GR8!
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Happy Diwali



street style Fashion

young & restless

NITI TAYLOR

FAISAL KHAN

Sushant Singh Rajput

has ladies going touchy-feely all over him

the twisted love tale of Shritama, Vibhav & Gautam

EDIT & MORE...



Happy Diwali to one and all… May the festival of lights bring joy, happiness and much prosperity to you and your loved ones!

The change in weather and the slight nip in the air, the sound, sight & smell of festivities everywhere, the jolly rush and buzz in people moving about town, gladness spreading all around… this truly is a lovely time of the year!

In sharp contrast though, the airwaves and the (mainstream English) media don't seem to get enough of painting a picture of gloom and misery in the country. I don't condemn them for carrying news reports about things happening in and around our world but the perspective should be kept real and honest. To inflame and unnecessarily magnify stray incidents, to keep adding other unrelated incidents to it and then to declare it as a prevailing state of affairs is so not truthful. The idea seems to be just to build up hysteria – so they can eventually take credit for breaking the particular story. They constantly harp on negative issues and then add fuel to the fire by making it political and by bringing in views of the opposition. Every issue goes on and on to a point where it starts to feel depressing.

Personally, I've stopped watching the news on TV at night. Everyday, everywhere I look and everywhere I go, I see things and I meet people and everything is satisfactory and everybody is content and I like that feeling - After having a good day at work and after enjoying times with my friends and family, I can't go to bed being told what I feel is not factual and instead what they bellow out every night in TV news studios actually is. I refuse to go to bed agitated and with a feeling of despair.

We are generally an accepting nation and we are easygoing people and the degree of intolerance is so miniscule it's not even worth mentioning. I sometimes wish we could go back from a 24x7 format to a daily news hour, as it used to be in the good old days. The news on TV would simply be what's most important and most relevant and all the rest could be read in the newspaper the following morning… at least we'd all get a good night's sleep. What say you?

On that thought, it's goodbye for now. Again, I wish you and your family a wonderful Diwali and an even more wonderful year ahead. Until next time, Happy reading!

Anu Ranjan

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I LOVE TO SEE PEOPLE SMILING



Mona singh

Love after marriage? Yes, that is what Mona Singh's new show 'Pyaar Ko Ho Jaane Do' on Sony TV is all about. Mona recognized for her work in Jassi Jaissi Koi Nahin and Kya Hua Tera Vaada is back with a bang. When asked about the show she says, "It's about a love story, family bonding and finding love again after marriage. The tagline is such that 'Jinhone pyaar se parivaar ko sambhala hain, ab parivar hi unke pyaar ko sambhalega'. As the name is Pyaar Ko Ho Jaane Do, love definitely has to happen. The story is about Preet and Ishaan managing family and giving entire time to them, so somewhere in the process I won't say they don't love each other but forget to spend quality time with each other and it is their family who want to bridge that gap between them".

The show is produced by Ekta Kapoor where Iqbal Khan is playing the role of male protagonist 'Íshaan' opposite Mona who plays her wife 'Preet' onscreen. Mona further adds, "I am playing a Sardarni. Preet can't keep anything secret; she bonds with everyone and is also a friend to her brother in law. There is no kitchen politics and no drama, my saas is like my best friend. Preet is homemaker and brings everyone together and is always ready to help everyone and very loving. It's a very happy and lively character." When asked about does she manages to keep secrets unlike her onscreen character Preet, she laughs and replies, "Lol. No I can, otherwise I would not have many friends. I must admit it's little difficult to keep promises at times. But yes even I had broken promises especially with my sister. She used to bribe me and tell me not to disclose it but I used to always pour out her secrets to my parents. Hahaha"

Mona has always managed to strike the right chord with her audiences with her acting skills. On that she says, "I like playing different kind of roles but yes it has to aspiring character. I relate to all three characters. Jassi was very close to her parents and even I share the same bond and like to go on vacation with them. Mona was very headstrong and stood up for what was wrong and Preet is Punjabi woman and I have added lot of words which I use in my daily life. So I kind of relate to all characters that I have played in my career".

When asked about most challenging part while essaying the role of Preet, she adds, "Preet doesn't believe in taking pauses and once she starts talking, it's like Mahabharat which everyone has to listen to. I am not used to talking so fast so it's little challenging to keep up the energy but otherwise it is interesting".

Mona will be seen onscreen for first time with Iqbal Khan to which she replies, "Ohh the handsome man. I used to think that he must be quiet and introvert but eventually once you know him he is very easy going and funny. And yes, I must say he knows Punjabi more than me. We get along like house on fire.

On marriage she says, "Marriage is a commitment and by choice. We need to work on it every day just like we work on ourselves daily to look fit and beautiful. You need to keep love going and we are going to show that in our show and Ekta knows how to do that very well". She further adds, "I like to surprise people and I want to see people smiling. Nowadays I have started smiling at strangers while walking on road and it's really crazy and funny at times.

On regrets she says, "I think those fights with school friends where I lost touch with them. I was regretting and I went to Facebook and actually tried finding them. That is how I got heir numbers and tried calling them and had a word with few of them. After coming to Mumbai and living hectic life, I just lost all my best friends but I am trying to fix it".

We are witnessing a lot of new faces in our tinsel town and somehow not able to see much of work of experienced actors. To which she says, "The fact that I am back playing a lead role means I don't have any insecurities. I believe if you are talented, there is no need to worry as there are enough opportunities for all of us."

J.S.



rapid fire with MOHAMMAD NAZIM

Known as Ahem of 'Saath Nibhana Sathiya', he has also done shows like Shaurya Aur Suhani, CID and Aahat in past. Immensely popular, grounded and gifted with a good voice, this handsome dude has also done a Punjabi film Fukre, for which the shooting is over. Other than his remarkable acting skills, he is also good at martial arts and anchoring. While having a frank conversation with us, he discloses 5 details about him…

1 Insecurities as an actor...

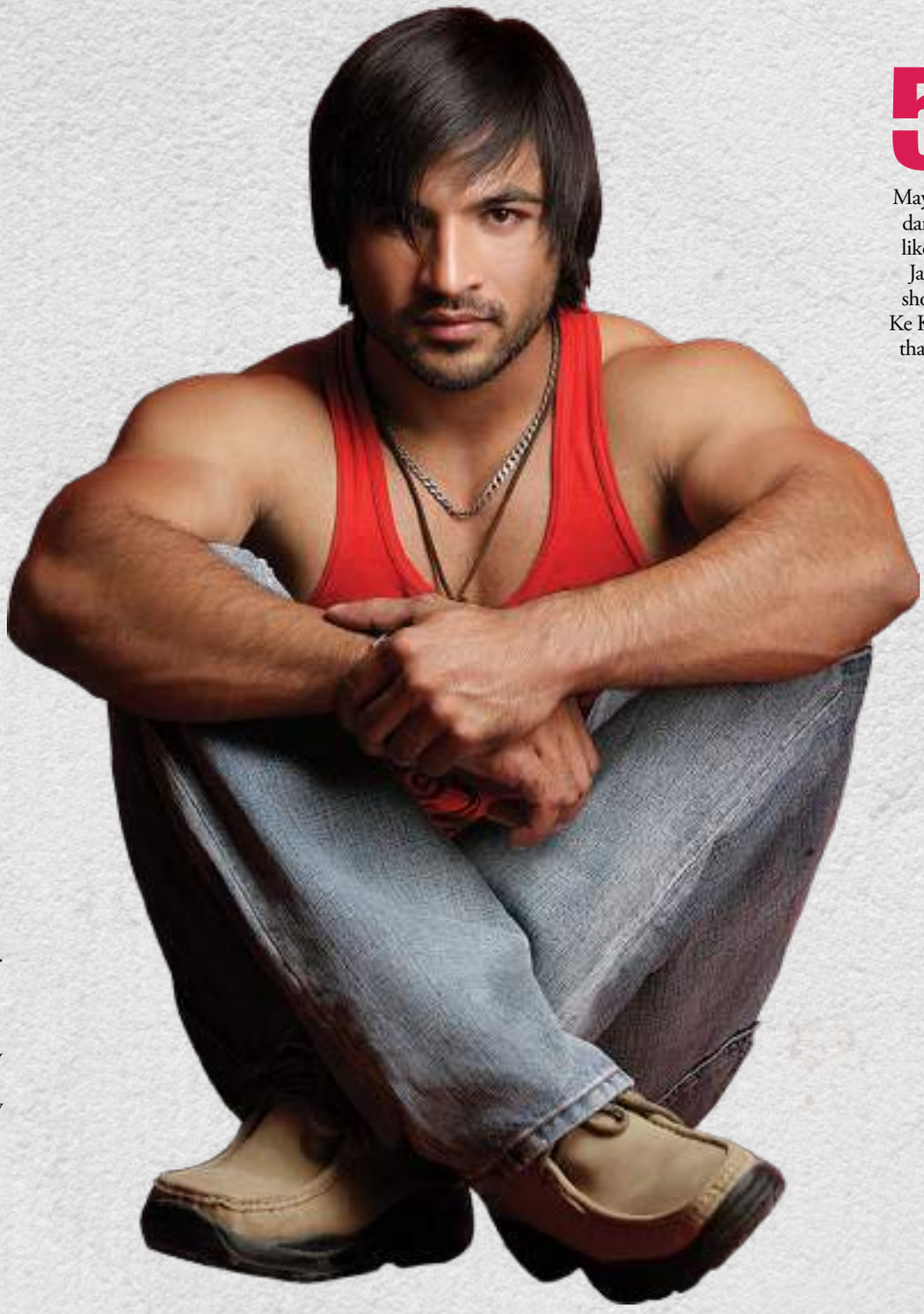
When you don't have work or project all the time, people instead of motivating you tells you that you won't get any other work and ask you to give up. That's really humiliating and discouraging. I believe a lot in hard work.

2 Facts that your fans don't know about you...

I am Punjabi. Uff… People always ask me this and get by surprise when I tell them that I am a Punjabi Munda. Therefore, my debut album had a Punjabi song. Fortunately, people have applauded my performance. It hit more than 5 Lakh views in few days. Heartily thanks to all of them. I am planning for my next song. The first one had hard core action, but this will have amazing dance moves.

3 On rumours…

Well, can't do much. There was this rumour that I and Vishal don't get along. I was thinking that seriously people can actually think this way? Vishal is like my elder brother and he is one guy who is very humble and nice.



4 Funny incident from the sets of Saath Nibhana Saathiya...

I don't remember what was the matter but once I was giving a shot with Vishal and suddenly as soon as the director said "Action" we had this hysterical laugh. I don't remember what the situation was but we were laughing very hard for no reason at all. Several retakes were required before the final shot as each time we started to act; we looked at each other and would start laughing.

5 On reality shows…

Maybe I can consider dance reality shows like Jhalak Dikhhla Jaa or stunt based shows like Khatron Ke Khiladi. Only after that I would opt for Nach Baliye.

J.S.

