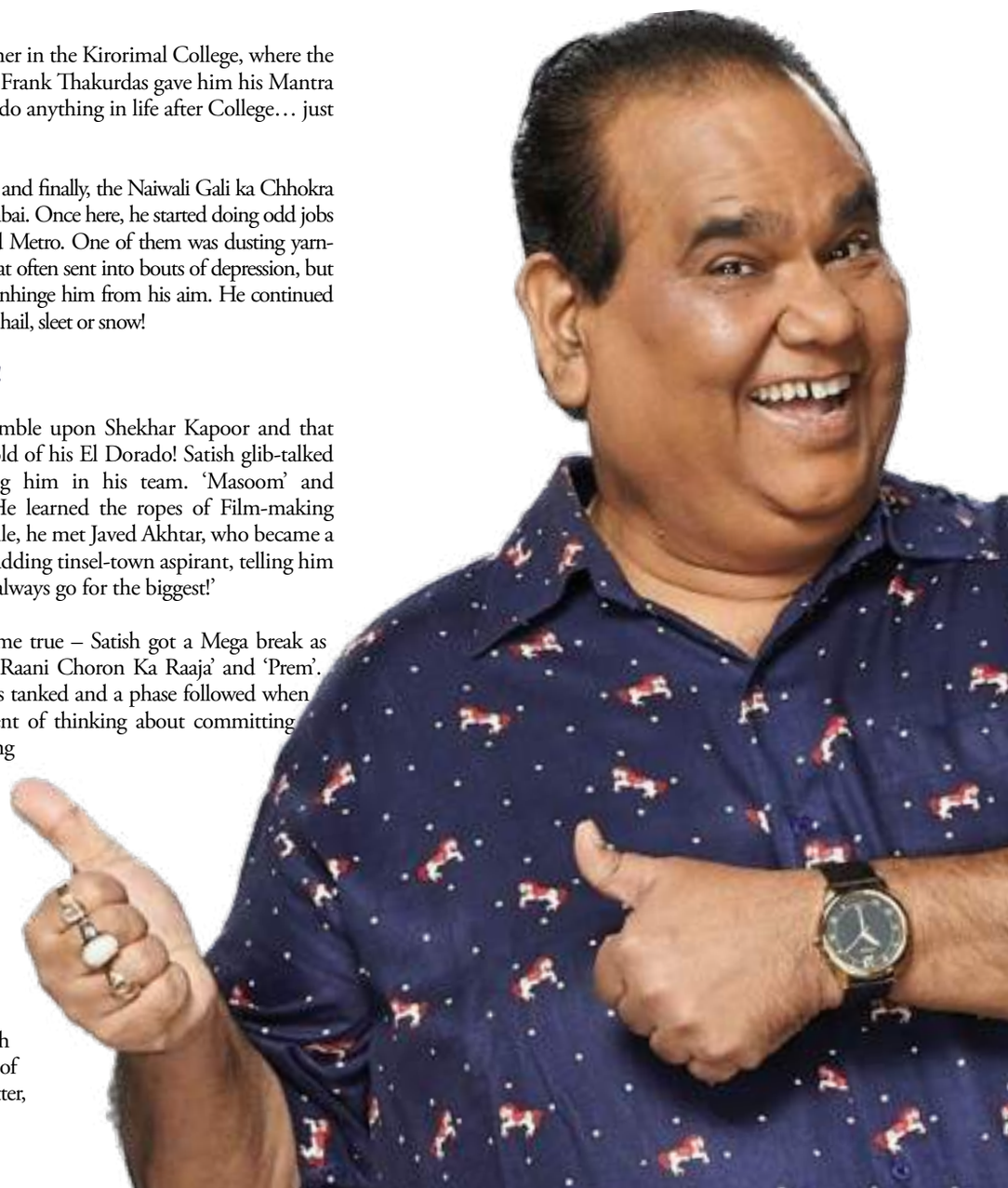
And today, he is back on TV with his Jasbir Ahluwalia in 'Sumit Sambhal Lega' (Star Plus). The sitcom is the official Hindi version of the crackling, 'Everybody Loves Raymond' (CBC-US) and Satish's Jasbir is the Desi counterpart of 'Frank', the hero's father in the original.

And once again, he has taken the TV-watchers by storm!

Gasping guffaws never cease whenever the rotund, roly-poly Jasbir is on the Screen. He elaborates…

'I have made Jasbir more obnoxious than the original, always making snide remarks about everybody, particularly his wife Dolly (Bharti Achrekar), his sons Sumit (Namit Das) and Rajneesh (Vikram Kochhar). But my punches and gags are such that Jasbir becomes a very juicy character!'

Yes – juicy jolly and jaunty
That's Satish Kaushik playing himself!



NEWS ALERT!

Celebs open up on topics concerning them

2015 is about to end and this year we witnessed lot of debates and discussions on issues pertaining to social concerns, politics and even few controversial matters. So we decided to have a small dialogue with our Tellywood celebs to discover the issues which captivated their interest and their views on those matters.



Shivin Narang

SRK Intolerance issue statement

I have always venerated Shahrukh Khan. He is among the few celebrities who dare to speak the truth, sans thinking much about their image. He has always been vocal about issues affecting our country. And to question his nationality due to his religion is just outrageous. No one has the right to determine who should stay in the country and who should not. There is a reason India is called the largest democratic country in the world. And if you check, whatever he is saying about intolerance is the truth. The mere response he got for that statement proves him right by default. Barkha Dutt is right, we don't deserve Shahrukh Khan. Celebrities are not just puppets or woollen dolls. They should have opinions and courage to express it rather than just keeping mum for their favourable public image.

Intolerance, as we see, is soaring day by day. All around the country people are becoming more and more sensitive about their religion, cast, and community and less and less sensitive to other human beings. Dadri case is an excellent example of that. Being a democratic country, we must respect other's opinions but fatwas and idiotic rules and bans are just disgusting.

Actually, there is no need to tolerate each other; we just have to embrace the diversity of this country. And it's not that hard. Since years we are following this. Ironically, developed countries are conversing about issues relating to technology and globalisation and here we are commanding what to eat, what to wear and what to see. Like Salman Khan said, not tolerating this stupidity is the right kind of intolerance. Our ancestors have literally died for the freedom of this country, so let it be free only.

Rashami **Desai**

Global Warming... still an alarming topic

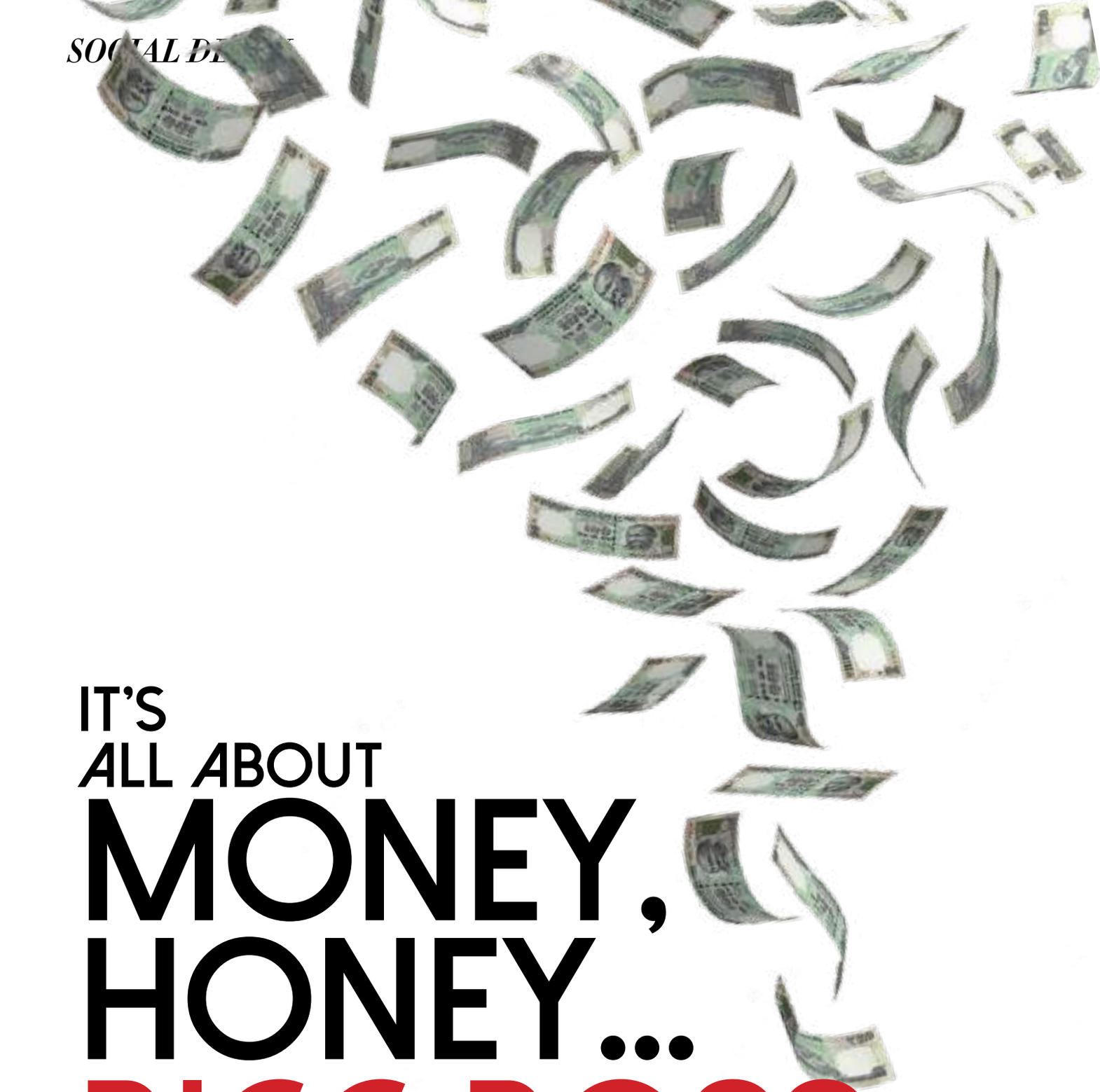
Since Leonardo Dicaprio has visited Delhi, Taj Mahal and Bihar as the UN ambassador to raise awareness on Global warming, the issue that is troubling the world is again in the news. The mere evidence of global warming is that we still feel hot here in November and as far as I remember, no Diwali has been this hot before. I have also read about the polar bears being found dead in Alaska as icebergs are melting drastically. Not only bears but the entire food chain including humans are affected by the global warming. Rising sea level, Tsunami, flood, earthquake are by products of it. Skin cancer, skin diseases have started occurring in many parts of the world.

Many people have started raising awareness and there are many institutions, NGOs, organisations and communities which encourage people to take oath for not bursting crackers in Diwali. While it is definitely a great step to avoid the noise pollution and air pollution, it is not enough. It's like having sugar-free food for just a day to cover up the high calorie food of the rest of the week. What about the honking? What about the wastage of water and food? What about the other noise polluting machines? Continuing this throughout the year and restricting it only during the festivals will not do much good. This should be practised round the year.

Global warming is our day-to-day problem, especially for the country like India. It is the problem which will only worsen day by day. As they say, we only have one planet to habitat. Why to ruin it before we find any habitable planet? Once again, it is not our planet only. The world belongs to the entire eco-system, animals, plants and many insects. A study said that even if insects desert the earth, there will be massive damage in food-chain but if humans desert the earth, it will only do the good to other animals as we don't contribute to food-chain anymore.

J.S.





IT'S *ALL ABOUT* MONEY, HONEY... BIGG BOSS

The Fish-bowl Syndrome!

That's what the core concept of this oddity called, 'Bigg Boss' is afflicted with. A motley bunch of oddballs are huddled together in a fortified place, called as the 'BB-house' for a period of 3 months and a battery of cameras keeps peering at them 24x7, except when using the toilet- eh, one should be thankful for small mercies!