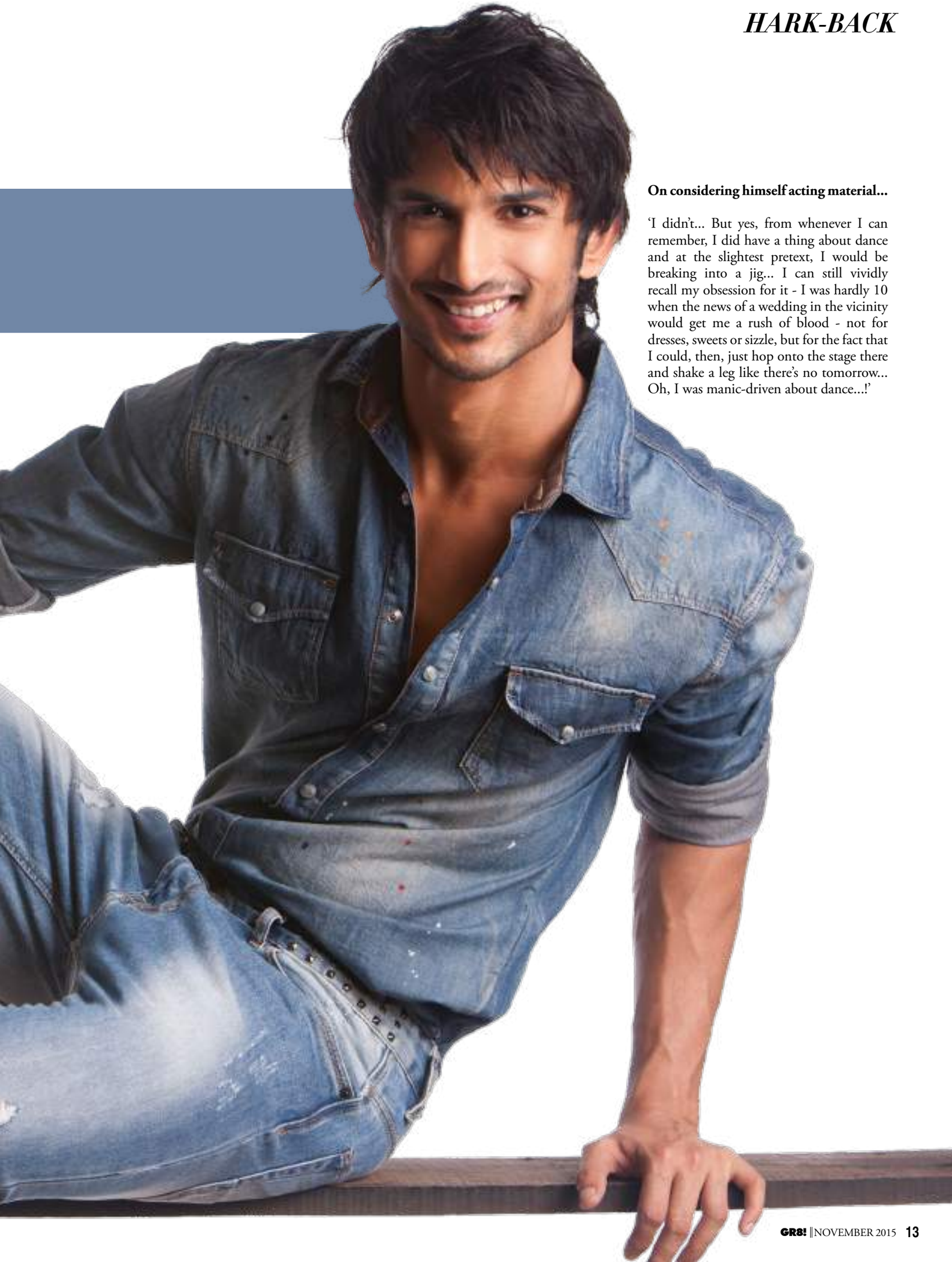
'I've been hurt often, but did I cry – no way!'...

Sushant Singh Rajput

Today, he is being held as one of the hottest properties of the Big Screen... Countless fans out there can swear that he sprinkles shimmering Stardust as he strides across the Screen, but time was when this Yashraj-fave of today took his first tentative steps for this journey to stardom on the Small Screen, only to conquer it in a jiffy with his very second serial, 'Pavitra Rishta'...

That's when he bared the cockles of his heart to GR8!... Here are a few snatches of that freewheeling chatty encounter... Read on to glimpse the quintessential Sushant that only GR8! knows...





On considering himself acting material...

'I didn't... But yes, from whenever I can remember, I did have a thing about dance and at the slightest pretext, I would be breaking into a jig... I can still vividly recall my obsession for it - I was hardly 10 when the news of a wedding in the vicinity would get me a rush of blood - not for dresses, sweets or sizzle, but for the fact that I could, then, just hop onto the stage there and shake a leg like there's no tomorrow... Oh, I was manic-driven about dance...!'



Starry Charisma…



'My biggest turn-on – performing'…

On Training...
'I chose the best... I joined Shyamak Davar and there's no one bigger than him when it comes to dancing... To this day, I'm euphoric about all the years I spent at Shyamak's... It was a big, big moment for me when I performed in his troupe at the Commonwealth Games (2006) in Australia and that too with – hold your breath - Aishwarya Rai... I've also performed at many Filmfare Awards as a back-up dancer behind a Star and I always kept telling myself that the day is not far off when I will be the Star in the front...!'

On the shift to Acting...
'I had its grain in me, but I, myself, didn't know about it... Then, one day, Shyamak had a talk with me - 'Do you know why I keep you it the front row? Yes, you do dance well, but even more than dancing, you display just the correct expressions... you live a song - why don't you try acting?' And that did it…!'

On being an Actor...
'I didn't jump into it blindly... I got myself properly trained in the art and that too from the illustrious Barry John... It was he who made me know each contour of my face and what emotion it can convey... Barry Sir also ignited my powers of observation... You know, he is so frugal with his praise, but he said to me - 'You are 'good'!'... That was the Oscar Award for me...!'

On humiliations of struggle...
'I was spared that - 'cause from the beginning I plunged myself in Theatre with Nadira Babbar's 'Ekjut' group... And then, one day while I was sitting in Prithvi Theatre Café, somebody tapped my shoulder - 'Serial karoge?'... Next I knew, I was doing Balaji's 'Kis Desh Mein Hai Mera Dil', which, then, climaxed into the super-duper TV-hit, 'Pavitra Rishta' and I had arrived'...!'

On Fame...
'Didn't realise I had acquired it till when, during 'Pavitra Rishta' days, I visited 'Lal Baghchya Raaja' (the monumental Ganesh Idol) with Anita (Lokhande, the co-star who would soon be a life-partner)... And we were stunned as the premises resounded with chants of 'Maanav-Maanav', 'Archna-Archna' (their characters in 'Pavitra Rishta')... Those roars still echo in my ears'...And the girls, even ladies, were going touchy-feely all over me…!'

On Archana...
'From the day I set my eyes upon her for the first ever time, something resonated in me - 'Yeh bahut achhi hai'... She had other ideas though, initially... She thought I was a 'Ghamandi' and also – 'he smokes like a chimney', ha-ha-ha... The best thing about her is that she's never manipulative…!'

On shift to Films...
'It had to be... It's the natural next step for an actor and it's a must as well in the growth of his art... TV gives you fame, it also gives you money... but for touching a true high in your performance, you have to look towards films...!'

On the Sushant-persona...
'Hypocrites turn me off, while my biggest turn-on is when I'm on stage, performing… To me, 'love' rocks and it's fine to 'live-in'... The most I seek in a partner is trust - an unconditional trust… I am a stoic sort - often, I have been hurt, but no way that it could ever make me cry...!'

Indeed, Mard Ko Dard Nahin Hota!
And that maximum male is what Sushant is - unflappable, unshakeable, unbreakable…
A true blue Alpha Male!



I wish people could respect our craft and personal space

Karan Patel

Well, this handsome man needs no introduction. Tagged by many names like angry young man of TV industry, romantic heartthrob, Ideal husband and son, he definitely has all the reasons to be No. 1. Karan Patel, known as Raman Bhalla in Star Plus' Yeh Hain Mohabbatein, is quirky in his style and carries his own aura peculiar to him which we love.

Rapid Fire with Karan Patel

Pick one. Hosting, reality shows or daily soaps
Hmmm. Daily soaps and hosting

Crazy thing done by you
Paragliding. That was like one crazy and memorable moment

Karan's way of saying Byee to Stressss...
Has to be Partying.

Thumbs up and Thumbs down characteristic trait
Well, I like people who are loyal and can't stand people who are Dual faced

When you not shooting, you indulge in
I like to spend time with my family and friends

If not an actor, you would be
Winks and says... Work towards becoming one

One TV actress you would like to share screen space with
Sakshi Tanwar

Your favorite TV host
I am a big fan of SRK. He's an amazing host and I do watch his movies again and again when I get time.

Thing you love the most in Ankita
I love her and hence anything that comes with her, I love that

One thing that melts your anger
Talking to mom. Yes, I can calm down after talking to her.

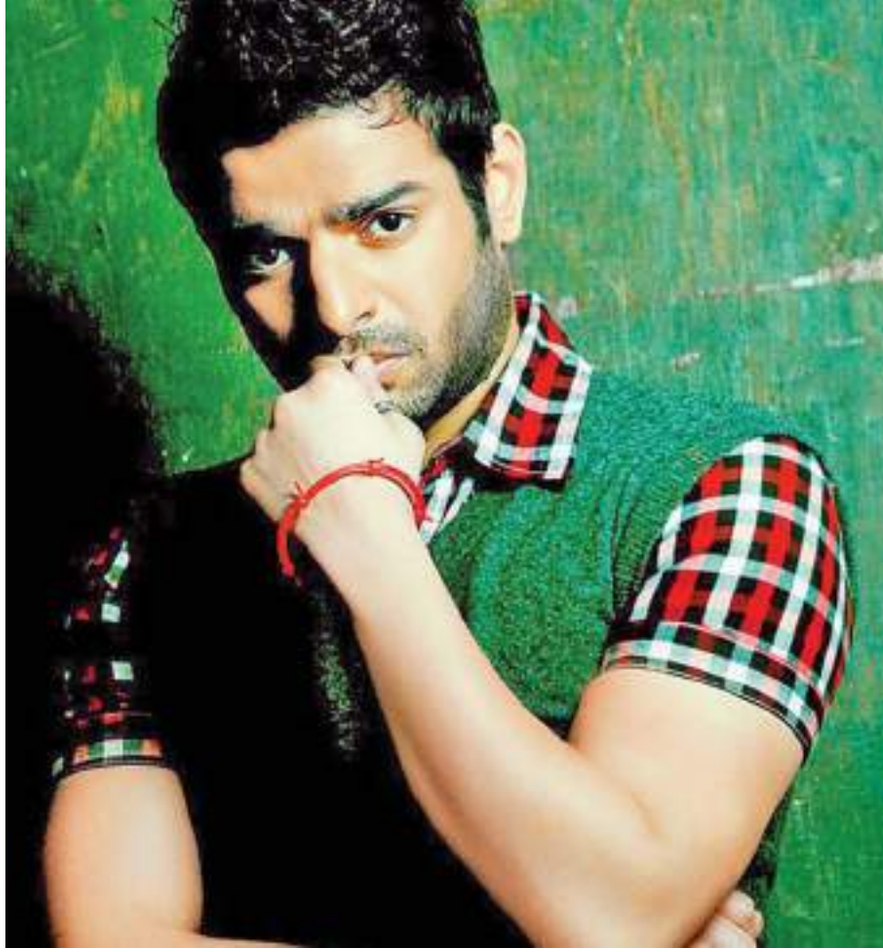
Karan in spite of his modesty, there were times where he has been misunderstood and had been in limelight sometimes for not so right reasons and one among them was recent rumors about his threat calls to Divyanka. When we ask him about whether such gossips affect him, he says, "I think threat calls are not needed. Are they? Like really, people tend to think actors are super human beings but they should realize we have the same emotions as normal people. I wish they would learn to respect our craft and life."

His show YHM has always managed to garner lot of viewership and his chemistry with co-star Divyanka is being loved. However, the show is witnessing a lot of unexpected developments since last few weeks. It all started with Raman's sister's death, followed by surrogacy track, and then finally Shagun's death and turning ghost. And it's not going well with few YHM's fans. On this Karan just smiles and says, "You see, everyone has a right to their opinion. I understand it's something new for the audiences but sooner or later they would start loving this track as well".

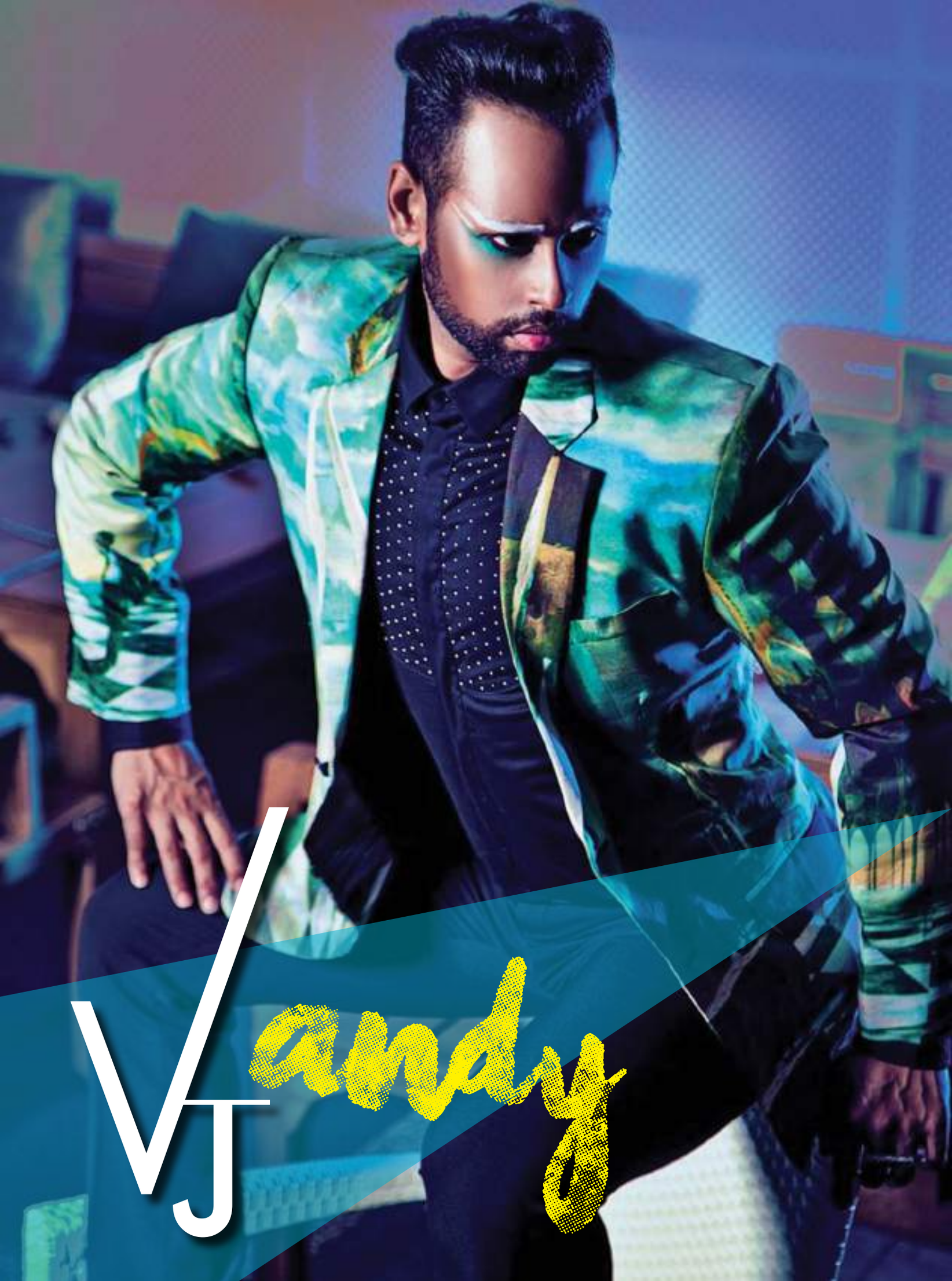
When we ask him that how similar he is to Raman and about opinions which people tend to have about him regarding his temperament, he promptly says, "Humor is me and so is the love for family. Rest I feel am more brash and outspoken and yes few people may have an illusion that I am short tempered. But you see, I like to guard my family and personal space and if that comes across as being rude, I am fine. I cannot always offer clarifications on that. We all have the right to guard our personal space, so tell me how I am any different?"

It's just been few months that Karan has tied knot with Ankita and broke the hearts of many as he gave up the title of most eligible bachelor in tinsel town. When asked about what keeps sparks alive in a relationship, he adds, "Friendship and giving each other the much needed space is most important. No one is lesser or higher in marriage and guys it's all about working it out together. That's all, not that complicated I guess."

J.S.






VJ
andy

I love to learn new things



VJ Andy is quite kicked about his new Zee TV reality show, I Can Do It. "One of the main reasons why I signed the dotted line was that this is something I have never done before. We learn new things (intricate dance, choreography and aerial trapeze) and I always like to explore unknown facets of life. Although many people might compare us to Khatron Ke Khiladi, but it is not, for we are not challenging our fear's rather we are learning newer stuff."

Andy who had also hosted India Has Got Talent added," What really interested me was the format , that since we perform act's in groups, not all will be equally adept with the talent (stilt-walking, magic, illusion and daredevil stunts), some might be doing it for years while others may be rank newcomers. So it is challenge to come up to speed with others. Actually the learning process does not last more than three days, for the remaining days of the week are taken up by rehearsals. A big saving grace here is that as there are no early elimination's, we all can put in our best without worrying about going back home. That only happens at the semifinal level. And interestingly all 12 contestants (Gurmeet Choudhary , Mandira Bedi and Rithvik Dhanjani) take part in the grand finale but only the surviving four will face off for the honors."

England born Andy gained name and fame thanks to his Bigg Boss 7 stint, "But after that I did not do many reality shows (taken part in Jhalak Dikhhla Jaa 7) although several were offered I was not really interested till I Can Do It came along . Both the formats are as different as chalk and cheese. The above Colors show has gained fame thanks to Salman Khan and his weekly interaction's with the inmates. Also the voyeuristic element plays an important role in its popularity. As opposed to this our new show does not have any kind of negativity. Rather we encourage our fellow contestants to ace themselves. Host Farhan Akthar is also a big help." he added.

When talking about safety standards on the show Andy said, "Let's face it safety standards in India are not on par with the west. Having said that we really can't blame anyone for our contract clearly states that we will be responsible for any injuries. I have already hurt myself badly twice. I put my foot down if I am not comfortable with any act and we workaround the issue. Having said that I do feel that the stage is a bit uneven due to inbuilt lights, I am a bit worried that it may cause issues in the later rounds."

Andy had also made his film debut earlier this year with the Sunny Leone starrer Ek Paheli Leela," She is so unlike you know what I mean. She comes across as a very sweet Indian gal. Though she was brought up abroad, she has retained her Indianness just like me. She looked so comfortable in the traditional attire and scenes. This Bobby Khan film was a learning curve for I had never been part of a fledged film before, since then I have signed one more project. Being part of really big dance sequences was fun."

Although the film did not boast of any major hero, there were three guys, but not well known. Sunny was the only face as far Bollywood was concerned. Yet it grossed 65 crores (budget 15 cr) despite her perception. In a way she has given boost to the concept that single films can also mint money at Box Office." ended he.

A.M.



An actor, hailing from an actor's family, creativity is something which comes naturally to her. After her successful stint in Bigg Boss 7, she has taken one step further in the industry by setting up her production house named 'T Mukherji Media'. After taking a sabbatical break, she will soon be seen playing a Pakistani Girl in one of the upcoming movie. Here she gets into a very frank conversation with us openly talking about her entrepreneurship phase, Bigg Boss, and much more...

Tête-à-Tête with TANISHAA MUKERJI

Now a businesswoman, tell us the inspiration behind opening your own production house?

You see, after coming out from Bigg Boss house, I have been exposed to world and I can face the reality in a better way. I have learnt the right meaning of survival and learnt to know how to sustain in extreme condition which has given me enough courage to come up with my own production house.

What kind of projects you are looking forward to be associated with?

I think challenging and substantial role will motivate me.

We have really missed you and wish to see you often in films…So are you nervous since you have started shooting again?

No. Bollywood has always run into my family so there is nothing that will make me nervous. When I wasn't into acting I was preparing for my production house; so in a way was connected to films. So haven't really lost that touch with films.

So tell us... Tanishaa before Bigg Boss and After Bigg Boss

Oohh it has been one amazing journey. You take the good with the bad. So it is like this, you always learn from bad experiences which is a good thing. It definitely made me shrewder and more matured as a person. I was extremely sheltered before I went in and now I have become stronger.

Being a sister of Kajol and daughter of Tanuja Ji, have it created any kind of pressure on you to perform in films or in reality shows?

I was born as a daughter of celebrity and it's what I have always experienced. I feel very proud of my mom and my sister Kajol. I think both of them have worked really hard and have created an identity peculiar to them. I value everything that they have done for me. Infact, I should say that instead of pressurizing me, they have always inspired me to set goals and work harder towards achieving them.

One stupid thing you have heard about yourself…

Well, interesting. It will be that my mother and sister were upset about me entering Big Boss. Hahaha

One quality you cannot stand in people?
Dishonesty!

Your approach to criticisms and rumours…
Criticisms make me stronger and I take them seriously as it helps me improve for better and rumours, hmmm well I just ignore them.

Can we expect you to be part of reality shows again? Or fiction shows if a good script comes along?
Yeah! Why not??? I am open to good content.

Which phase you enjoy more…a businesswoman or an actor?
See acting gives me a freedom to take my character to another level and as a creative person that's great because it allows you to express creatively whereas where producing is concerned it's another kind of high because if you are an organised person and you like to control things then it is great for you because you get to organise and control the whole space of making a movie and setting something out there. Producing is equivalent to building a building. Constructing something enormous and leaving behind your mark there is great high in itself. I love both and one offsets the other.

And lastly, your spare time gets occupied by….
I love reading. I love spending time with my friends, watching movies and hanging out. I am a very social person. Lunches, dinners, parties and shopping is something I indulge in during spare time.

J.S.



Photography: Rahul Jhangiani
Creative Associate: Ashish Nakashe
Stylist: Trisha Jani & Akanksha Savanal
Faisal Wardrobe: Marks & Spencer
Niti Wardrobe: Forever 21
Niti Accessories: MiCare
Make-Up & Hair: Neeraj Navare
Location: ITSPA, Goregaon (W)

Faisal Khan –
All of 16 years young, this teenager has not only won the hearts of the judges in the numerous dance shows that he's participated in but he's also won the hearts of audiences nationwide. His cute smile, his dashing looks and his freestyle moves on that floor have one and all dancing to his tunes now.

the young & *the* restless

words by TANU K KUMAR
photographed by RAHUL JHANGIANI

Niti Taylor:-
Another beautiful teenager who started out in the TV industry at the tender age of just 15, Niti (now 20 years of age) too has made a name for herself as a youth icon in India! Originally from Gurgaon, Haryana, Niti gained popularity for her role as Nandini Murthy and for her scintillating onscreen chemistry with Parth Samthaan in the MTV's popular youth program Kaisi Yeh Yaariyan.

Faisal came from humble beginnings, which makes his success in the TV industry all the more noteworthy. His father drove an auto rickshaw and probably had to endure many hardships to put Faisal through school. Faisal studied till the 10th grade and has since been involved full time in his career – and through sheer hard work and determination, Faisal has today reached a place where he's undoubtedly recognized as a TV megastar!

From Dance India Dance Li'l Masters to Dance Ke Superkids to DID Dance Ka Tashan to Jhalak Dikhhla Jaa to doing a special performance on KBC (season 8) Faisal's participated in all of them and won several too! Just recently, in August of this year, Faisal partook in and emerged the youngest ever winner of the celebrity dance reality show Jhalak Dikhhla Jaa (season 8)!

However, it doesn't stop at dance shows though, Faisal has acted in many TV shows and he's displayed a huge spectrum of talent through shows such as Bharat Ka Veer Putra – Maharana Pratap, in which he played the lead role of young Maharana Pratap. He's also played an occasional roles in the drama series Bhanwar - Kalyug Ki Hairatangez Kahaniyaa and the crime-thriller series C.I.D. He's been nominated for his excellent performances on several occasions and has received two Best Child Actor awards at Indian Television Academy Awards and Indian Telly Awards too.

Given the natural succession of things in the industry, Faisal has now taken another step forward and successfully made his transition to the big screen… He made his film debut in the Marathi film Prem Kahani wherein he portrayed the role of a Rajasthani boy Baiju.

Niti has performed in various other shows too over these past five years from Pyaar Ka Bandhan and Sarvggun Sampanna to Gulaal, and Bade Achhe Lagte Hain to many more… Vivacious, pretty and so talented, the TV industry is lucky to be roping in such gifted and capable young artists. Word around was that Niti actually wanted to pursue a career as a teacher but ended up as a television actor. Well, given Niti's accomplishments at what's she's currently doing and especially so after her versatile performances in two Telegu films maybe Niti could consider giving acting lessons sometime in the future – all her dreams would come true!