Furthermore, it has been painstakingly made sure by the makers that each of the inmates chosen is a deviant in one way or the other, e.g., frustrated wannabes or has-beens from the tinsel town, pathetic bullies, duds, cynics,highly demonstrative ones of alternate sexuality, closet-psychos, eccentrics, wackos… err, you got the drift, didn't you?

Those are the fodder for this black-hole called, Bigg Boss!

Once inside, they are totally cut off from the world – no mobiles, no watches, no calendars… in short, no contact with the real world for the inmates of this unreal madhouse.

And as the days go by, people start getting emotionally stripped therein… slowly, but surely they start changing for the worse and more worse. And that's when, the viewers' voyeuristic urges start getting just the correct feed as the housemates start breaking into cuss-words (delightfully beeped), curses, hollerings and howls, besides those mandatory koochie-kooaffairs, resulting in scenes of snuggles, huddles and necking-pecking etc., creating picture perfect 'lovey-dovey' ones, who everybody knows will vanish from each other's lives once out of the House –but, what the hell – enjoy the 'Nautanki' as it lasts!

The House keeps closing in on the inmates and the claustrophobia is crushing and nerve-racking, but why do people inflict all those torments & tensions upon themselves? Well – the one and only answer to that is – 'Moolah'!Bigg Boss is a windfall for all of those who are chosen for it. Just have a glance at the reported big-bucks exchanging hands…

All the 'Least-known' contestants get at least 3 Lacfor each week of their stay in the House – that's people like, ArvindVegda in the present season...

Then, there is the category of the'Better-known' that can fetch 4 Lac per week for the likes of, say, YuvikaChaudhary, Rochelle Rao etc.

And then is the 'Best-known' slab that can grab a paycheck of Rs. 5,00,000 every week for someone like an AmanVerma, whose face is well-etched in viewers' memory…!

Reportedly, there are also the 'Special fees' that the 'Wild Card' entries negotiate for with the makers after allegedly promising spitfire scenes in the house through them.

This year, Rimi Sen is said to have been paid a bomb to be in there and that's why host Salman Khan keeps asking her to 'shed her sloth' and be 'active' (in other words – 'Justify your fees by creating ruckus!'). The mystery of her continuation in the Show, despite utter apathy, remains to be solved at the time of writing this.

But the long and short of it is that Big Boss is that pot of gold at the end of the rainbow for its chosen ones, like, the International hottie, Pamela Anderson could get away with the loot of something to the tune of 2.5 Crore for her 3 weeks in the house, according to sources. Similarly, the Great Khali got 50 lakhs per week and it is said that the crusty & crotchety,KarishmaTanna got a whopping 10 lac per week – believe it or nuts!

And this windfall touches its utmost when a mind-boggling 6 to 8 Crore per episode is earmarked for its megastar host, Salman Khan, who, despite having made some noises last year about cutting his umbilical cord from the Show, did exactly the opposite finally and is back with his signature bang in this season as well!

Didn't we say – it's all about money, honey!

'Bigg Boss-9' has largely proved to be a damp squib in its initial weeks, gasping for TRP's – so much so that Salman had to give the housemates a reality check as to their antics being the most 'Thanda' in the entire history of Bigg Boss so far! In other words, it was a clear warning to bring fire & brimstone to the Show or else face the consequences, i.e., surefire eviction! But, of course, he put it most diplomatically as – 'I'm not asking you to fightor something – but do have a 'point of view'...' (Ho hum!).

That clearly means that Mandana (Karimi, by far the best bet for the makers there) has to be even more acidic and acerbic, while the others, too, have to realise the need to be far more crooked, crabby and choleric to survive in the house. Actually, they seem to have got the clue finally and started creating blisters & brawls with no mean help from the wild-card entries, like, Rishabh (Snha) and Puneet(Vashist)!

They also know that they cannot afford to walk out of the House on their own as the contractual penalty is said to have gone up to 5 Crore this season (it was 50 Lac last year). Obviously, it would be commercial hara-kiri for anyone to dare it!

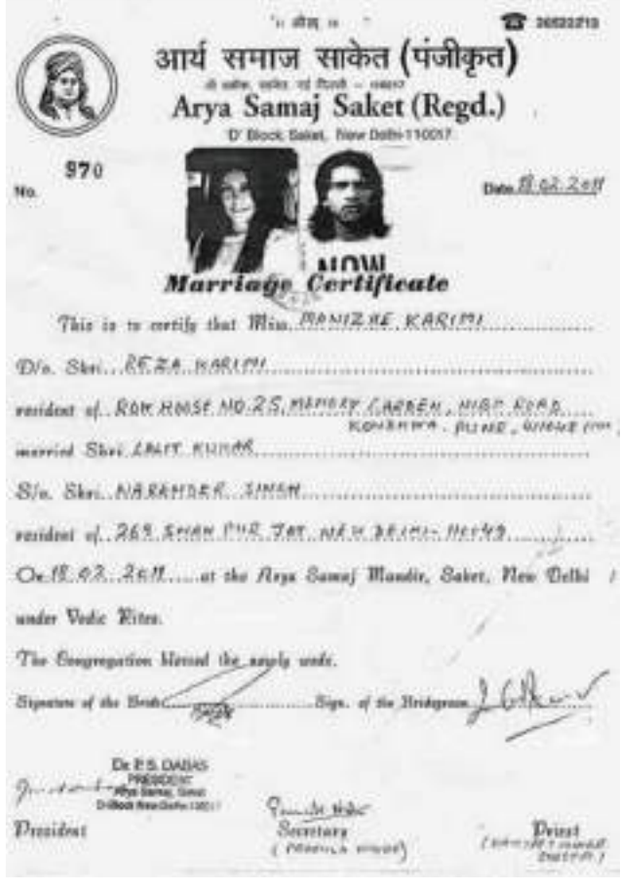
But can they live upto the Bigg Boss stakes? Perhaps, they can -after all, no one is a holy cow in there. Everybody is hiding behind masques, like, Mandana is pretending to be unhooked and hiding her marriage with the model, LalitTelhan, but the marriage-certificate doing the rounds on Net has already nailed her pretensions. Then, there is Suyyash Rai, posturing as a 'MaryaadaPurushottamRaam' by being a one-woman (Kishwer) man, but the stark truth is that he has even been a male-prostitute, having had sex with an 'Aunty' for Rs. 40,000 for one night… and we quote – 'Had the Aunty been ugly, I wouldn't have done it – but she was hot!' - so there!

All of this has been confessed by him on the camera in an internet Short-film, called – 'Balls!' by the RJ, Anirudh Chawla...

Hypocrisy – thy name is Bigg Boss!



Mandana Karimi



आर्य समाज साकेत (पंजीकृत)

Arya Samaj Saket (Regd.)

D' Block, Saket, New Delhi-110017

970

Marriage Certificate

This is to certify that Miss. MANIZHE KARIMI

D/o. Shri. REZA KARIMI

resident of. RAM ROOSE NO.25, MEHRAULI CANTEN, MEHRAULI ROAD, KOHENOOR, DELHI, GURGAON

married Shri LALIT KUMAR

S/o. Shri. NARENDER SINGH

resident of. 269, SHAN PUR JAT, NEW DELHI-110049

On 18.02.2011 at the Arya Samaj Mandir, Saket, New Delhi under Vedic Rites.

The Congregation blessed the newly weds.

Signature of the Bride ..... Sign. of the Bridegroom

Dr. P.S. DABAS PRESIDENT

President Secretary Priest

Mandana Karimi's Marrige Certificate



Suyyash Rai



Sony TV's Parvarrish Season 2 has already kick started on a grand scale and has managed to garner lot of adulation within few days. GR8! indulges in a candid conversation with Gautami & Sangeeta..

Gautami KAPOOR

On Parvarrish Season 2

Well, Season 1 was very popular with lot of teachings for parents and children. So that was a motivation to sign the show. I am really excited but having said this, I feel that we have lot of responsibility to make it as popular as Season 1. Unlike Season 1, you will witness how old friends get back together. With that, two different parenting ideologies which Simran and Surinder practice is something viewers will love to watch.

On her onscreen character

As you know, I am playing the role of Simran Gupta who is a jewellery designer and we stay in a nuclear family. I am playing the role of a very overly protective mother who does not want her kid to repeat those mistakes which she committed. The bond which Simran shares with her husband is also very beautiful.

On Parenting

My kids are very small. My daughter is 9 years old and my son is 6 years old and they are not much into phones now. It is scary for parents these days because of the massive reach of technology. In my personal life, I give a lot of freedom to my kids and at the same time I am protective about them. I am not protective to the point where my kids feel I am interfering in their daily routine. Striking balance between giving freedom and caring is very important but challenging too. Parenting today is really difficult these days and it was far more for my parents to raise me.

> **"I believe in giving freedom and at the same time being protective about my kids.**

On her acting career

The most challenging scene of my entire career was Tere Sheher Mein when I come to know that my husband has committed suicide. It was first day of my TSM shoot. Also, I think I am a combination of Tere Sheher Mein and Parvarrish 2. To be honest, I select roles which are somewhat similar to real Gautami. Because that is when it will look more convincing and I can also enhance my role by adding my own elements.

On who's the boss

In the last 7-8 years, Ram has been so busy that he has dedicated all the authorities to me and I thank him for that. Now since he is on a break, he is spending more time with the kids. Now the kids have reached that age where they need more rigorous discipline. My daughter still listens to me, but my son is more defiant. And fortunately, we never had any difference of opinion.
On still being fit

I think I am blessed as lot of credit goes to my genes. I seriously don't do much but yes, I have lived a very disciplined life since I was 13 years old.

Sangeeta GHOSH



On Parvarrish Season 2

Can I be honest…I was offered lot of roles which I could not relate to. This show has little bit of everything be it parenting, friendships, humour, etc… I am not a mother but I could related to the role and could not resist it.

On her onscreen character

My character Surinder is very ambitious. She got married to the man whom she liked but after few years, she realizes that she could have done better for herself. And she is trying to fulfil her ambitions through her daughter which sometimes does happen in reality. Surinder is very confident but her daughter is very low on that. So my onscreen character is suffering that battle because she wants to give best to her daughter and in that process she sometimes goes wrong. Surinder herself is content with her life, but with children she wants more.

On comparison with Parvarrish 1 and stress to perform

To be honest, I don't think I can perform if I think in similar way. Both seasons has different storylines, target audience, etc. It's not continuation to Season 1; we deal more with day to day challenges while raising kids. Today you can't forecast what viewers will like. So why not focus 100% on performance???

On acting career and challenges faced

I think my character Saanchi in Kehta Hai Dil Jee Le Zara is one role which is very near to me. I try not to repeat my roles and learn new things. I think rather than scenes, it's the situation which I find very challenging. I remember I was enacting most romantic scene of Des Mein Nikla Hoga but in reality there were ants biting me and ironically I had to act like I am in love in most unpleasant atmosphere. Lol

On Critics

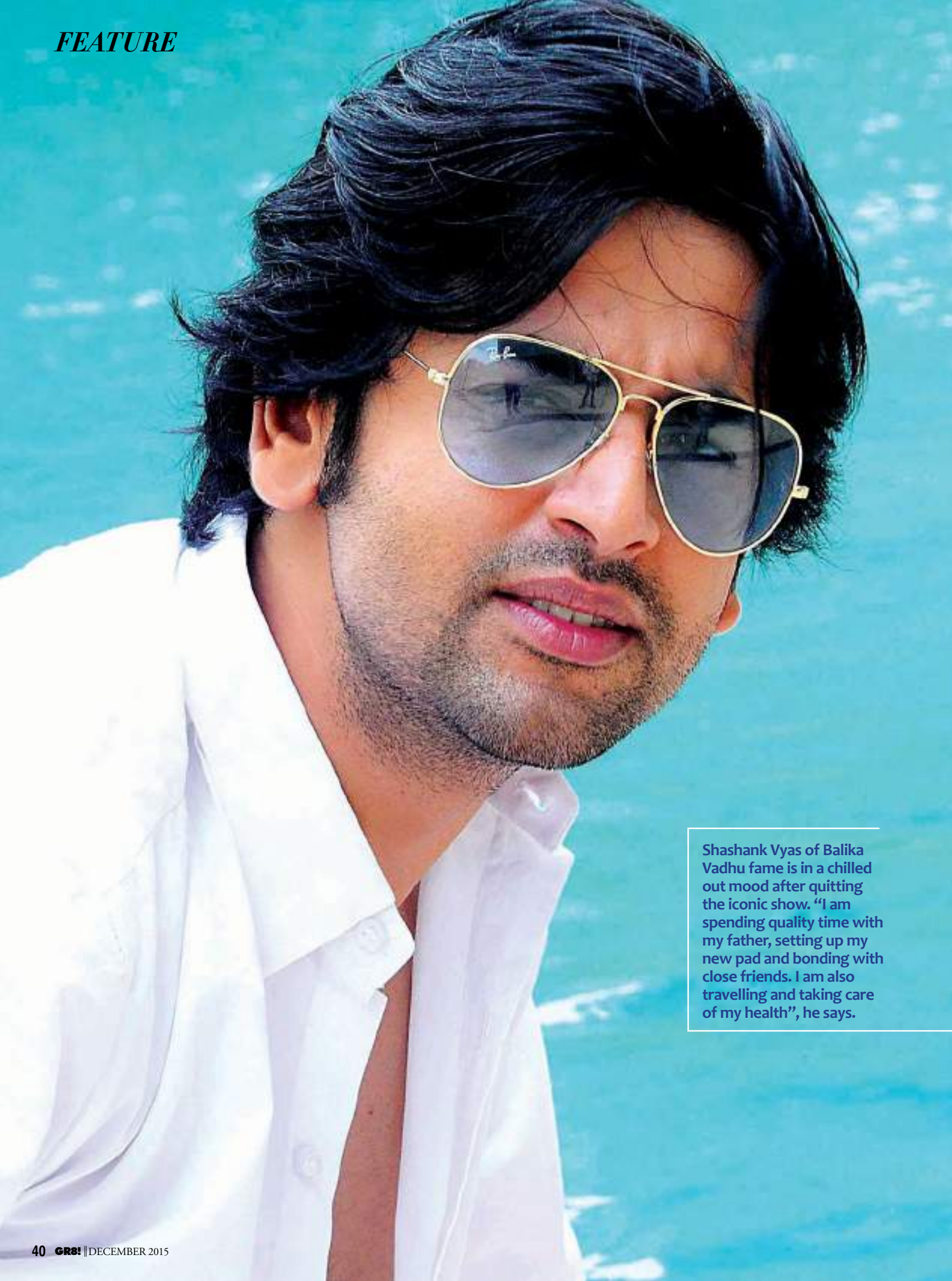
There will always be one groupwho will like to see you and another one who don't appreciate your work. Even we do the same; we like something and even dislike few things.So, I am open to both.

On competition from new faces

I am not insecured person and I believe there are enough opportunities in this Industry. Agreed, there are new faces but even we were newcomer at one point of time. I think once the character is accepted and liked, you are loved forever. I enjoy my work and don't look at work as stress.

> **"I hope to learn new things from this show**

J.S.



Shashank Vyas of Balika Vadhu fame is in a chilled out mood after quitting the iconic show. "I am spending quality time with my father, setting up my new pad and bonding with close friends. I am also travelling and taking care of my health", he says.

Shashank Vyas

We then broach the topic of his marital status as reports were coming out that he was hanging out with a large number of pretty industry women. This 28 year old originally from Ujjain (Madhya Pradesh) says "I am not dating anyone. Dad is after my case to get hitched. Please find me a sweet traditional family oriented girl". However there is a rider, Shashank prefers a non-industry gal as he doesn't want to come home and again talk shop. "The girl of my dream can be of any profession but yes she needs to be aware of our industry's working style. If you do come across such a woman, rather than calling me please directly touch base with my dad as I have left this decision to him. Personally as well I feel that now is the time to take the plunge in holy matrimony. Money and fame can be achieved even later on life. Whenever I meet Miss Right, I would not waste time in dating; Chat Mangani, Pat Byaah is my motto."

What about the buzz that you meeting and hanging out with a lot of industry women? "I am just having a good time with people who I feel comfortable with. Adaa Khan is a good friend. I love Sargun Mehta. Surbhi Jyoti is bubbly gal and we have lots of discussion on life and philosophy and last but not the least Aakanksha Singh now married is a very sweet friend. Is it wrong to socialize? I live with my dad and he does not understand the working's of our TV industry, so I meet the above friends to let my hair down. In fact it is only now that I am hanging out with friends, earlier hectic Balika Vadhu schedules would leave me with no time."

He does not really care about what the media writes about him. "I follow my heart. I was linked up with Pratuyasha Banerjee (Balika co-star) before. I will not be surprised if I am supposed to be dating Adaa as well. The worst thing is that you are damned if you do, and you're damned even if you don't. For e.g. if you are spotted with your guy friends, you are labeled as a gay and if you go out with female friends, you are called Casanova. And you don't me expect me to hang out with cats and dogs right."

Shashank says, "My good nature makes woman more comfortable in my company. Some clearly told me that they feel safe with me. However other's also told me that they prefer macho negative guys. I sometimes feel that I will be preferred more by the girls 'mother than by them. Lol."

In closing Shashank adds that that he is looking for good juicy work. "There is no hard and fast rule regarding any kind of character. I go with the conviction of the makers. I had never even imagined that that I will debut with a character like Jagya which gives me so much scope to play with different emotions as an actor. I am just on show old and have a long way to go."

Do you think your star status will help you net your ideal woman? "I am a very level headed guy and really find it funny when TV actors consider themselves as arrived. The only real star in our entertainment industry are the three Khan's, Hritihik Roshan and Mr. Amitabh Bachchan."

A.M.



AMRITA *Rao*

This exquisite actress needs no introduction… After mesmerizing viewers with her stint in Bollywood movies, she is back with a bang but this time as a host of NDTV Good Times' 'Jaipur Jewellery Show'.
Amrita Rao considers her new role as a good and refreshing change. She says, "Till now I have been answering questions, but now I am the one asking those."
Amrita Rao at her candid best, exclusively answers few questions about her new show, movies and rumours…

"Jaipur Jewellery Show made me feel like a princess"

What new Jaipur Jewellery Show brings to the table for its viewers?
The jewellers with whom we have associated are all visionaries who are doing a wonderful job in carrying the age-old art to a global platform. Secondly the content of this show is very unique and I am sure it will help audiences to understand the intricacies involved behind making of Jaipur Jewellery. Also, because I was completely naive in this topic, my questions were more curious.

What kind of shows you personally follow?
I prefer watching infotainment shows rather than Fiction ones which don't educate society in any way. I have always been a loyal audience to Band Baaja Bride and prefer watching Travel and Fashion & Style shows.

So are you in talks for any of Bollywood movies?
It is too early to say but hopefully you can expect me on big screen very soon.

There have been rumours that you rejected to play the character of Salman's sister in Prem Ratan Dhan Payo because it had a grey shade to it. How much of this is true?
It's a rumour and everyone is asking me the same but I honestly don't have any idea about it. In fact, let me tell you that I would love to play a negative role and I am very transparent about that. But yes, if it's a role which demands exposure and crossing my comfort level, I will be reluctant about it.

Your definition of ideal partner
My partner needs to Sensible, Smart and Good communicator.

J.S.

Namish TANEJA

When most of the actors start acting to earn name, fame and money; there is someone who had something else in his head when decided to act for the first time. It is none other than industry's newest discovery NamishTaneja, who chose to perform his first act just for a scoop of ice cream.

TheSwaraginilead says, "My parents are from the theater, so I grew up watching them performing on stage. My mom was doing a play on Lord Krishna's life. The kid who was supposed to play BalGopal fell ill, so the director of that play asked my mom if I could play that role. I remember I was in class second then. I refused to play it, but then my mom convinced me by saying that I will get an ice cream if I act in the play. The greed of an ice cream was enough to give my nod to play the role of baby Krishna. After that as a kid, I did several plays with my parents, and played characters of Bal Hanuman, kid Ram etc."

He further adds, "Acting was never my cup of coffee. I was greedy as a kid and only used to act in plays for the ice creams and chocolates that I used to get in return. I wanted to make a career in dancing, but then ended up becoming an actor."

"After doing my first ad, I went back to my hometown (Delhi) and took tips from my parents. In that short span of time, I did a crash course in acting at home. My parents taught me how to express while acting. I learned voice modulation, dialogue delivery and everything related to acting from them," says Namish.

Namish's parents are his best critics. They point out even the slightest of his mistakes and guide him. "I am a greedy actor and want to be known for my acting, so I not only want people to appreciate my work, but also point out my mistakes. I am fortunate enough to have my parents as my best critics. They point out my flaws and give compliments when I perform well. They always motivate me to perform better."

This young handsome hunk who has achieved fame in a short span of time is also an avid animal lover. He says, "I remember not celebrating my last birthday and feeding puppies with the money I saved. I really feel proud of what I did."

On being asked about the pro and cons of working in this industry, he answers, "The advantage is whole world knows you and admire your work. Apart from name, fame and money you get an opportunity to live the life of another person while playing the character. But as they say, everything comes at a price, being a public figure people around the globe are allowed to stalk you. Media will try to scrutinize your private life."

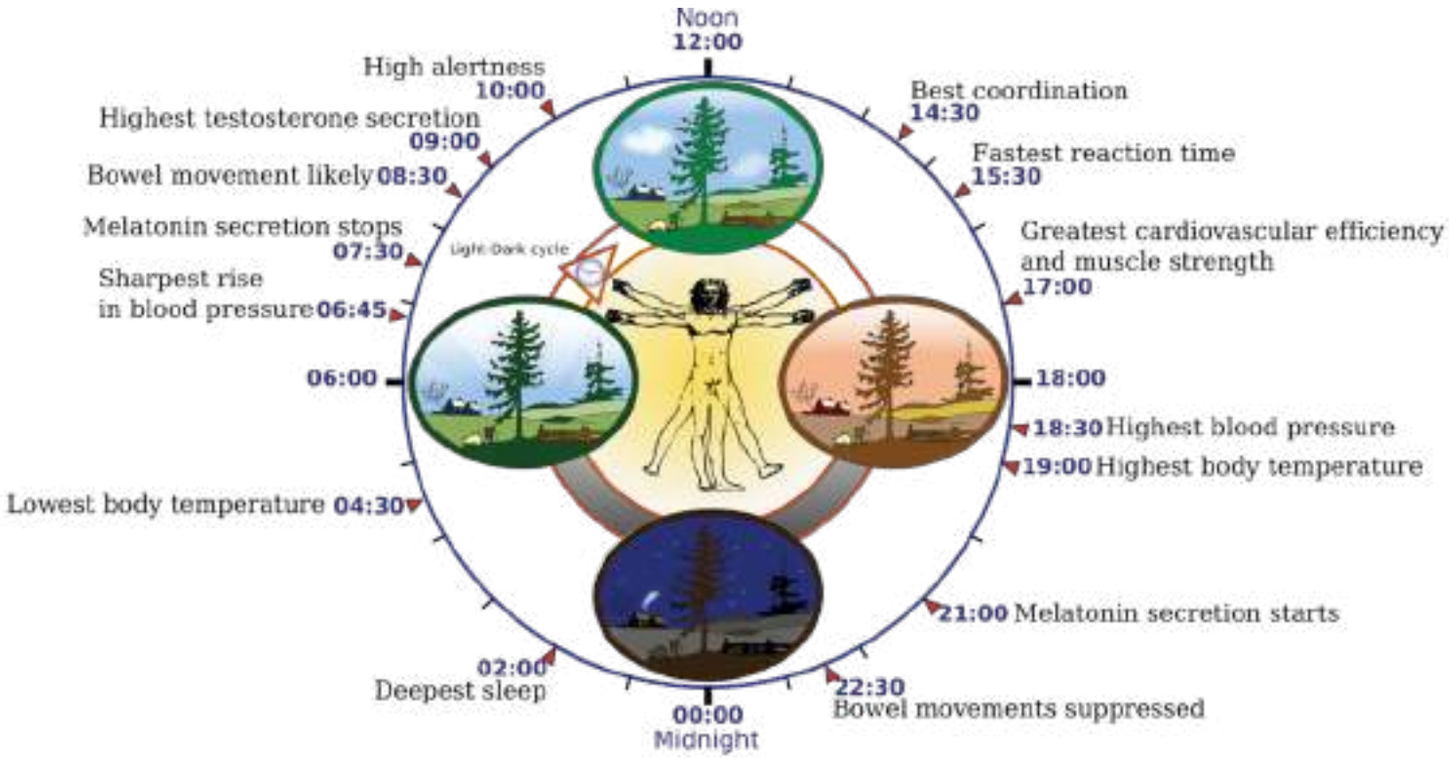
Namish has been always vocal about his love for Dancing. He further adds, "Dancing is my passion and it's like blood in my vein. I obviously miss it sometimes as I wanted to become a choreographer, but ended up becoming an actor. If given an opportunity, I would definitely love to go back to that phase so I can shake a leg in dance-based reality shows."