Best wishes and lots of luck to both Faisal & Niti, our super talented superstars!



Photography: Rahul Jhangiani
Creative Associate: Ashish Nakashe
Stylist: Trisha Jani & Akanksha Savanal
Faisal T-shirt & Shoes: Marks & Spencer
Niti Crop Top: : Forever 21
Niti Shorts: American Eagle
Niti Jacket: Armani Exchange
Niti Accessories: MiCare
Niti Shoes: Marks & Spencer
Make-Up & Hair: Neeraj Navare
Location: ITSPA, Goregaon (W)

"I WOULD LOVE TO CHANGE THE PERCEPTION

that TV actors are below par then their filmy counterparts

RAGINI *Khanna*

A.M.

Popular TV actor Ragini Khanna last seen hosting Dil Hai Chota Sa Choti Si Asha on Sony Pal is quite excited about her second Hindi film Ghoomketu opposite Nawazudin. "This is something I have never done before. It is always a challenge to construct a character (my previous project) then de construct and then reconstruct again. But I am glad I am trying."

How do you see your shift from the small to the big screen? "Having been a TV actor (call to fame Sasural Genda Phool) the filmy journey is different in terms of narrative and structure, etc. It is very interesting to meet different people and learn new languages of cinema thereby enabling me to evolve as a better actor. It is very important to keep exploring new stuff, as monotony turns me off big time. "

Looking ahead Ragini does not want to limit herself to any particular medium, "I would love to dabble across all spectrums, be it movies (Gurgaon), TV (preferable limited series) commercials, or even the upcoming web series format. For me, content is king, I am more concerned who is my director/ writer etc., everything else is secondary. This does not mean I will not underperform, saying this is TV, but yes you can't expect to me to really up the grade for time constraint is a structural issue in TV. Having said that even in this limitation, a lot depends on the script. TV essentially being a writer's medium, actors are mostly expendable. I remember we always had a buffer bank in Sasural and shot taking was not tough for we had interesting scripts to play around with."

Ragini is ready to wait for her film's to take off (her last Punjabi film had released way back in 2013), this is so unlike most TV actors who are afflicted by the out of sight is out of might syndrome. "Here I will admit that one of the main reason why I took a break from daily project' (After Sasural wrapped up in 2012) was that I was tired of seeing myself on screen, I did not have anything new to offer. So I decided to take a break before the audiences could say take a hike."

She goes on "Although I am never satisfied with my work, I am yet very choose about my acting offers. Nonfiction i.e. Hosting Jhalak Dikhhla Jaa and India's Best Dramebaaz , taking part in Meethi Choori No 1 and Welcome - Baazi Mehmaan-Nawaazi is fine as it involves just a day every week. I guess what makes me more secure is that I am come from a financially and socially secured back ground. But let me add that I too had to struggle during my TV audition phase as I did not have a god father to guide me. Destiny ensured that good TV projects found me, ditto with films. Yet I am smart enough to understand success and failures are always there. Bhaskar Bharati though a superb shows never aced the ratings." Good that you mentioned up' and down's, for your first Hindi film Teen They Bhai was not a Box Office success! Any fears'? "I get good reviews for my performance and I am still here. The idea is to survive to fight another day."

In closing Ragini says, " it is sad that despite the fact that the audiences love TV actor's the industry perception still is that they belong to a lesser God. I don't know why, but I would love to change this."





3 ANGLES OF THE ETERNAL LOVE - TRIANGLE

Shritama, Vibhav, Gautam in Kuchh Toh Hai Tere Mere Darmiyaan

She is special…
Easy on the eye and with magnetic bearings, she is fiercely independent and has a mind of her own over all things around - She is Koyal (Shritama Mukherjee)...
He is irresistible…
The fizzy, frothy, chocolate hero of teenyboppers' dreams, who lives life like it's a Carnival and acts as the latest edition of Casanova on planet earth - He is Raj (Vibhav Roy)...
He is an enigma…
The dark, brooding, caring to a fault, timeless silent lover whose love remains unrequited for evermore - He is Mahadevan (Gautam Gupta)...
And they're the 3 angles of the latest version of the eternal love-triangle, 'Kuchh Toh Hai Tere Mere Darmiyaan' on Star Plus - GR8! brings you a freewheeling chatty encounter with the threesome... Read on...

It's not your first time before the cameras – so, in whatever you have done so far, where do you place 'Koyal', 'Raj' and 'Madhavan'? More challenging? More enjoyable? Or what?

Shritama: Definitely more challenging! Koyal is a really, really different character - vulnerable, gullible, pure at heart... just what a 'lead' should be!

Vibhav: 'Raj' to me has been the most 'demanding' so far - I've never played anyone like him before - so a truly different experience!

Gautam: 'Madhavan' is like straight from 'Tanu Weds Manu' – and he's challenging for me to do, because his reflexes have to be very controlled and that's not easy to do before the cameras!

How much of you are there in your characters and what is it that's totally different?

Vibhav: 'Raj' and I are poles apart! He lives is a fancy world, but I am practical and realistic!

Gautam: Same here! 'Madhavan' will do anything for his love and then 'show' it, whereas I would never 'show' and would just be with it!

Shritama: Well, like Shritama, I also stand and speak for myself, but she is too much of 'heart' rather than 'brains', while I am more practical. I use my brains to get to the reality - I am street smart!

Love-triangles have been shown countless times before... What do you think is new that '... Darmiyaan' or your threesome can or will offer the viewers?

Shritama: It's true that Love-triangles have been countless and our Show does not offer a fantastically newly-built concept, but this tale of next-door people would definitely connect to the people and those who have ever fallen in love will relate to it!

Vibhav: Exactly! And in addition, it's a 'Triangle' comprising a Bengali, a Punjabi and a South Indian, so its appeal would be pan India!

Gautam: A Love-triangle can always touch extreme dramatic heights and that's why you can keep repeating it countless times!

Have you ever personally experienced such a situation in real life?

Vibhav: Nope - never been through that!

Gautam: But I have been dumped quite a lot of times in my life!

Shritama: I, too, have experienced such a situation in my life, though I was not the 'Koyal' in it... and unlike Koyal, Raj and Mahadevan who remain 'best friends' despite all the conflicts, in my experience, the bonding snapped!

Hypothetically speaking, if you were going through the conflict of Koyal, Raj and Mahadevan, would you have reacted the same way as them or differently?

Vibhav: Of course, differently! Look, when I'm in love, I'm possessive and when a person is mine, no 3rd angle is allowed in there!

Shritama: But I would have reacted the same way!

(Gautam, somehow, chooses to shrug it off...)

What made you think that you are 'Acting' material? Did the mirror tell you that?

Shritama: Yes, mirror is always the first one to tell one that, but, otherwise also, I would say I was destined to come here and be on the Screen!

Vibhav: I was on my way to become a CA, but one day, it just hit me that not this but acting is what I want to be my calling in life and I chucked my job and headed here!

Gautam: Coming from a hard-working family,



work was most important for me and I chose Acting to be that work for me in life!

Achha, how about struggle and its attendant humiliations with nasty things happening to you?

Gautam: Yes, there have been various incidents and humiliations, but that's OK, I guess. Actually, I've had so many Guru's in my life made and they made me resolved enough to brave all that!

Vibhav: I, too, struggled a lot to get a chance and stood in long lines for auditions - but nothing could ever deter me from pursuing my goal. However, nothing 'nasty' happened to me as such!

Shritama: Same here! But trust me, coming to such a big city, living so far away from your family and that too at the age of 17 and then, being one amongst hundreds to grab a break - it was certainly not easy!

Achha Guatam, out of Vibhav and Shritama, who you are more comfortable with?

Gautam: Vibhav! We're great friends - Shritama, too, is a good friend, but she's more of a kid to us!

Vibhav: I, too, am more comfortable with Gautam and I get to learn a lot from him!

Shritama: I can't just pick one of the two - I'm comfortable with both of them!

Who's is crazier?

Shritama: Vibhav!

Gautam: Ditto - he has a knack of making people get mad at him!

Vibhav: And these two are the Shaant types!

Who's the prankster?

Vibhav: I am! And mostly, my target is Shritama as she goes off her handle in a jiffy. Once, we locked her in the Vanity-van and Gosh! Was she mad?!

Gauatam: Yeah, Vibhav does it all the time, but I, too, was there with him in that Vanity thing!

Shritama: Actually, both act as 'Monsters' with me on the Sets. Waise, I've been a prankster, too - once, I called a friend home for the night and then, suddenly, I changed my voice and started gurgling & growling like I'm possessed. Ah, the poor she - she locked herself in the bathroom and then, when she came out, I started crawling on all fours and she ran for her life out of the house!

OK, Shritama, rate the two of 'em on a scale of 1 to 10 for looks...

Shritama: Well, Gautam is rugged, while Vibhav is the chocolate type – but I'll give '7' to both!

Gautam & Vibhav, your turn to do the same for her…

Vibhav: No, no - I can't rate anyone like that!

Gautam: I, too! I don't think it would be a

correct thing to do!
Shritama, do you cook? Have you presented any of your dishes to them?
Shritama: I do cook, but even I, myself, never taste my own dishes!

Which have been your best scenes with one another?
Gautam: With Shritama, it was the 'Durga Pooja' sequence that was done in the typical Bengali style and with Vibhav, the college sequence as it brought back our 'teenage' to us!
Vibhav: I would say, my introduction scene with both of them, when Shritama jumps in the water to save me!
Shritama: The scene where I cry on Maddy's shoulders like a baby, when Raj created a ruckus on my sister's engagement and the scene when I tell Vibhav that my sister is adopted - they're are my best ones with the two of them!

Who's more challenging as an actor?
Gautam: Nobody is a challenge to nobody - we have 3 totally different characters!
(Both Shritama and Vibhav nod assent to that quickly...)

A thing you like about one another?
Shritama: Gautam is cool & collected and Vibhav - full of life!
Gautam: Shritama is a great girl - so professional and supportive and Vibhav is a good friend and a great company!
Vibhav: Gautam is a bro to me and Shritama, a great costar!

And a thing you don't quite like?
(All three shake their heads to that - such a touching picture of politically correctness...)

Say something crazy to tease one another...
Vibhav: Shritama, stop overreacting over things and Gautam - Puhleez talk, yaar!
Gautam: Shritama, don't ever do 'natak', or we'll lock you in the vanity again!
Shritama: Look, they keep teasing me all the time, so I can't take that risk!

Give a piece of advice to one another...
Gautam: Sorry, I'm very bad at that!
Vibhav: I, too, can't think of any!
Shritama: Vibhav - stop flirting with girls... and Gautam - starts dating, man!

And a piece of advice to your own selves...
Vibhav: Be practical and value love!
Gautam: Stay clam, stay cool!
Shritama: Keep rocking!

Finally, give a word to define one another...
Shritama: For them both - 'Monsters'... for me - 'Determined'!
Vibhav: For me - 'Enthusiastic'... for them - 'Good friends'!
Gautam: For them - 'Good Company'... for me - 'Passionate'!



Whoa…
This blend of 'Monsters' and 'Good friends' is creating crackling Chemistry on the Screen... They are the ones who are giving a new sparkle to the weather-beaten 'Love-triangle' that comes alive all over again, because of this winsome threesome...
The dewy-fresh trio has rejuvenated the timeworn triangle!



"I intend to go a step up with every cover"

NISHA Rawal

Nisha Rawal, one of most popular and desired face for TV commercials recently cut a cover which her husband Karan Mehra directed… Ooops or should we say Naitik of Star Plus' Yeh Rishta Kya Kehlata Hai fame… Well, this album is special in two ways; first it marked the start of musical journey of gorgeous Nisha and also witnessed Karan's debut in direction. The very cute couple, last seen in Nach Baliye 5, definitely did a fantastic job of keeping album unpretentious from distractions, delightful and an amusing treat for one's eyes.