J.S.


PANG NG TSO
BLUE SKIES

CIRCADIAN RHYTHM

Human Body's 24 Hour Clock



It is definitely one stressful life especially in the city which never sleeps. With our work which always demands us to be on the go, it's quite often that our sleeping and eating patterns goes for a toss. And who gets affected in all this chaos? It is none other than our 'Brain'.

Human brain is one of the most complex studies of science to understand and is in fact a gift to humanity. It permits human beings to carryout various intricate functions of our day to day life i.e. planning, manoeuvrings skills, processing and memorising of information, problem solving ability (IQ) and many more. Imagine a second when you feel strain while performing any of the above mentioned tasks.

So GR8! brings to all our readers the concept of Circadian Rhythm which is related to the signals received by the brain in the form of light from the peripheral environment.

So what is Circadian Rhythm?

Circadian rhythm is physical, mental and behavioural changes that follow a roughly 24-hour cycle, responding predominantly to light and darkness in a human being's environment. Circadian rhythms influence sleep-wake patterns, hormone release, body temperature and other important biological functions. Sounds a little complicated, doesn't it??? Let's make it sound simpler by comparing this concept to a very common phenomenon of jet lag. We all are very well versed with it and you may have even encountered it lot of times. Similarly, when you pass through different time zones, your body's clock will be different from your wristwatch. For example, if you fly from Mumbai to Sydney, you "lose" 05:30 hours of time. So when you wake up at 7:00 a.m., your body still thinks it is 01:30 a.m. and performs functions accordingly, leaving you groggy and disoriented. Your body clock will ultimately retune itself, but this often takes a few days.

A million dollar question - Why is it so important?

The circadian rhythm is a reference clock for our human brain. Based on that rhythm, our brain sends various signals through the nervous system for the secretion of certain enzymes and pigments that are necessary to maintain body temperature, blood pressure, apposite sleep and wakeup time, bowel moments and the list goes on.

As we all are very much aware that a human body performs at optimum levels during the day time, it is necessary that one needs to have regular and sufficient sleep as a prerequisite according to the circadian rhythm. If one does not follow the cycle by having asymmetrical sleeping hours and working in shifts then it may lead to significant snags that will act as deterrent to performing basic functions like difficulty in recalling what you had for dinner last night. Does it ring any bells??? With further exploitation of sleeping patterns, the effects further exacerbate leading to indigestion, fatigue, poor concentration, acute memory loss and insomnia. And if you think that the list has ended, here it goes on - if continued for a very prolonged time, you may witness side effects like skin problems due to stress and fatigue, depression, metabolic disorders like diabetes, obesity and many more. And needless to say, we definitely don't want you to experience it…

Research has found that sleep deprivation also leads to gradual deterioration in sexual activity, cognitive impairment, irritability, impaired moral judgement and risk of heart disease, poor accuracy and late reactions.

The lessons we learn!!

'Mental Stress and Poor Lifestyle' are two major reasons we find it tough to get adequate amount of sleep necessary to keep the body in sound condition. In case of mental stress, one must approach a qualified Doctor, Psychologist or Counsellor for an apt action. For a healthy lifestyle, one must take cognizance of the fact that there is no alternative to sleep and medications provide only temporary relief and in the background only worsen the quality of life. By maintaining a required quantum of timely sleep one would be able to improve their quality of life, energy levels and there will be a definite improvement in confidence, relief from psychological ailments like depression and mental trauma, a feeling of positive attitude and yes will also enhance your problem solving ability and capability to perform complex tasks with ease.

So for all those who are reading this…Sleep Well to Live Well!!

P.S: This article on circadian rhythm does not undermine the importance of exercise and nutritious meals to keep oneself fit and healthy.

J.S.

Big B's *Uncanny 'Connect'...*

Aaj Ki Raat Hai Zindagi

It was proven to be a lethal Combo!

Back in 2000, when a fledgling Channel struggling to find its feet and carve out its own niche on the canvas of Television decided to throw its lot with the big time Star, who was, himself, in a bit of a twilight zone at that time, for adding a lustre to it – the stakes were too high and the risks one too many… and yet, they went ahead with their hunch rather than losing sleep over risks.

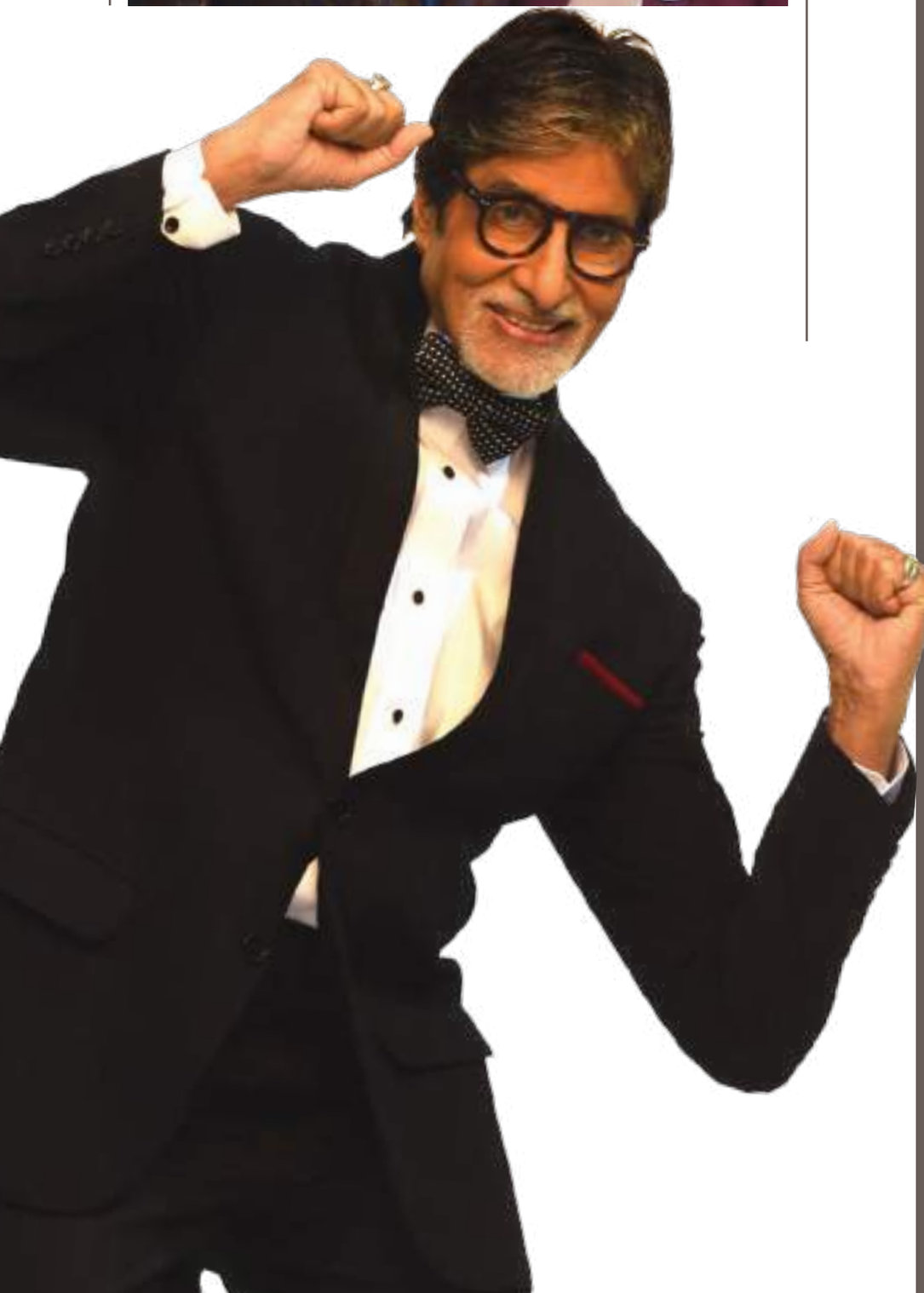
No prizes for guessing as to who we are talking about, as that coming together of a nascent 'Star Plus' and 'Amitabh Bachchan' for 'Kaun Banega Crorepati' is history, today! The Show, as anchored by Big B, touched phenomenal success and catapulted 'Star Plus' to dizzy heights!

Now, 15 years after that phenomenon, the combo has been formed once again and Star Plus and Amitabh Bachchan, together, have been instrumental in bringing to us, 'Aaj Ki Raat Hai Zindagi' (every Sunday, from 8 to 10 pm).

It seemed to have everything going for it when the first promo came to be telecast. It had Big B in an elevator, apparently caught in the tedium of passing the time it'd take to reach its destination… Suddenly, he breaks into a jig as only he can and while he was cavorting his tall frame graciously, he did that, now wildly celebrated, patting-the-cheeks bit, it was evident then and there that the way for this elevator was to be up and up only, even when it hardly told a thing about Show. We understand that this swinging bit was actually choreographed by none other than the wonder man himself…







No wonder, the buzz rent the roof!

On the 18th October,'15, the Show unfolded on 'Star' and turned out as having been 'inspired' by the BBC's 'Tonight is the Night', where the Host invites Celebs to gift something to people who have tried to lend a helping hand to the needy and that too totally on their own.

'Oh, it's a 'Social causes' Show, then', one wondered!

But does that make the Promo all wrong and that jig totally irrelevant – or does it? Err, not quite, as while the Show is undoubtedly an issue-based one, but the jigs & jazz are not irrelevant to it at all (in fact, too profusely so), as all the issues have been presented in a crackling capsule of starry razzmatazz with Celebs, Songs, Dances and even a dash of 'Comedy Nights', when the Stand-up supremo, Kapil (Sharma) stuffed it with his rip-roaring one-liners in the inaugural episode.

But the first things first…

The Show definitely has its heart in just the right place. It's so very inspiring to see all of those true do-gooders, who've been nothing short of Messiahs (even if in a somewhat miniscule way) for many a deprived one and that too without any organised help!

Hence, one really had a lump in the throat to see Dr. Suresh Aggarwal (presented by Shilpa Shetty), who gives shelter to some 800 people, whose loved ones are being treated for Cancer in the Tata Memorial Hospital and who, because of sheer destitution, had been living on the footpaths for want of affording a dwelling and having nowhere and no one to go in the Metro.