We got a chance to meet Nisha who has more than 400 commercials to her credit and has begun her musical journey by releasing her first cover. Nisha is one happy go lucky, modest, up-front and charming girl. We caught her at her candid best as we indulged in an honest and frank conversation with the vibrant actress.

She says, "I have been on 2 years of sabbatical break which includes Nach Baliye of course and fans have been waiting for longest time. At various stages of life, you pick up various hobbies and I developed this desire to learn music. To be honest, TV was never my forte, commercials is where I belong. So after doing so many ads, it kind of gets stagnant. My dear friend, Manmeet had been telling me for the longest time to learn music. So he sent his music teacher to train me. Mr. Sanjay Mishra is training me on my vocals".

Nisha definitely did a wonderful job and mesmerized her fans with her voice. We ask her the reason behind selecting fabulous songs like Tu Bin Bataye and Yellow. She replies, "Tu Bin Bataye is the song which Karan suggested me and it is very close to his heart. I always wanted to memorize it for him but just could not manage to do that so I thought this was the right time to do it. Also they all thought it went well with my voice. "Yellow" has been suggested by Karan too. It has really cute lyrics and is a beautiful song which kind of takes you in a dreamy zone".

On her training she adds, "I have been training for 5 months now. It's not that easy. I have always been the one to try new things and music has been on my mind for long. A sabbatical just gave me a reason to pursue my passion. So it's time to hone my skills. The cover is about a girl who is on her way to meet her lover and enjoys the journey all by herself."

Working with your partner is fun but being directed by him may be different. So we ask our leggy lass that whether she experienced any arguments or a situation where Karan had to yell at her. She laughs and says, "We have had different working relationships. In the beginning of my movie career, he was my designer. Then we worked as models. And this time he directed me. But the best part is we did everything together. This album was like our baby, our creation and we both were equally involved so no question of any arguments. It was one amazing experience. Actually you know it is funny how Karan came into direction. When we went to do our test shoot during the recce I got a little mad on my friend handling the camera and told Karan "You are the director from this point on." That's how Mr. Mehra turned director (laughs). We finally hired a DOP, so there was no looking back

and Karan directed it."

On her next music endeavor she adds, "I intend to go a step up with every cover. Karan will definitely not be part of music album as an actor. But as far as direction is concerned, you never know. We have already decided the concept and it will be out in November. Actually, I should mention that this album is not only about visual appeal. It is about my musical journey and fans wanted to see me; hence I wanted to make my musical journey with my fans. I wanted to keep them posted about my progress as I love all of them".

On her relationship with Karan, she adds, "I will be honest with my answer. I was one who told Karan to get into TV. When the person is away from you, you feel that pinch of his absence. I won't lie but there were days when I missed him badly and he was shooting for like 17-20 hours. I am only human. But now thanks to law where they can't shoot beyond 12 hours, Karan has started shooting for lesser time. But pressure of being an actor and all baggage like travelling, scripts and keeping yourself fit can't be ignored. So yes I do miss him but the fact that I belong to same industry makes us hold onto to each other. And I trust him completely".

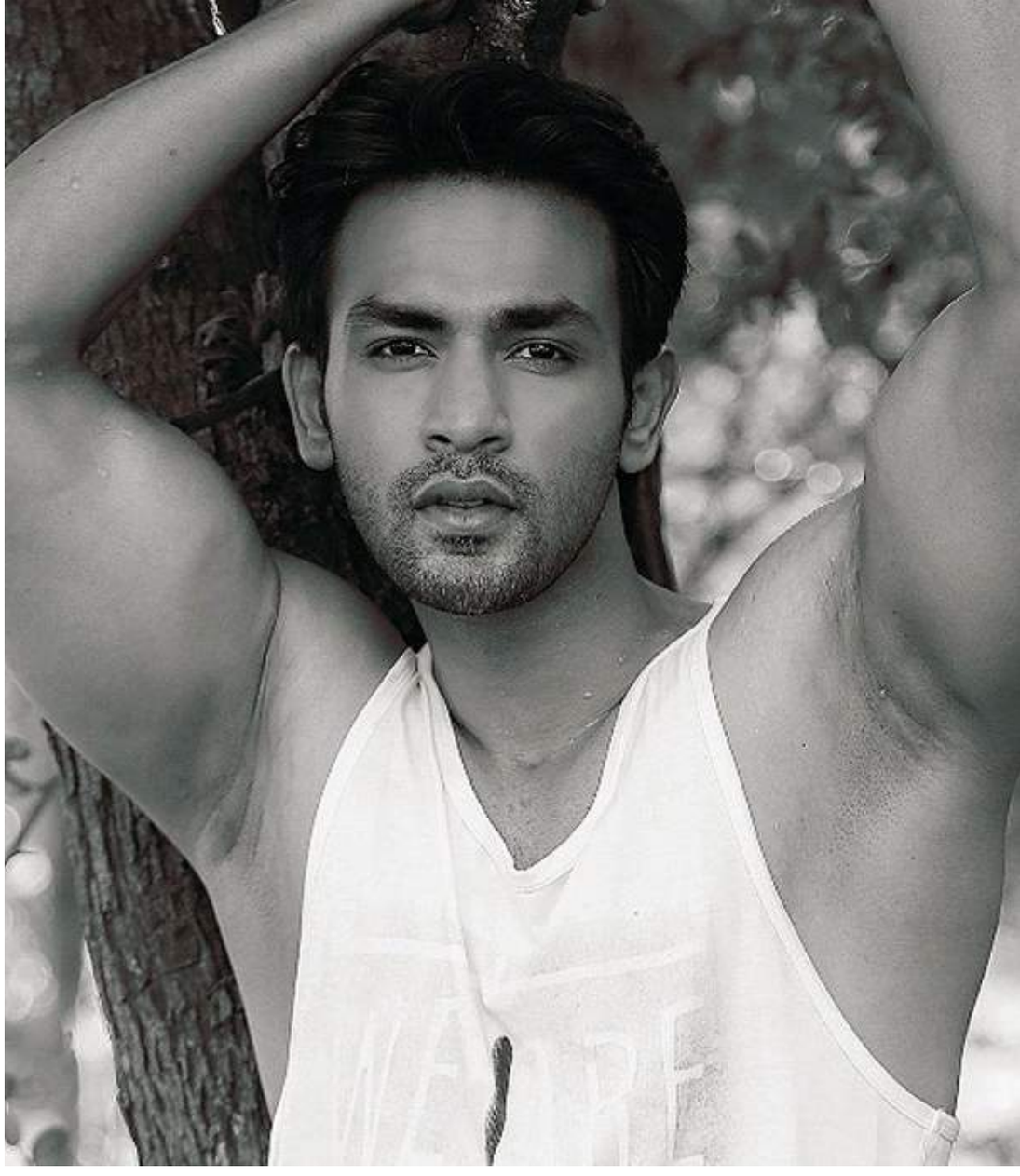
Karan's popularity sometimes can be reason of hindrance when they share personal time with each other. Definitely keeping personal life under wraps is difficult. On this she replies, "I love the fact that he is popular. However, when we are on a holiday and people for example record you on their phones when you in the pool, or having a private time it is absolutely not done. In my heart, I feel it is their love and that's why doing it. But they should respect our privacy. When you are in restaurant and people come up to you for autograph, it may be like that's the time where a person may be having a meal in whole day. There have been times we obliged and also where we had to politely say no. About the rumors of my pregnancy, I just want to tell them, that was our thing. Imagine this. What if there's something which I don't want to share like some medical condition. What if the time was not right? It should be the prerogative of celeb to whom the question is being popped. And I will decide what I want to share".

On her future endeavors she has to say, "Music is something I am doing, TV is not my forte and commercials I have done a lot. But would love to work with Karan always. And music is a long journey I have set my foot on. Singing is just a part of it. I have started it late and one life is just not enough for it. I want to learn the keyboard, violin, drums and the guitar. Uuumm…but I think I will start with keyboard".

J.S.



5 facts exposed by NAMAN SHAW



J.S.

Known for his stint in Kasamh Se, Kyunki Saas Bhi Kabhi Bahu Thi, Kasautii Zindagi Kay, Kasturi, Kairee, Khushiyon Kii Gullak Aashi and Piya Rangrezz, he has definitely come a long way. Here in an up-front conversation with us, he divulges 5 details about him…

Bond with Amruta and Himmanshoo…

Ohh they are one beautiful couple. I have known Amruta and Himmanshoo since 11 years. We all came to Mumbai through a reality show 'Cinestar Ki Khoj' and were roommates for 6 years. We have seen our highs and lows together and have seen each other's struggling days. We are one family. Since I never use to go to Kolkata, all my cousin sisters used to send me Rakhi and Amu used to tie all of those Rakhis on my wrist and that's how she became my Rakhi sister. Those 6 years were the best days of my life. We used to have a blast and were always partners in crime. Lol

Story behind your distinctive name…

If you write my name in any language of the world, forward or backward, it will be N-A-M-A-N. There's no curious story behind it but I would like to say 'Teen akshar ka mera naam, ulta pulta ek samaan'.

Hobbies you enjoy to indulge in…

I would like to give credit to Abhinav Kapoor who inspired me to take the first step towards fitness. I think because of him, that fitness bug bite me. Now I go to gym 5 days in a week in the morning and I am able to flaunt my well maintained biceps. When I don't work out, I eat healthy and try to use stairs instead of elevator. I love travelling too. Once I had my bags ready for Ladakh but three days before the departure, the production house decided to start shooting. So obviously I had to cancel my plan. No complaint except for that my friend kept on sending pictures to make me jealous.

Facts people don't know about you…

You can say I am a loner. I love being alone and love my company. I may look innocent but I am not. I remember this dialogue of Varun Dhawan in this context, 'Main lagta hoon bade swami type ka, but hoon bade harami type ka'. Lol.

Idea of an ideal companion…

Hahaha. Every two years my idea of 'ideal' keeps on changing. Actually with age you realize what exactly is required for a happy married life. Gone are the days of dating. Now I think I need to settle down. I think right now my definition of ideal companion is that she should be compatible, need to have good sense of humour, should not be materialistic and yes stand by my side during my difficult times. It is definitely a small requirement, right?



Tejasvi Wayangankar

“It is easier playing a sweet bahu

Tejaswi Prakash Wayangankar of super hit Colors show Swaragini has not led success get to her head, “I never really consider my standing in the industry , I would have put equal efforts in any other lower ranking show as well.” Tejaswi also has no qualms in accepting that over the top drama still sells, “The fact that our TRP went up from 2.8 -3.8 (chart buster on Colors) when my character Ragani turned negative is indicative of the same . ”

When asked about the difference between playing positive and negative? She says, “It is easier playing a sweet bahu for all you need to do is give goody expression’, cry when things go awry and stand up for the right. The thumb rule is that what may come as a positive lead, can’t err. The entire emphasis as of now is on my track. Personally I find Ragini more realistic then Swara (Helly Shah) for in real life also though I might be good yet I have done thousand wrong’s like everybody else”. What is your take on Ragani logic behind her action that everything is fair in love or war? “Where she goes wrong is that it takes two to tango, but sadly like most Marwari girls Ragini started regarding Laksh (Namish Taneja) her husband internally when he was chosen for her. He on other hand flipped for Swara.”

How did you approach your character? “Being a grey and not black character, I play Ragini the same way deliberately eschewing all the normal traits of a vamp i.e. evil grin or curling my hair etc. I have always attempted to maintain her innocence. But I think the creative team does make it loud at the edit table adding sound and making the sequences black or white etc.”

What about the hate mail’s you get for playing a baddie? “This means I am doing my job right. But having said that, I also get messages which says that although we want to hate you, we can’t.”

Tejaswi is quite happy with the growth of her career, “I began with 26/12 (Life OK) playing a cop, with all the action in natural make up and costumes. Then the big ticket Colors show Sanskaar happened. I got to share screen space with veteran like Aruna Irani who I had seen only on the big screen. I have been very lucky that Color’s thought of repeating me again in Swaragini. This normally does not happen often and the only other example I can think of is Avika Gor. I thank the channel for reposing their trust in me. So far so good, but I feel I have a long way to.”

Looking ahead this trained Bhartnatayam artist would love to shake a leg on a dance reality show. “As of now I think Jhalak Dikhhla Jaa is a better option. I don’t have a Baliye which puts Nach Baliye out of my league.”