Their pathetic sight moved Dr. Aggarwal and instead of reacting with the usual 'Tsk… Tsk… the poor guys' response and moving on, he flung into action and bought 2 flats with his own money to turn them into shelter homes for those hapless people in hopeless conditions!

If that is not stirring – what is?

And thus the stories keep unfolding of people with true grit, who, instead of 'lip-service', provided concrete help to the disadvantaged through whatever they had with them.

Indeed, it's so uplifting to see Mark & Yvonne D'souza sending 'Dabbas' to the elderly to save them from hunger pangs for the last three years, or the young lad, Saurabh Nimbkar who plays Guitar in the local trains and sings to collect some money for terminally ill patients, who do noy have enough means to afford the costly treatments.

Saurabh's deed inspired Big B so much that he decided to be a part of it for a day. In his own words…

'Took the local from VT station to Bhandup with Saurabh to support his cause… I also sang with him!'

Yes, the legend did croon his unforgettable, 'Rang Barse…' with Saurabh as 'I had to travel the distance he does, do what he does, to support his incredible feelings!'

That's the gripping part of AKRHZ!

But alas! It doesn't stop there – there is a gawky part to it also – gawky and tediously tiresome too! And that is - the Show's formatting!

This supposedly 'brave' Show of celebrating the bravura of rare individuals serving unique causes is somewhere deep inside is a very 'afraid' one as well! It does glorify 'Goodness', but is also suspicious of its gripping powers over the audience. And hence, it has laden itself with drearily long segments of Songs, Dances and other such frivolities.

But this marriage of the 'Sublime' with 'Showmanship' is proving detrimental to its very spirit. How we wish, they should have had more faith in the pith, pathos and the punchiness of all those inspirational cases there to be a good enough 'hook' for the viewers – instead, they panicked on this score and laced it all with garish tinsel & Stardust that is rather self-defeating, really!

Then, there is the inordinate length, stretching the Show to a 2-hour capsule. Without a shred of doubt, that makes it draggy, repetitive and predictable, rather than being something out-of-the-rut. Watching 'AKRHZ' in all of its 2 hours' stretch is too taxing for the neves, to put it mildly.

Would that it were crisper and had stuck to its concerns & causes more than the frivolities!

But, then, its saving grace in the form of the luminous presence of Amitabh Bachchan does make it hold your attention – albeit only to an extent. Looks like, even the ineffable and inimitable legend cannot win the race for a boat that keeps meandering here and there. But there is no denying the uncanny 'Connect' that AB forms with the Aam Janata.

Though comparisons are odious, but 'AKRHZ' would still be put in the scale against 'Satyamev Jayate', since both are of the issue-based tenor. In its initial viewings, it's evident that 'AKRHZ' has the heart of 'SJ', but not its bite – and that's mostly due to its self-conscious formatting that dilutes its core impact with all those Thumkas and sprinkling of Stardust.

One shudders to think that it may harm the Show irreparably – after all, the Rating-points aren't exactly raining so far. It would be a pity – nay, a tragedy of great magnitude if a Show of such an ennobling promise would nose-dive into oblivion because of reasons so extraneous to its core themes!

Can the strategists behind it wake up to the perception?
Buckle down to it, guys – put your hands to the plough and redress the wrongs!
You owe it to us!







KARAN V GROVER

A must have music collection:
Madonna, Michael Jackson, Coldplay and Hans Zimmer soundtracks

Favourite sport:
Formula 1 Racing

Most expensive gift received:
Nikon DSLR D90

When out of words, fillers used are:
Trust me; I am never out of words! If at all, I just excuse myself from that particular situation

One advice you had put into action:
Never do drugs!

One confession:
I maybe an atheist

One motivational quote you use quite often:
Just do everything you feel like, one life, no regrets!

Parties or peaceful evenings:
Peaceful evenings

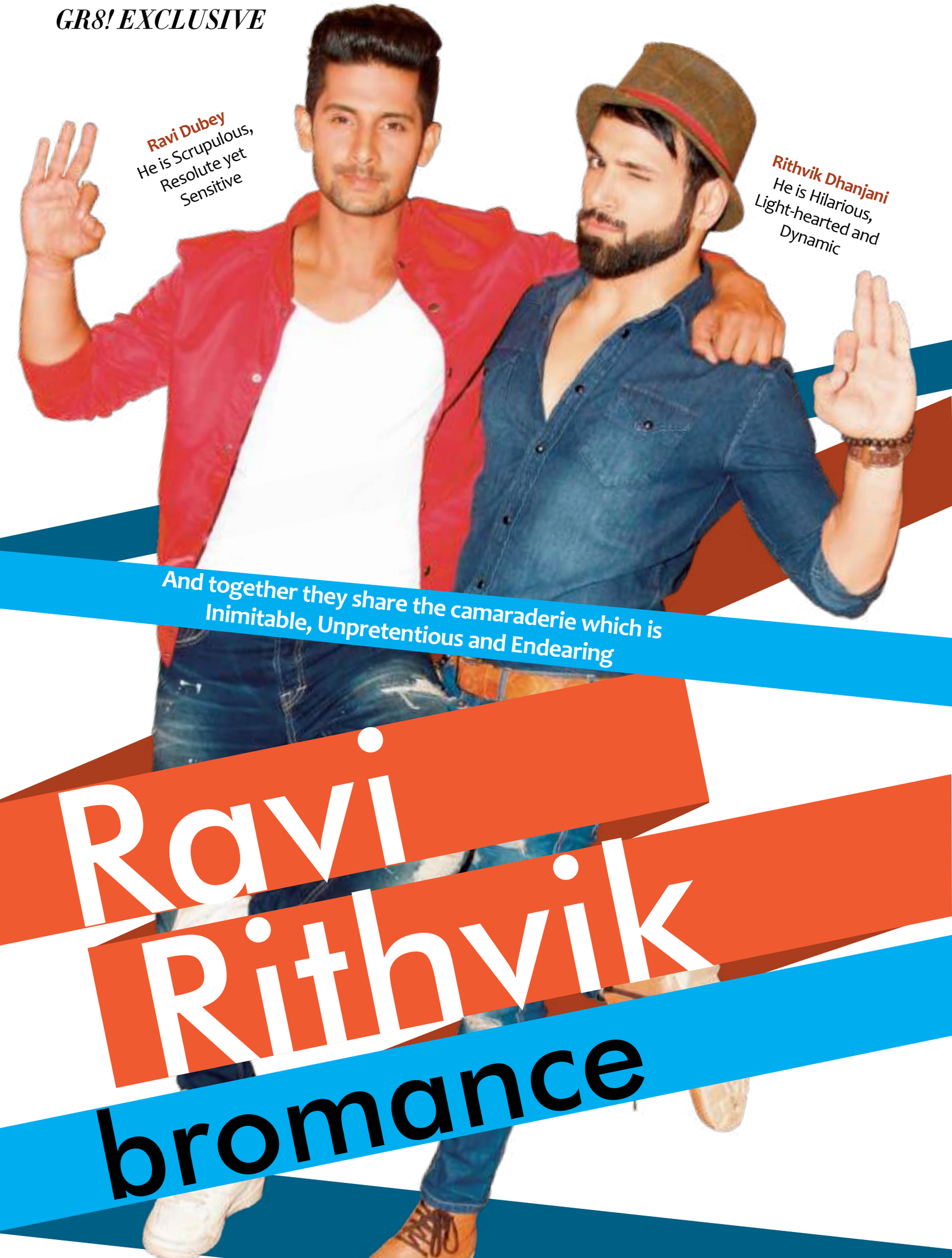
The coolest thing you have ever done:
I shook hands with David Copperfield

One possession you are obsessed with:
My coffee machine

Funniest thing you heard about yourself:
That I am dating Bipasha Basu. Can't be crazier than this…



J.S.



Ravi Dubey
He is Scrupulous, Resolute yet Sensitive

Rithvik Dhanjani
He is Hilarious, Light-hearted and Dynamic

And together they share the camaraderie which is Inimitable, Unpretentious and Endearing

Ravi Rithvik bromance

Currently hosting Zee TV's India's Best Dramebaaz Season 2, they have definitely succeeded in mesmerizing their viewers with their rib tickling bromance and extraordinary anchoring skills.

GR8! Exclusively for the first time, brings to you all the fun filled, amazing and uproarious moments we had with the duo…



One Motivation to do India's Best Dramebaaz 2

Ravi: Well can I tell you one discouraging factor, its sharing stage with Rithvik. Haha on a serious note it's these extremely smart talented kids which encouraged me to do this show.

Rithvik: My motivation is Ravi (Ravi raises his eyebrows as he hears this). Well, yes the moment I came to know he is roped in, I had to step in to save this show from the disaster. Lol. But yes, I have done Season 1 and the fact that I feel so good being around these vivacious kids is enough motivation to do this show.

One challenge on hosting kids reality show

Ravi: Children are flawless and innocent. Sometimes they have so much of energy stored in them, that it needs to be channelled in a right way. And that is where the challenge comes in picture while tunnelling their talent in right and at the same time entertaining way.

Rithvik: The one entertaining factor of being host of kids reality show is the unadulterated energy which kids bring in. But dealing with kids is not as easy and it's our job to actually channelize their talent and bring out best in them.

One best thing about your co-host cum friend

Ravi: You really have to ask me this? It's sad as there were many things which I silently adored about him but now unfortunately have to open up. Lol. So to answer you, he is extremely hard working and is voracious about his work and when given an opportunity to prove our mettle, I and Rithvik can go to any level. That's a common ground which bonds us together and I am extremely fond of him.

Rithvik: He is my 3 a.m. friend and extended family. We both share same foresight, dedication and are really driven by passion. He is a gem of a person and is all heart. He is my brother, friend and sometimes my father too. And why not with the kind of experience he has at his age, definitely he can become a consultant. Lol. "Yes he is young with a brain of a 5-6 year old kid. With that, he was actually eligible for giving auditions for our show…Hehehe" jokes back Ravi.

One advice you would give

Ravi: On a serious note, Nothing. He is great son, brother and great boyfriend for Asha

Rithvik: As I said, he is just all heart and way too emotional. There are times where I actually feel that he should think from his brain.



We have witnessed many friendships going for a toss when turned into professional relationship as well. So were you sceptical on doing this show with your friend?

Ravi: No, fear and worried about Rithvik…noways. Not many ideas occur to him which can cause conflicts between us. Lol. On a serious note, in fact I feel more comfortable when he is around me.
Rithvik: We have hardly worked with each other. For me, if I am working with a friend it is only going to be an add-on and nothing else.

Complete this…You perform the best when
Ravi: Both. But I think it's more the pressure that brings out your spontaneity in a most effective way.
Rithvik: Has to be under pressure

One thing your fans should know about you
Ravi: I am completely in sync with what they are thinking and saying about me. I secretly visit the forums and I appreciate every single feedback, even the not so good ones.
Rithvik: I have never said this loud, but yes even I am curious to know what is written about me, about me and Asha and I keep myself updated with the thoughts my fans share about me.

One message to your fans
Ravi: You have seen me working with Sargun and many other friends but I was personally looking forward to this because it's Rithvik. So please keep watching our show as our marvellous chemistry only promises to entertain you more and more with time. Keep loving us and remember us in your prayers.
Rithvik: We are here because of the love showered by our fans. And the love which I and Ravi share will definitely twofold the level of entertainment quotient every week. You guys are in for a treat…

J.S.

GO TRENDY WITH ETHNIC

It is rightly said that woman look their best when they go traditional. GR8! Gives you a few tips on how you can go from complete traditional to more trendy, classy and peppy and at the same time retaining the charm of ethnic look. We have handpicked few of the best ethnic looks from Gionee India Fashion Week which will definitely gather enough eyeballs for you...