When asked about the complaint of other negative actors, that they sometimes carry the emotion home? “I know of many positive genre actors who throw lots of tantrums. Equally I have come across hard core filmy bad guys who are very sweet in real life. So I don’t think playing a particular genre rubs off on you.”

In closing Tejaswi says, she is quite reserved person “ Not a party animal neither do I post personal pictures of mine on my social media I like to keep private life out of bounds which does anger my fans.”

A.M.

SUNRISE to SUNSET

A day with a TV celeb!!! Sounds exciting??? GR8! exclusively brings for their readers a sneak peek into the lives of popular actors where they share their daily routine. Read on to know more...

ASHA NEGI



Day starts around: 12 noon

That First thing in the day: I drink hot water with lemon & sit in front of my TV

Tips for Breakfast, Lunch and Dinner: I try eating heavy lunch & heavy breakfast. For snacks I mostly try to eat something healthy but sometimes I munch on junk food too. And yes I try to eat light dinner but it is pretty unlikely because that is the time I meet my friends.

Anxiously wait for: Work out to get over in the evening, as I go with my friends for movie or dinner post that.

Feel lazy to: I feel lazy in doing everything. Seriously believe me, I'm a very lazy person and I'm lazy throughout the day.

Tring Tring...
Rithvik, Riddhi & my parents.

Daily Workout regime: I mostly workout in the evenings which is split into half... alternate days cardio & alternate days weight training

Mantra for being fit: Eat healthy & workout daily.

Activity to unwind from stress: Shopping or Spa

Day ends with: My friends only. We catch up for movies on most of the nights.

HIMMANSHOO MALHOTRA

Day starts around: 7 a.m. in the morning

That First thing in the day: I pray to God and say thank you for one more day in my life!

Tips for Breakfast, Lunch and Dinner: On Breakfast, I prefer bread omelette with cheese and for Lunch Dal & Paneer with two chapatis coupled with salad and dahi. Have a protein shake in between. Dinners I like to keep it light so just indulge in soup and salad.

Anxiously wait for: To reach home to meet my wife and watch TV with her at night.

Feel lazy to: Set my hair, funny na!

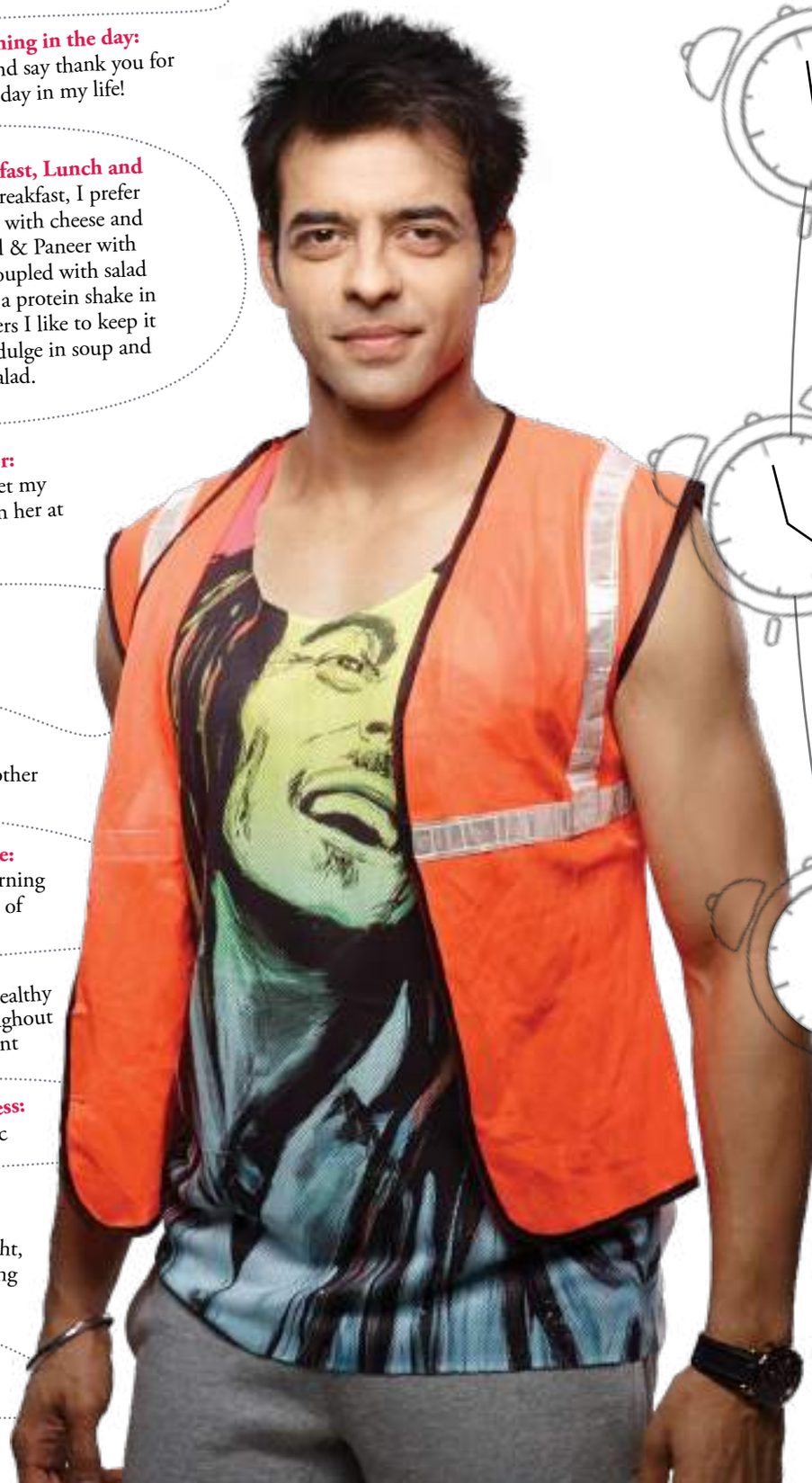
Tring Tring… Amruta, Mom and Brother

Daily Workout regime: Everyday either in the morning or late at night. I do lot of Crossfit training

Mantra for being fit: Eat healthy as what you consume throughout the day is very important

Activity to unwind from stress: Books and my Apple music

Day ends with: Watching TV at night, a movie or something



RIDHI DOGRA

Day starts around: Normally at 9 a.m.

That First thing in the day: Guzzle down a bottle of water and meditation

Tips for Breakfast, Lunch and Dinner: I believe in the old philosophy. Eat like a king, lunch like a prince and dinner like a pauper :)

Anxiously wait for: Sunset. I have always loved the energy around that time. It's a moment to reflect on the hustle bustle of the morning and gear up for the chill of the evening time.

Feel lazy to: Talk. I need peace in morning.

Tring Tring… My father, Raqesh and the person I am going to meet on the other side!

Daily Workout regime: I workout every day and believe you can really eat whatever the hell u want to if you exercise daily! Seriously!!!

Mantra for being fit: No to white/fried or oily food. Control on sweet cravings and fill your plate with vibrant colors.

Activity to unwind from stress: Movies, reading and writing

Day ends with: Always a prayer of gratitude. That's actually how I put myself to sleep. It's better than counting sheep!



RAVI DUBEY



Day starts around: 6 a.m. in the morning

That First thing in the day:
Look at palms. My mom used to believe that all gods and goddesses are in palms of your hands in the morning. So I look at them for a minute and pray for prosperity for everyone. I know it's kind of very different habit. Also I take 5 minutes to get out of bed and get in daily process. Then I start my workout which lasts for about 1 hour 20 minutes and my trainer comes at home.

Tips for Breakfast, Lunch and Dinner:
I normally have high protein breakfast in car. Every two hour I have something like apple or biscuits. I avoid too much of carbs in my diet. In evening, moong dal or chana dal sprouts and for dinner, I try to keep it light. I normally have dinner at around 10.30 p.m.

Anxiously wait for:
When I get back home and meet Shagun

Feel lazy to:
Read books

Tring Tring…
Shagun, Papa and Brother

Daily Workout regime:
High intensity weight training in morning everyday. I can't run much but cardio is ok

Mantra for being fit:
Lots of water and early morning workout

Activity to unwind from stress:
I just have one hobby which gives me pleasure which is watching movies. I can watch every genre of movies

Day ends with:
Obviously, Shagun

J.S.

Fashion Fusion

Introducing the street style girls - **Aaliya Sayed & Shruti Iyer** from Mumbai studying SYBBA who popped this question, 'Is fashion only about brand'? The more we thought about it the more we realized the definition of fashion just depends on a person's perception of fashion.

For them, fashion is all about comfort of street fashion and the elegance of branded clothes. This is how they stumbled upon the idea of collaborating brand and street clothes for their blog. Their collection includes elegant classy and chic outfits by combining these two. Their outfits not only define style statement but focus on comfort too.

Now you can style up by getting updates via thestreetstyle15.wordpress.com Instagram and twitter: thestreet_style, Facebook: thestreetstyle



Lunch Date Look
Printed Skater Dress: Hill Road
Shoes: Celebrity, Linking Road, Bandra
Neckpiece: Colaba Causeway



Movie/Brunch Date Look
Dress: Splash India
Accessories: Colaba Causeway
Shoes: Forever 21

Clubbing look
Top: Koovs.com
Leather Pant: Hip Hop, Lokhandwala
Watch: Yepme.com
Neckchain: Ayesha Accessories
Shoes: Celebrity, Linking Road, Bandra





Movie Date
Maxi Dress: Paris
Bag: Colaba Causeway
Footwear: streetstyleindia

Movie/Shopping Look
Top: Forever 21
Leggings: Jabong.com
Watch: yepme.com
Nerdy Glasses: Claires
Loafers: Hill Road
Bag: Linking Road, Bandra





Roadtrip Look
Top: Westside
Bag: Lifestyle
Shorts: Hill Road
Footwear: Koovs.com



Party Look
Maxi Dress: Forever 21
Accessories: Colaba Causeway
Shoes: Celebrity, Linking Road, Bandra

Dinner/Lunch Date
Printed Skirt:
MYKpacific.com
Top and Accessories:
Colaba Causeway
Shoes: Celebrity, Linking Road, Bandra





Party Look
Top: Manish Nagar, Andheri
Skirt: Forever 21
Shoes: Celebrity, Linking Road, Bandra
Accessories: Ayesha accessories

J.S.



Farnaz Shetty

A.M.

“Doing a mytho is quite a task

Farnaz Shetty aka Gunjan of Ek Veer Ki Ardaas...Veera is one versatile actor . After the above Star Pus show wrapped up, she has managed to bag the important role of Vrushali in Sony Entertainment Television's Suryaputra Karn. “I am very happy to essay Karn's wife who is not well known for if you play popular character's there is always a comparison to actor's who had played him/her before, making the job tougher.”

Talking more about her character she says, “Vrushali is a very bubby, cheerful, yet mentally strong gal. She refused to marry Karn at first for she wanted him to concentrate his full attention on archery. She sacrifices a lot for him and reinforces the old idiom that behind every successful man there is a woman. Karn's great life was not properly covered in Mahabharat, he was eventually brought down by deceit.”

Farnaz adds that doing a mytho is quite a task. “Unlike daily soaps where you have relatable characters, here we have no major reference points except the written text. A certain kind of mannerism's and grace also has to be always retained i.e. if you are happy you can't even clap as a modern girl would do, as it is based in different era. Last but not the least is the use of heavy ornamental language which we have no clue about.”

Farnaz says she is lucky to have got Karn after Veera. “For sadly playing a popular character creative are hesitant to see you in a different avatar. I too experienced this difficulty after I started looking for work once I knew Veera was on its way out. I went for several meetings. But I guess destiny had already chosen for me for Karn. I am glad that the channel has chosen well known and talented actors for the post leap phase as opposed to normal TV practice of casting rookies. This was the need of the hour for our strong and powerful characters require experienced actors to justify them on screen.”

Talking about how acting happened, Farnaz claims that she never wanted to act. “Offers kept pouring in. So I eventually said yes to Dil Ki Nazar Se Khoobsurat. The above Sony show journey and the early Veera days went in learning as TV acting is a different ballgame. You need to pick up a lot of technical stuff about facing the camera etc.”

Remind her that Khoobsurat did not rock the TRP charts, “Not all shows click, we put in our best. Veera on the other hand had clicked because of its unique brother sister concept. Once audiences get hooked on to one show, they stick it to the end. The challenge for me as Gunjan was to portray her stupid act sweetly and not make it negative. ”

Ask her about the constant cat fights between her and her Veera costar Digangana Suryavanshi, she says, “I had nothing against her. Some people on set were trying to create friction between us. I tried to make her see reason, but she was too immature due to her age to see through this game. I hope her Bigg Boss journey makes her understand the truth of life.”

In closing she rubbished rumours that it was her friction with Digangana that finally caused the show to shut shop. “The fact that was shunted to 5 pm itself meant that we were on the death knell. Despite that we rocked the early evening slot as well.



IN CONVERSATION WITH

HARSHAD ARORA & HUNAR HALE

After leaving mark in the industry with his stint in Colors' Beintehaa as male protagonist, he is back again to leave his fans jaw dropping with his charisma and acting skills. Yes, Star Plus' new show Swadheenta which is based on bureaucracy world will mark the comeback of popular actor Harshad Arora who will be playing the male lead in the show. Also, talented actress Hunar Hale of Ek Boond Ishq fame will play prominent role in the finite series. Here's a sneak peek into conversation with these two young, attractive and talented actors of Tellywood exclusively sharing details for the first time on their upcoming show...







On new show Swadheenta on Star Plus…

Harshad: Swadheenta is going to be shot entirely in Delhi and another thing is it's the same production house i.e. Fortune Productions that I have worked with before. We are going to shoot only for 5-6 months and there are 108 episodes. It's not going to be like a normal TV Series. We also have lots of good technician on the set who have worked for films before. Actually, good part is I would be seen around my family this time as its going to shot in Delhi. It's always good to be in your city

Hunar: The very fact that makes it different from the rest is that it is ending in 6 months' time frame. Rest of the shows I've done had no such time frame therefore I saw few of my shows ending abruptly, some speedily and some gradually losing the plot in the chase of TRP's. At this moment I'd say debuting in a finite series makes me want to experience this side of the coin too.

On onscreen character in the show...

Harshad: My character would be of an IS Officer and he is a nice guy belonging to a good family. He can never see injustice happening around. Later on he falls in love with a girl whom he sees for the first time. So it's kind of love at first sight.

Hunar: 'Jaya' is my name in the show. The ideal bahu of a top notch, socially well-known, idealised and Delhi based girl. Now, what 'Jaya' wears and what 'Jaya' does in Swadheenta is something you guys have to watch when it hits the tube. Let's keep some things as a surprise!!!

On offscreen role…

Harshad: I am very calm and composed in real life. I am very adaptable and easy going. In short, very simple and understanding.

Hunar: I have got dreams at hidden places and extra smiles for when I'm blue. I have a tendency not to start anything until I've had a cup of coffee. I hate pretence and I survive using Courage, Humour and Grace.

On most valuable lesson learned...

Harshad: Valuable lesson would be " hardworking". Guys even if you're not good at something, it is only hard work which will eventually help you.

Hunar: It's harder to run away from your problems than face them

On Pros and cons of working in this industry…

Harshad: Pros: You get lot of attention, appreciation, fame and fan following. That keeps you motivated to work harder in future. Cons: No space and long working hours. But if you love your job, these things actually don't matter.

Hunar: Pros: You don't have to introduce yourself, as people know you already by your name. Huge fan following, immense love and respect. Cons: Strictly 'No Privacy' and regardless of however you are dressed and whatever the time is, you can't say 'No' for a selfie. Lol

On acting…

Harshad: I never thought that I can become one. It just happened when in college I participated in one show and then I started doing advertising shoots and started getting calls from Mumbai and finally bagged role in Beintehaa.
Hunar: '2007' was the year when I realised that destiny has other plans for me. When in '2008' I was offered a lead in Grihasti a show by Sphere Origin on Star Plus, that's the time the acting bug bit me real hard and then 12/24 Karol Bagh happened in '2009' on Zee TV. After that by god's grace there was no looking back.

On performing the best…under pressure or when being chilled?

Harshad: I enjoy performing when I am chilled but I think I perform the best when I am under pressure because when there's a lot of expectations from you then that fear I think makes me give my best shot.
Hunar: Regardless of whether I'm in pressure or at ease, I try to give my best shot.

On best acting scene so far…

Harshad: I actually liked few scenes, but my best scene was one where I was drunk and get out of house to meet Alia and then lot of talking happens. There were lots of other intense scenes where my father passes away and I hope that he will back to me and many more...
Hunar: I'm a critic of myself and have this urge to do things better than I did yesterday. So, if today I state anything that's gone by as 'perfect' or my 'best' ever then it would be my ultimate point of excellence and at this point I'd say I still have to reach there. Maybe, when I get married and quit this industry, you ask me this question then, maybe I'd have an answer to it that time. Hahaha

On festivals…

Harshad: Holi and Diwali are my favourite festivals. I remember one incident where everyone from my dad's and mom's side family came during Diwali at my place for get-together types and we just had an amazing time together. That day I still remember.
Hunar: 'Christmas' is my favourite time of the year. You know Christmas can be magical if you have that little bit of belief from your childhood that is That Big Old Jolly Man Himself; our very own 'Santa Claus'.

J.S.







This Radha Krishna painting is in geometric pattern and it is a rare piece that Manasi and Parthiv bought from Parthiv's painting teacher Mr Bharat Pandya from Jehangir art gallery

MANASI PAREKH -GOHIL







This are the Beautiful Pop Art cushions gifted to Manasi by her friend Kajal



Photo Courtesy: Samta Chowkekar

Currently seen as Maya in Star Plus' popular and hilarious show Sumit Sambhal Lega, Manasi Parekh is artistic in every way. And her house depicts her personality perfectly. Flawlessly designed, it immediately gives the feeling of warmth and comfort just like her personality. Designed to give lot of positive energies, her house is a perfect balance of antiques, shades and statuettes.





This spiritual corner of the house is the first spot which they both visit. This area witnesses Parthiv's music riyaz and Manasi's daily yoga regimen.



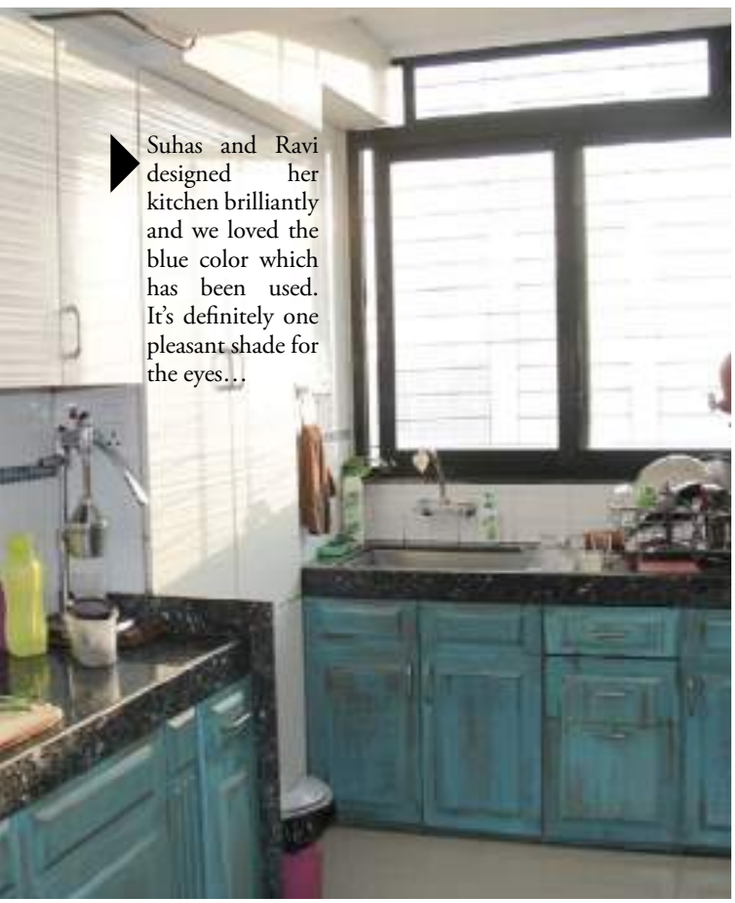
J.S.





This Buddha statuette has been bought from Ananda Spa and Resort in Rishikesh. Also you will find many more Buddha statuettes in living and terrace area to symbolize positive energy

Manasi says,"I was very clear that everything in my house has to be very organic. My friend Shailee who is an architect really helped me define my vision for house and it's because of her,house is looking very beautiful. We both are artists so house has to reflect that. We don't have any name plate also. The minute someone enters they have to know that I and Parthiv Gohil reside here. I wanted lot of blues for my living blue area. And regarding terrace area, it had to be the best spot as we have candle light dinners and party for our friends there. Also we have used lot of antique wood as we love it. My favourite spot is Terrace and Yoga room. We did not follow any Vaastu/Feng Shui as once you get in it, then you get scared about every single thing. But when we moved here, we had six hour havan for positive energies."



Suhas and Ravi designed her kitchen brilliantly and we loved the blue color which has been used. It's definitely one pleasant shade for the eyes…





The terrace boasts of bright yellow color and green plants which looks even more salient when sun reflects on that. It is a corner which we fell in love with immediately. A candle light dinner, party, a comfy place to read a book and beautiful waterfall to soothe you, it has everything one can wish for.



This is the Orchid which Manasi got from Van Gogh Museum in Amsterdam

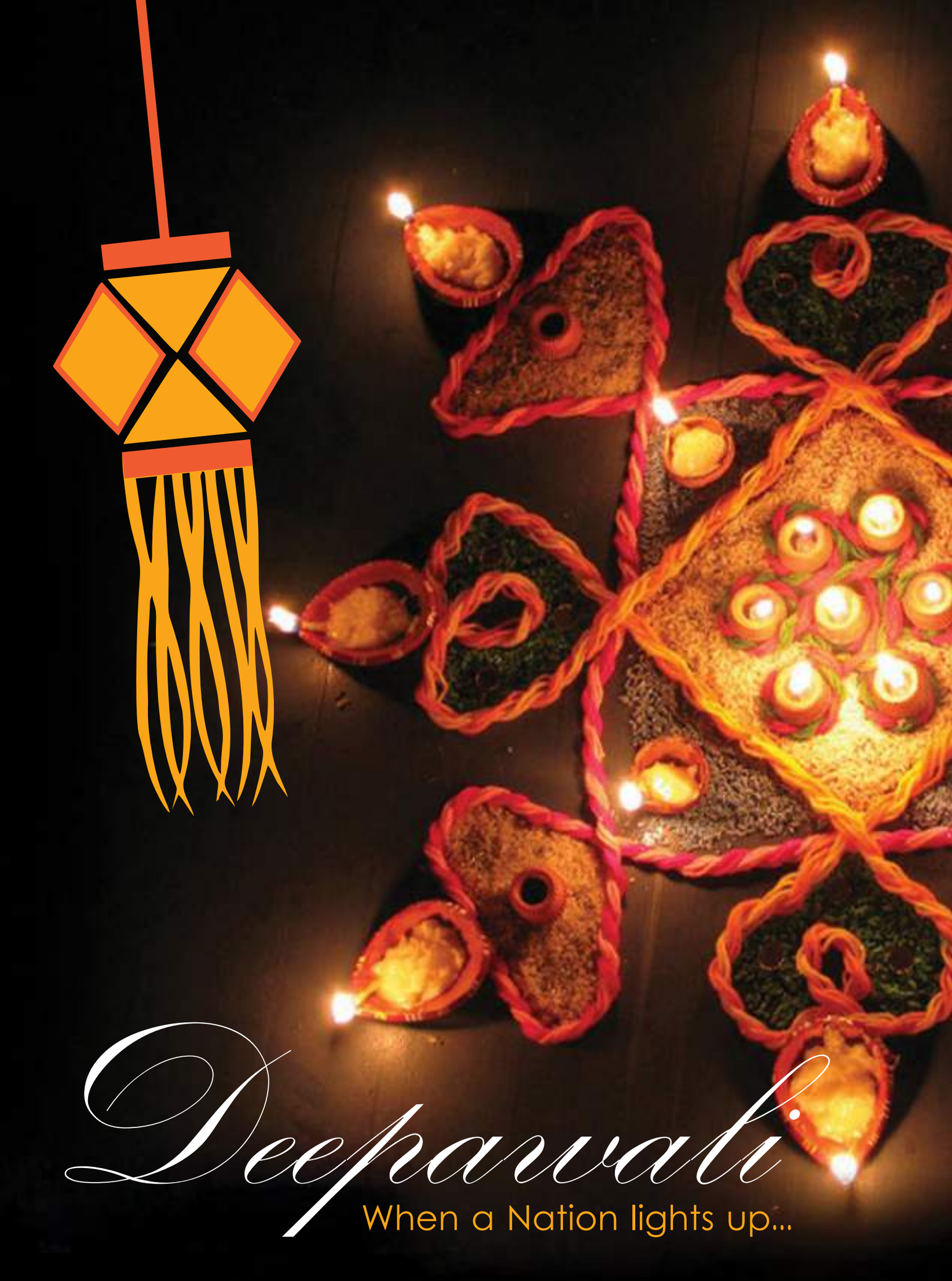
This is an electronic keyboard which Parthiv's very good friend, Hitesh Prasad who is also a musician gifted him.