Desinger :
Dimple Shroff



Desinger :
Manju Todi



Desinger :
Mukti Tibrewal



Desinger :
Riddhi And
Siddhi



Desinger :
Dimple Raghani



Desinger :
Mukti Tibrewal



Rohan Mehra, the rising star in our tinsel town has many young girls going gaga over his cute and lovey dovey looks and why not? This adorable guy who plays the role of Naksh in one of the most popular shows 'Yeh Rishta Kya Kehlata Hain' has charmed his viewers within a short span of time.

Rohan Mehra

I prefer to be tagged as #'Hot' rather than #'Cute'

We come across many news where girls and even aunties pull his cheeks and flatter him on his cuteness quotient when they bump into him. So we ask him how he feels on being tagged as the cute chocolate boy in the town. He says, "Obviously anybody would love to hear that word "cute" but now I feel bahut cuteness cuteness hogaya. Now I want to be called as 'Hot Guy'. Actually, I don't get time for workout. Now it's ok but yes I will try to work on my body so that girls can call me hot."

When asked about his expedition in this industry he says, "After doing commercial and print ads, I did one Bollywood movie 'Sixteen'. From there my acting journey started. Then Gumrah happened and yes it was a new show at that time. Well, after that Ekta called me for Bade Achhe Lagte Hain and post which I did a movie called Uvaa. Then I got YRKKH which is my biggest break till now. I am popular because of this show."

Naksh has many shades to his character. How much you relate yourself to Naksh? He replies, "Whatever I am playing onscreen is me only. Naksh has little bit of cuteness and positivity but at the same time he is someone who is headstrong. This role of Naksh suits me. I always wanted to play such kind of roles. He has strong family values and can handle several things simultaneously, be it studies or business. Having said this, if given an opportunity, I would love to play a complete rockstar." So we further query him on being a part of any reality shows? He immediately answers, "I may like to be part of Bigg Boss in future because I am completely glued to that show."

He is young, spirited and flamboyant. On being asked about his definition of ideal lover, he laughs it off and replies, "Haha... Well, I would just like to say that my girl needs to be smart in terms of talking." (So all young beauties, we hope you are reading this…wink wink)

When asked how he kills his time when not shooting, he says, "Seriously speaking, I don't get much of free time. Normally when I manage some time, I watch movies or go out. Actually I don't like to repeat places and love exploring new ones."

J.S.

Jingle Bell... Jingle Bell...

Here comes the Christmas Spell...



Spellbinding!

That's exactly the impact of this merry, merry Fête, which comes at the fag-end of every year, triggering whoops of joy all over. And why not! After all, it is celebrated to commemorate 'Nativity' i.e., the birth of Jesus Christ (calculated as 9 months after the 25th March, the day of the 'Annunciation', i.e., the conception of the Divine-child in Virgin Mary's womb, as was revealed by the angel Gabriel to the carpenter Joseph to whom she was betrothed).

Hence, the momentous day is called, 'Christmas' (short for 'Mass of Christ'). And after the birth of the 'Son-of-God', the 3 Magi (wise men) of the East saw a 'strange' Star in the sky and followed it to the Barn, where Mary and Joseph had taken shelter as the Inn at Bethlehem, to which they had come from 'Nazareth', had no place for them to stay and they had to take shelter in there.



That's when the haloed birth took place!

With no bed to lay the child in, Mary & Joseph had to put him in a 'manger', full of dried grass for the animals to eat. Today, it all is made to look so pretty in pictures on the Christmas Cards, but surely, it mustn't have been a comfortable experience for the little infant, then.

But that's exactly the point!

It makes it clearer than crystal that here had come, not some high & mighty King, but a humble One to lead the 'humble' herd of Humanity to their salvation (remember St. Mathew - 'Blessed are the 'meek' for they shall inherit the earth'?

The Magi brought 'Gold' (symbolising supreme power), 'Frankincense' (burnt in worship of Divinity) and the plant-oil, 'Myrrh' (symbolising mortal humanity) as 'Gifts' to the child.

However, the Christmas, as we know of it today, was not always the all-pervading fest, even for the Christians themselves. In fact, till as late as the 1950's, many a Christmas custom (like, displaying the Christmas Tree) was restricted only to the affluent classes in the UK, but, today, it's an altogether different story – be it 'Kings' or 'Commoners'… 'Haves' or 'Have-nots'… 'Mega' or 'Menial' - Christmas connotes celebrations of the highest order for everybody all across!

And the most important components of these celebrations are…

The Christmas-tree:
Made of the evergreen 'Fir', it points towards the heavens and is triangular in shape, symbolising the 'Trinity'…

The Christmas-cards:
They are the carriers of 'wishes' from one to another, forming and strengthening bonds…
The Lights:
The 'Candles in each window' imply that Christ is the ultimate light of the world…
The Carols:
The sonorous Psalms that breathe Divinity into the surroundings…
Others:
Many homes display the 'Christmas Villages', 'Sleighs', 'Snowmen' etc. - all glowing gloriously in ethereal illuminations…
And the 'Gifts':
Christmas is a carnival of 'Gifts' and in it the most loveable fable is that of the 'Father Christmas' or 'Santa Claus', as he's most widely known, today. Even in this age of scepticism, most of the children really believe that at night Santa Claus would come from somewhere in the North Pole in his sledge, driven by reindeers in the air and place 'Gifts' by their side, while they're asleep.
But Santa may not quite be a mere figment of myth as it seems the name actually signals towards a real-life St. Nicholas, who had an obsessive urge to help people, but without anyone ever knowing about it. That's why he climbed up the roof of a poor dwelling and dropped a purse of money down the chimney. It landed in a stocking left by a little girl by the fire to dry. And that happening caught on, leading countless li'l ones to believe that Santa continues to drop gifts through the chimneys to this day!

The Christmas-cuisine:
The festivities are also replete with feasts, brimming with dishes specially made for the occasion – the Candies, Christmas-puddings, Fruit-cakes, Mince-pies, Yule-logs… Yummy… Yummy O'!

The Star of Bethlehem shimmering over homes…
The Christmas-trees standing tall with lights and goodies dangling from their branches…
The Church-gongs resounding in the air, while Carols unleashing mesmerising musical streams all over… Tradition…Culture… Modernity – all blending into unbounded abandon…

That's Xmas…
That's when the Carpenter of Souls was born!
Merry Christmas to one and all…!



Pratyusha Bannerjee

'Anandi' was my Christmas-wish that came true and also, there was another… I always wished to have a good 'friend' in my life and it, too, came to me as a blessing of Christmas, jab I met Rahul (Raj Singh)…Today, his presence has fulfilled that lacuna in my life…



Mrunal Jain

'For my Christmas-wish that came true, you'll have to go back 3 years in time… That's when I wished for a 'Mentor' in life on the Christmas and trust me, I was blessed with a 'Mentor' who understands everything objectively and guides me to just the correct paths…!



Shrishty Rode

'Let me tell you something – my father has been in the industry for 35 years and wasn't exactly keen on my entering it and getting subjected to the hardships, here… I would always pray on Christmas that – May he allow me to fulfill my dream… And that did happen when he gave up his resistance the day I got 'Fair & Lovely' Ad…After that Acting was only a natural course to follow with Dad's and Christmas' blessings…!…



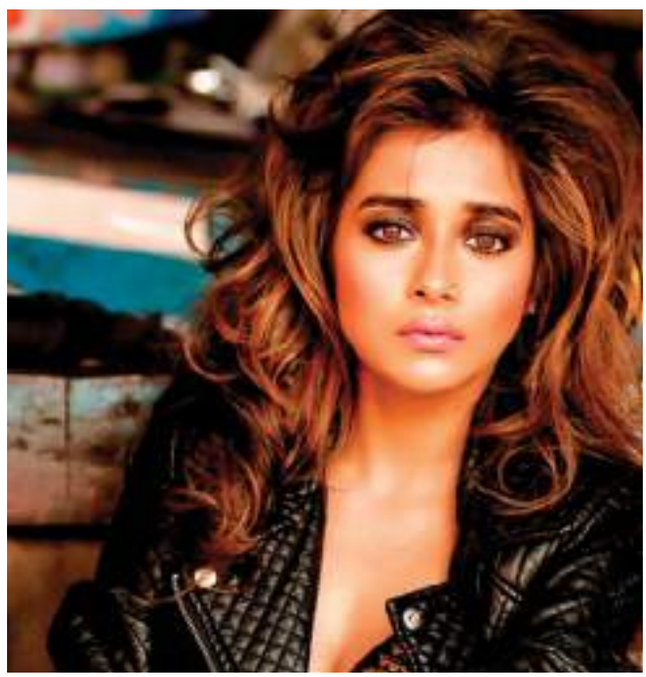
Ada Khan

'I've been wishing on Christmas to give me a Balaji-role… And look now – at last, I'm doing 'Naagin' (Colors) with them… That has made my Mom also so very happy and we would have great fun on this Christmas in Bandra where I live and where Christmas is out-this-world…!

You have seen them entertaining you with their awe-inspiring acting skills, but well did you know that they always envisaged themselves becoming an entrepreneur at some point of time. GR8! Exclusively gets into conversation with these talented actors who may very soon surprise their fans with their new endeavor. Have a look for yourself…

Going Entrepreneurial way

Tina Datta



Ummm... I wanted to do something in the field of fine arts and craft. I like doing craft work and arts is something which always riveted me. I do occasionally paint and gift my art work to my near and dear ones. It gives me creative expression where I can express my thoughts in my own idiosyncratic way. You see, I have been unceasingly busy with shooting. But I surely want to make lot of craft related gift items and have an exhibition. It would be so exciting…



Jason Tham

I am very keen on establishing fashion clothing line for men as I believe there's lot more variety for women in clothes and accessories than men in India. So why not give it a shot as I have voyaged in different parts of the world and in the process have got enthused by different fashion trends. I have never tried it because I am waiting for the right moment and the right people to invest in it. I am waiting anxiously for that moment…



Vishal Singh

Interesting… Actually I would like to do fashion designing and that is what I am looking forward to pursue in future. I feel proud of my style statement when a lot of my friends seek for my opinion and advice about fashion and that really stimulates my confidence to try my hands in designing.



Rishina Kandhari

Hmm well…You know I would like to make a world farm and start breeding exotic dogs. Actually, I was not aware of this but now since I have my pets, I know how to breed them. Earlier I was busy with other things so I never got the opportunity to experiment this. But one day I surely want to try it out. I hope things fall into place in the future. Till then keeping fingers crossed…



Gunjan Utreja

I have a sweet tooth and absolutely love deserts. So I always dreamt of opening my own cafe. Actually I was waiting for the right time and very soon I will be opening a cafe with my sister. She is a pastry chef and it will be quite exciting to work with her. I am looking forward to bring the finest French desserts to India. Very soon you may hear positive news…

J.S.



CHEF SANJEEV KAPOOR

This festive season, delight your guests with delicacies straight from the Sanjeev Kapoor's desk. Mouth-watering Peach Upside Down Cupcakes with yummy Peanut Butter Cupcakes is just perfect for Christmas season.



PEACH UPSIDE DOWN CUPCAKES

Ingredients

- 2 canned peaches
- 1½ cups refined flour
- 1½ tsps baking powder
- ¼ tsp salt
- ½ tsp baking soda
- ¼ tsp clove powder
- ¾ cup sugar
- ¾ cup buttermilk
- 2 tbsps peach puree
- 1 tbsp butter
- 1 large egg
- ¼ cup honey

Method

- Preheat oven to 180°C.
- Cut peaches into 8 thick slices and put one slice in each of 8 muffin moulds.
- Sieve together refined flour, baking powder, baking soda, salt, clove powder into a bowl.
- Add sugar and buttermilk and mix. Add peach puree, butter and mix. Add egg and mix.
- Drizzle honey equally over the peach slices in each mould.
- Pour the batter into the moulds till ¾ full. Arrange them on a baking tray and keep the tray in the preheated oven. Bake for 30 minutes.
- Take them out, cool slightly, turn them upside down on serving plates and serve.



PEANUT BUTTER CUPCAKES

Ingredients

- 4 tbsps chunky peanut butter
- ½ cup butter
- ½ cup brown sugar
- 1 egg
- 1 cup refined flour
- ½ tsp baking powder

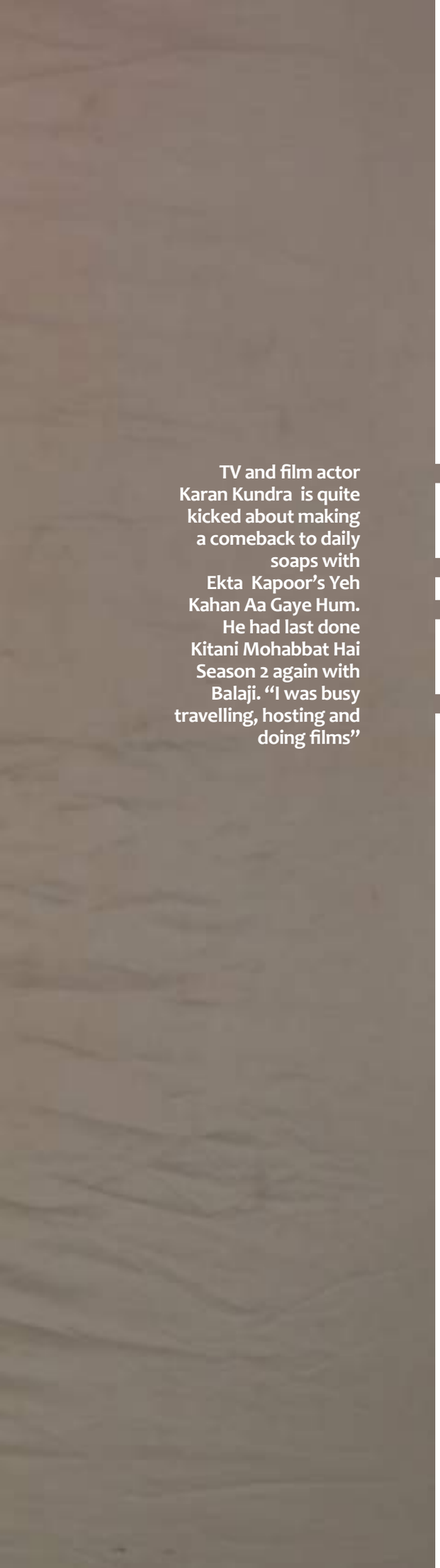
Method

- Preheat oven to 180°C.
- Put butter, brown sugar and 2 tablespoons peanut butter in a bowl and whisk well.
- Add egg and whisk again till well incorporated.
- Sift flour and baking powder together and add to the egg mixture. Fold in well.
- Put the above mixture into cupcake moulds till ¾ full.Keep them in the preheated oven and bake for 15-20minutes. Remove from oven.
- Spread the remaining peanut butter over the cupcakes and let them cool.
- Serve.

Health Benefits Of Peanut Butter

Peanut butter has protein as well as potassium — which lowers the risk of high blood pressure, stroke and heart disease. It also contains fiber for your bowel health, healthy fats, magnesium to fortify your bones and muscles, Vitamin E and antioxidants





“I have no regrets of staying away from conventional TV for a while

Karan Kundra

TV and film actor Karan Kundra is quite kicked about making a comeback to daily soaps with Ekta Kapoor’s Yeh Kahan Aa Gaye Hum. He had last done Kitani Mohabbat Hai Season 2 again with Balaji. “I was busy travelling, hosting and doing films”

Talking about the above & TV show which had gone on air late last month, this Jalandhar born Punjabi munda says, “It is every guy’s dream to be a rock star. The best part is that they have not followed the normal TV template of just copying Ranbir Singh and his guitar. The concept was great, you just can’t refuse it. It is not a simple love story rather a complicated one. I am super impressed with the way my character (Rahul Sabarwal) has been styled, and obviously direction and DOP work is also too good.”

Here Karan unequivocally adds, “I have no regrets of staying away from conventional TV for a while. When I had quit dailies, I was on the top. Most of my contemporaries decided to carry on for they were more bothered about much extra per day they could garner. Today where are they??? On the other hand after trying Gumraah or taking long film breaks, my remuneration is twenty times higher then what it was before. I guess experimentation and working on me as a personality has clicked. The proof of the pudding is in the eating when I decided to return to TV, I was welcomed back with not one, but four projects. As an artist it is essential for me to target all the audience segments. So if Pyaar Tune Kya Kiya and Roadies are for the youth, Yeh Kahan Aa Gaye targets a more GEC audience and last but not the least Nat Geo show Life Mein Ek Baar also has a niche viewership.”

It must be a task to juggle so much work at one go? "I am lucky that Balaji Telefilms does not need me for twelve hours. One of the main reasons why I said yes was that things have really changed in the five years when I was away. Today the dates and story board is much more properly planed then before. There is no mad rush anymore. You can plan out stuff."

So what is your take on judging Roadies X2 which is going into next season as well? "The show gives you lot of insights into your life as well. The best part of X2 was that although it was the most successful season there was no abuse or fighting etc. Since we judges (Esha Deol, Ranvijay Singh and Vijender Singh) were also part of the team, there was a lot of honour and love and not the kind of stuff most reality shows are known for."

What attracts Pyaar Tune Kya Kiya on Zing TV?? "These sensitive stories give you a reality check. Romance is not easy as taking your woman for a spin. You also need to factor in your parent's wishes as well for they have invested 18-20 years in you and you are ready to dump them for someone you met just 6 months back. Think twice before taking the plunge."

Where do you see your Hindi film journey? "It has not yet really started. I am just one Hindi film old. Agreed Horror Story was not the biggest film but it did well for itself. Back then my trade knowledge was limited and now that has changed. I have much more option. I have 2 small films in the pipeline which will release in the IPL window."

What about Punjabi films which you are producing, "My three home projects did well but not that god enough for me to concentrate fully on this regional cinema which has a limited audience profile."

A.M.





GR8! Wishes Actors a very Happy Birthday who will celebrate their Birthdays in the month of **December...**



1 Rakesh Bedi



4 Javed Jaffrey



7 Shekhar Suman



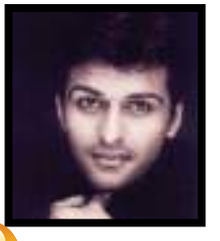
11 Gaurav Khanna



12 Siddharth Shukla



15 Mouli Ganguly



17 Sachin Shroff



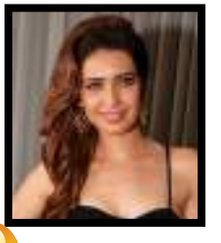
18 Naman Shaw



18 Shruti Seth



20 Sanjeeda Sheikh



21 Karishma Tanna



23 Ravi Dubey



26 Rajesh Puri



25 Jay Soni



28 Barkha Bisht Sengupta

Krip Kapoor Suri



Life has not been easy for Krip Kapoor Suri, lead of Life Ok show Kalash. He has risen up the hard way. Starting with commercials, cameos in films, music videos and finally TV shows such as Maan Rahe Tera Pitaah, Sadda Haq and Bharat Ka Veer Putra - Maharana Pratap, he has definitely come a long way.



Today this happily married good looking dude goes down memory lane and tells us of the heart break he had to endure earlier as he did not have money ." My girlfriend was ready but her parents were not. They clearly felt that I was not up to her mark financially then. I was struggler who had just come to Mumbai (2003) with not much in my pocket. They were not wrong in their thinking for they would have obviously wanted someone who can take care of their daughter who they have brought with so much love and affection."

In light of this rejection, has your funda on love changed? "The definition of romance has not changed over the years. Just that people have become much more practical. The new norm is that you can't live life only on love. Therefore they have no issue if the boy has flaws as long as he is loaded."

So how did you deal with the situation? "What could I do??? This happen with most guys today. Till he builds his career and dignity, he has no alternate but to grin and bear it. If luck supports him, his love will wait for him. If not he will just need to move on, no sense in fighting. Sadly today most love stories don't end on a good note; you will hardly see people who are ready to go the extra mile to succeed in love. Back then I was nothing. I tried my best, but I guess it was not in my destiny. It does hurt but then you come around to realize that this is the way the cookie crumbles."

The hurt does seep through when Krip added, "You need moolah to even express your love and take to the next level i.e. pampering your loved one with goodies. Agreed some people might say a rose is enough to show your love but for other's it might be less. They might prefer to buy out all the flowers."

But as they say, all is well that ends well. Krip has successfully moved on and is now happily married. "Simran was my bhabhi's sister, so you can say everything happened at home. We met five years back and dated for the last two years before taking the plunge. She has been an air hostess, has also dabbled in modeling and is now trying to get into acting."

Were you bit hesitant about falling in love second time? "I don't compare both as it was a different journey and luckily I have met different people. Today by God's grace I am in a position where I can take care of my partner."

Here Krip says he is quite similar to his on screen character, "Ravi like me is a simple honest kind of guy, and he loves his wife very much. He equally cares for his family as well as his in-laws. He is one guy every girl would want as their ideal husband. In real life too, I feel incomplete without my loved one."

In closing Krip says, "It is often said love is God, but a lot depends on time and situation as well."

A.M.

HOROSCOPE

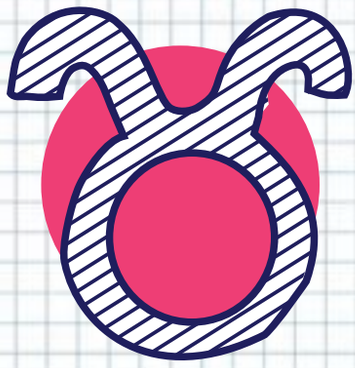


Munisha Khatwani is one of the most famous Tarot Card Readers in the entertainment industry and she recently launched her book titled 'Tarot'.
You can mail her on khatwanim@gmail.com



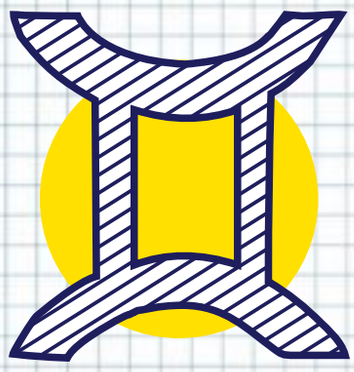
Aries
Mar 21 - Apr 20

The phase might not be so bright at the moment but things will pick up says your cards and you need to be patient. For those single, it is a good time to think of getting involved with someone who has been giving you extra attention.
Love tip: Don't be too pushy, this will back fire against you.



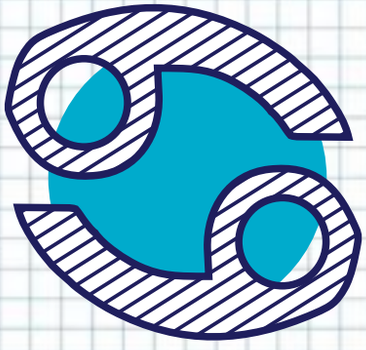
Taurus
Apr 21 -May 21

Relationships can be draining at times especially if you feel the effort is totally one sided. Your cards suggest that your partner will learn to appreciate your inputs and support but in time. For those planning marriage, this is definitely a good phase. Your finances get better this month as you work towards a new project.
Love tip: Plan a surprise date for your lover to impress him or her.



Gemini
May 22 -June 21

Work is worship but your love life needs attention this month. For those who are married, this is a good month to sort out issues with your partner. For those looking for a work opportunity you need to wait a bit more. For singles, an ex flame might try to re-enter your life.
Love tip: Purchase the one thing your partner has been eyeing for a while.



Cancer
June 22 - July23

Looks can be deceptive and this is what you will learn this month. There could be some heart breaks but whatever happens is truly for your good. For those who are looking to travel abroad, just be a bit patient as it will happen according to divine timing says your cards.
Love tip: Try and forgive your partner if he/she is truly sorry for what they have done.



Leo
July 24 - Aug 23

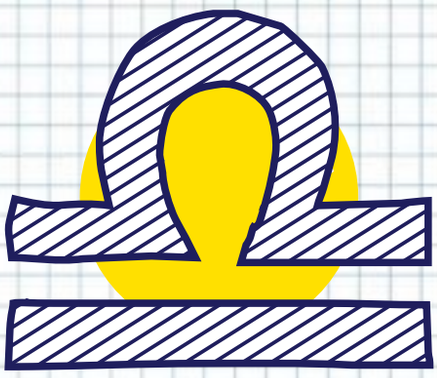
Love is in the air this month! Romantic evenings and lots of flowery words are in store for you this month. For those single, you will definitely jump into a relationship this month, even if it is someone you have just met. A marriage commitment is also on the cards for some.
Love tip: Make sure to impress your partners, friends and family also.



Virgo
Aug 24 - Sept 23

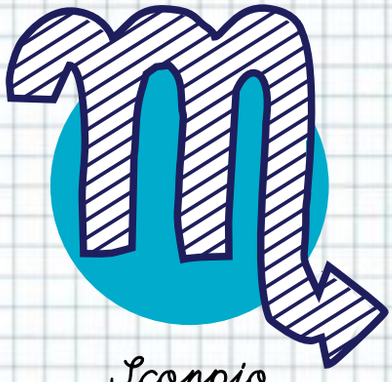
Love life will not be as great as you hope but your work will give you a lot of pleasure. Some of you might be in a hurry to take up any opportunities coming your way. You need to wait to find the right partner and some of you might even consider arrange marriage this month. You should not have too many expectations this month and have faith in the divine plan.
Love tip: Try supporting your partner in his or her career

STARS AND YOU



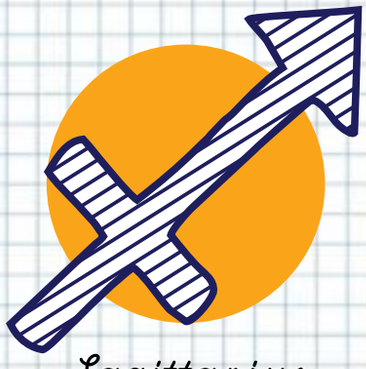
Libra
Sept 24 - Oct 22

Love life gets better says your Mercury and misunderstandings will reduce between you and your partner. For those who have just got a new job, this will be a rosy month for you. For married couples, your cards suggest that you might want to take a break and plan a holiday with your partner.
Love tip: Make sure you are ready for a commitment before giving one.



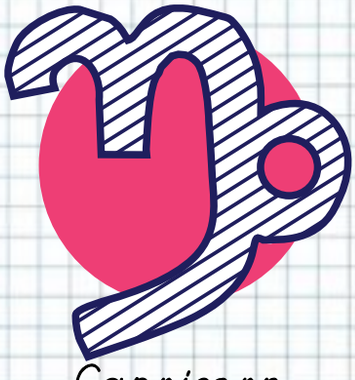
Scorpio
Oct 23 - Nov 22

For those engaged, this month will be good as you will be busy planning your wedding & spending time with your partner. For those involved in some legal matters, your Moon planet is a bit weak so you will be short tempered with your family members and you might feel as if your family is not supporting you as much as they should.
Love tip: Try and give flowers to your partner to really put a smile on his or her face.



Sagittarius
Nov 23 - Dec 22

Compromise is a part of any relationship and you might feel that this month you are making certain compromises. The cards advise that if you want your career decisions to work, then you need to be more adjusting this month. For some, friendship might turn into love. A special person will be giving you a lot of attention this month.
Love tip: Don't be too suspicious of your partner and learn to trust.



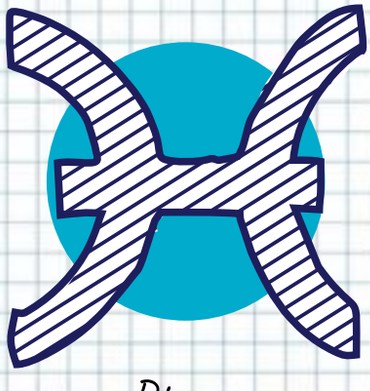
Capricorn
Dec 23 - Jan 20

You are tempted to cheat on your partner but in your heart you know that you need to do the right thing. You need to control your mind and temper at work this month as you could feel provoked and upset. For those single, you will flirt a lot says your cards.
Love tip: Try and speak the truth with your partner as it will truly set you free.



Aquarius
Jan 21 - Feb 19

Maybe things are not so great at the moment as you seem to have frequent fights with your colleagues and might even compare your current work situation to the old one. You need to learn to adjust with what is in front of you. Your Mars planet is weak, so few relationships could break.
Love tip: Be open to new people trying to enter your life; they might put a smile on your face.



Pisces
Feb 20 - Mar 20

You need to believe in your relationship more rather than going with the flow. This month you need to decide where your relationship is heading as your partner might demand a certain answer from you. You know in your heart what your answer is going to be, just do what feels right. Financially you can expect some abundance this month.
Love tip: Don't try and be too demanding in your love life as this will work against you.

MARINA KUWAR

Age - 26 years

Hobby - Listening to Music, Dancing, Watching Movies & Badminton

Height - 5 feet 7 inch

Weight - 56 Kgs

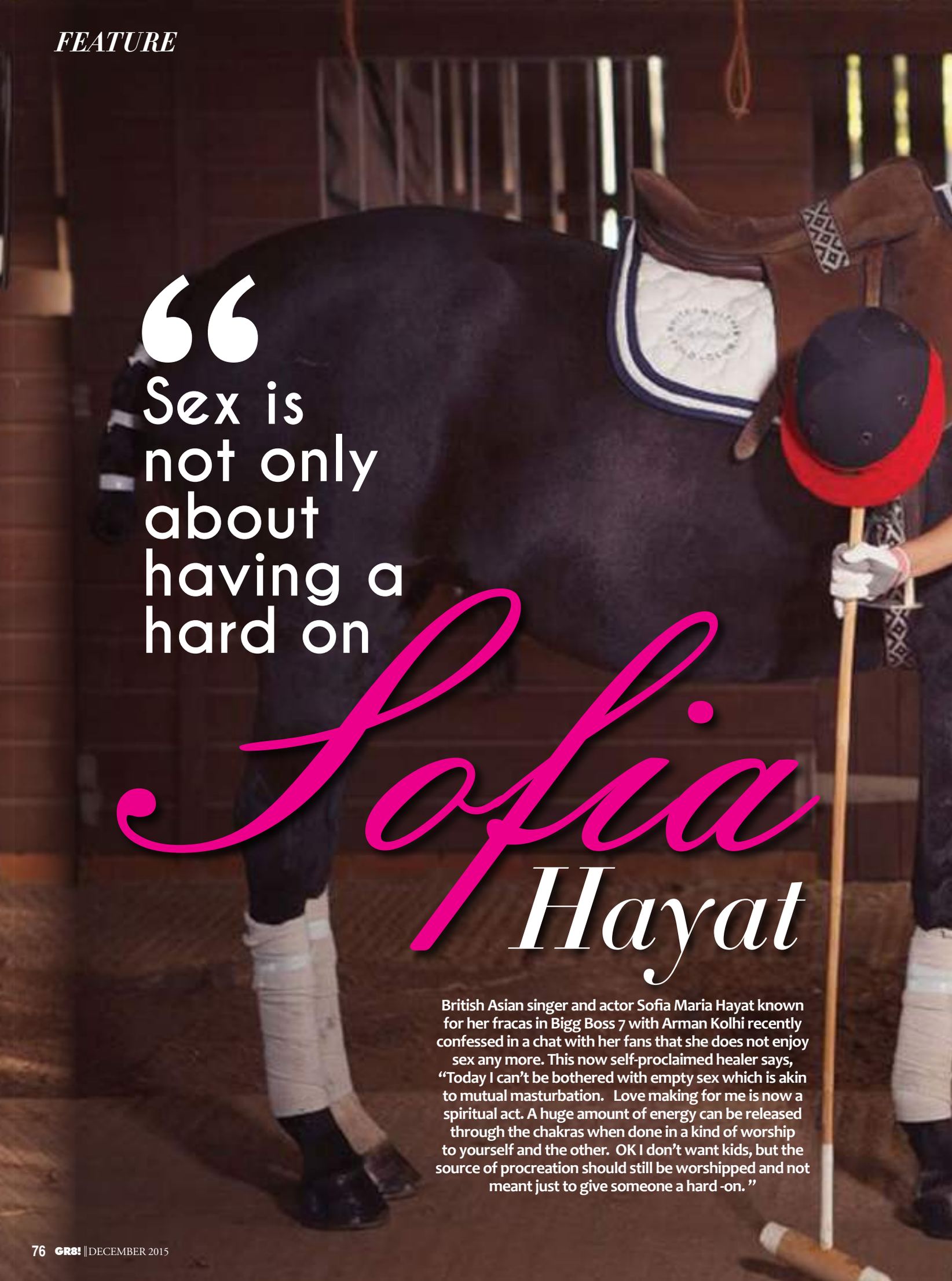
Dream Role - Mary Kom which Priyanka plyaed superbly

Favorite Actor - Tom Cruise

Strength - I think I'm good at Self Defense

Weakness - I'm way too emotional





“Sex is not only about having a hard on Sofia Hayat

British Asian singer and actor Sofia Maria Hayat known for her fracas in Bigg Boss 7 with Arman Kolhi recently confessed in a chat with her fans that she does not enjoy sex any more. This now self-proclaimed healer says, “Today I can’t be bothered with empty sex which is akin to mutual masturbation. Love making for me is now a spiritual act. A huge amount of energy can be released through the chakras when done in a kind of worship to yourself and the other. OK I don’t want kids, but the source of procreation should still be worshipped and not meant just to give someone a hard -on. ”



During an unguarded moment she admitted that she had physical relationship with cricketer Rohit Sharma. So you will be celibate from now? "Until I find a sacred union. I wish to emphasis that it does not automatically mean marriage. Sacred physical union could even be for one night. If it is with someone who is in spiritual union with you and the earth we live on. I am a healer and messenger.

As the divine works through me therefore all my acts should be similar. When you allow your body and heart to be involved in love making spiritually, then you merge with nature and the energies of the world. It's a humbling, and powerful experience increasing your body's vibration to higher dimensions."

Sofia who is trying her luck in Hindi films i.e. The Diary of A Butterfly (2012) starring Udita Goswami added, "Today sex is used as a weapon by women because they are not treated as equals and men trade in it, or regard a release of pent up energy. When sexual intercourse is not all about ejaculation, it becomes the greatest ecstasy (love in its purest form)."

What is your take on gay sex which is gradually gaining acceptance at least in the west? "I have had sex with women before, it's beautiful. When we leave this world, heaven or some other place, we don't take our bodies. There is no male of female in the other place, which incidentally is already in us. Therefore we are love sans gender. Love is always natural…gay or not."

Sofia's who next Hindi film Six X with Ashmit Patel is releasing soon further informs, "I'm coming back to India for another explosive film". Prior to this she had also hosted Super Dude on Bindaas again with Ashmit. Her CV also boasts of Bollywood film back in London, Naachle London.

Talking more about her upcoming project Sofia says, "I am playing the lead in bold film based on the Indrani Mukherjee murder case. It will be shot in Mumbai with Indian producers and directors. This English language film with some Hindi dialogues is primarily targeting the international market and the festival circuit."

"The script has everything i.e. drama, murder and sex, a beautiful role for me to play. Playing Indrani will affect me emotionally, as I will have to channel my own rape (Sofia as a teenager was abused by a male relative) to access her emotions. Hard hitting edgy films that evoke your mind and heart are my mojo. Sadly the masses are being drip fed the freaky steroid weak woman crap."

A.M.