This four poster bed was specially designed with sparrows as a tribute to this vanishing bird as both Manasi and Parthiv loves sparrow.




Deepavali
When a Nation lights up...



Year after year after year...

On the darkest night, i.e. Amaavasya of the Kaartik month of Hindu Calendar, a phenomenon occurs when a whole Nation wages a war on darkness with countless, unending rows of light emanating from earthen Diyas to wax candles to psychedelically lit-up streets, bazaars and homes.

Fabulous festivities envelop India in that pyrotechnics period of 5 days, the 3rd of which is called Deepawali or Deewali! It all starts with Dhanteras on Day-1, followed by Narak Chaturdashi on Day-2, Deewali on Day-3, Deewali-Padva on Day-4 and finally, Bhaai Dooj on Day-5.

As said earlier, the 3rd day of this 5-day shimmering span holds utmost significance here as Deewali is to India what eyesight is to eyes – a bliss of unbounded abandon that uplifts the spirit of the society as a whole!

These celebrations of the Fête of Lights find mention in the most ancient of our scriptures like the Padma & Skand Puraans. However, the all-pervading legend of Deewali is that of Lord Raam returning to Ayodhya after decimating the demon king, Raavan, which happening is the most stirring symbol of the triumph of Good over Evil.

And the annual celebration of that triumph is Deewali!

But there are other tales attached to it as well, one of which associates it with Goddess Lakshmi and holds that the Goddess of wealth & prosperity was churned out of the Samudra-Manthan done by gods & demons to get hold of Amrit and that day was called Dhantares – then, on the 3rd day after that, she married Lord Vishnu...

Deewali is the celebration of that divine wedding!

Yet another yarn is that of Lord Krishn lifting the Goverdhan Mountain to shelter the denizens of Brij from the torrential rains & lightning unleashed by Indra, which occurrence, they say, is commemorated as Deewali, today!

To Sikhs, Deewali marks the 'Bandi Chhod Divas' as the 6th holy Guru, Hargobind Singhji freed himself and some other Hindu Kings from the Fort Gwalior prison of the Mughal emperor, Jehangir and came back to the Golden Temple on this illustrious day.

To Jains, Deewali is the day when Lord Mahavir, the last of the Teerthankars of this era attained Nirvaan, making it the most momentous day of theirs.

And this way, in the entire length & breadth of the country as well as innumerable places abroad, Diwali is celebrated with lights, crackers Melas and what have you. On Dhanteras, silver coins, jewellry, new utensils etc. are bought and brought home and then on the D-day, the Goddess of riches, Lakshmi is worshipped along with Lord Ganesh, the latter for auspicious and blessed new beginnings.

Everybody from tiny tots to dudes & dolls to the aged folks dons splendorous attires and people have a whale of a time bursting bombs, setting off sprinklers, rockets and missiles in unison in a rarest of rare display of family bonding and social camaraderie.

And while this happens, rows and rows of lights make Amaavasya, the night of the dark, glow on gloriously...

And India shimmers!

THE DEEWALI I CAN'T FORGET



Namish Taneja...

Mischief was my second name in my kiddy-days… On Deewali particularly, I and my fellow Li'l Devils let ourselves loose on crackers, even in School premises… Once, we put a big pile of 'Garlands' or 'Bidi Bombs' (long strings of crackers that keep bursting one after the other) in the bathroom there and it so happened that a teacher was in there, freshening himself, when we set the same off… He ran for his life towards the door, hollering – 'Bachaao… Bachaao…' and the guffaws we exploded in ring in my ears to this day…!



Karan Sharma...

To me the Deewali morn meant crackers that went on and on and on till late, late night… Once, while lighting a cracker, I was looking elsewhere and it burst in my hand… Gosh, I cried a river, but soon, there I was again, bursting crackers with the same hand… Mom saw it and she was so livid that she threw my entire cache in water… Yes, that Deewali gave me pain, but till today, it's my fondest memory…!



Roopal Tyagi...

My family lives in Bengaluru and mostly my work here prevents visiting them on Deewali… But there was one time when I resolved that come rain, hail or shine, I'll celebrate Deewali with them… And I did – despite all the roadblocks, I reached there and trust me, the joy was ethereal… All the festivities acquired an all new shimmer & sheen with my folks around me… That Deewali keeps coming back to my memories ever since…!



Sahil Anand ...

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…!



Shraddha Pandit...

The Deewali I cannot forget is the one I chanced to spend at Yash (Chopra, legendary filmmaker) uncle's place with my entire family)… We were there from the morning Pooja itself and then, the whole day meant great music, Card-games, lip-smacking delicacies and a long, long trail of Superstars, who kept swarming in all the time…But NO crackers… And indeed, nobody could hold a candle to Yash uncle and Pamela aunty in the sweetest possible hospitality…It just gets etched in your memories…!



Heena Parmar...

All the Deewali's that I've celebrated back home in my kiddy-days have been unforgettable… Uff, that huge Aangan (Courtyard) of ours and my entire big, fizzy and frolicsome family joining hands in making breathtaking Rangoli's in there, having a whale of a time in blissful togetherness… Those were the days!... And those were the Deewali's… I miss 'em sorely…!

that ONE moment

Yes actors do work for long hours but also like to indulge in crazy things for fun. And sometimes tend to commit mistakes which make them learn things... Here are few interesting replies which we got from our talented actors when asked about crazy things they indulged in and mistakes committed by mistake... wink wink



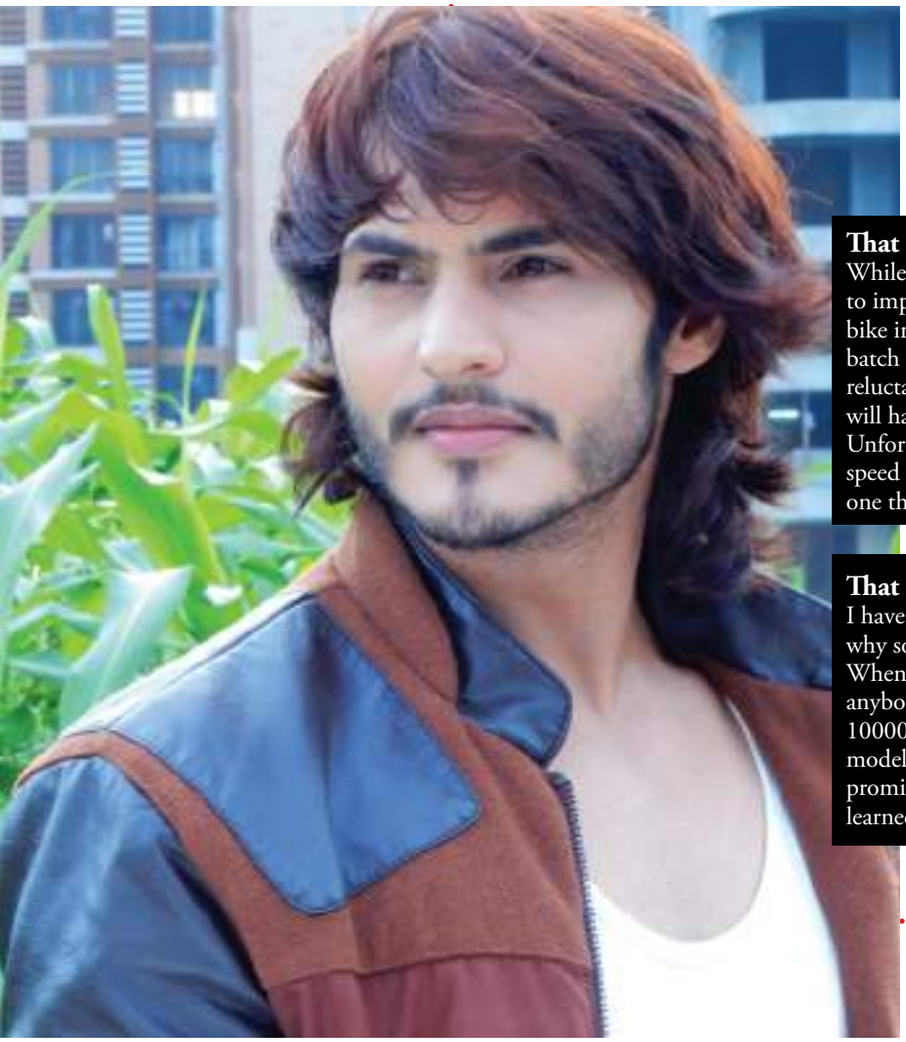
Neha Marda

That craziest thing done by you...

I am not sure whether you will term it as crazy. So once I was driving my first car from hard earned money. I was at a signal and one truck suddenly came and dashed my rear view mirror. I parked my car in front of his truck and shouted so loudly that I was heavily breathing due to it. My brother came and slapped truck driver as he knew I can't hit anyone. That was my highest temperament ever. It was crazy moment for me.

That mistake which made you more careful...

With time I have realized that you should have just few people in life who are real and reliable.



Ravi Bhatia

That craziest thing done by you…
While I was in college, I borrowed my friend's scooter to impress the girls and I started doing stunts with bike in the college campus. Later, I asked one of batch mate to sit on the back seat. She was initially reluctant but when I told her, 'Trust me nothing bad will happen', she decided to give up and agree to me. Unfortunately, bike tipped over because of excessive speed and I had become the laughing stock. That was one the stupidest and silliest thing I have ever done.

That mistake which made you more careful…
I have this habit of trusting people easily and that's why sometimes they take undue advantage of me. When I came to the city of dreams, I didn't know anybody. I got in touch with an agency, they took 10000 Rs. and promised that they will give me modelling and acting related assignments. But the promises never got fulfilled. After that incident, I had learned not to trust people at the first meeting.

Aasiya Kazi

That craziest thing done by you…
One of my cousins has been scared of adventure rides. But recently I somehow convinced her to accompany me on a roller coaster. I had carried 2-3 screws from home and showed those screws to her, when the ride was about to start. I told her that, those are loose screws which I found on the seat. My cousin got scared as hell and was screaming like crazy throughout the ride.

That mistake which made you more careful…
You see…I'm not a good cook and mostly end up with kitchen disaster. I remember once I went in the kitchen to cook something but then later changed my mind and came out. Hours later, I sensed some weird smell and when I went in kitchen to check, I observed that I had turned on the gas knob but forgot to turn it off. I was horrified but fortunately nothing wrong happened. After that incident, I have been more careful with stuffs related to kitchen.



J.S.

FOR YOUR HEALTHY EYES



Prof Keiki R Mehta,
Padmashree Awardee is India's leading Ophthalmologist, attached to Mehta International Eye Institue and hospital in Colaba, Mumbai.

Vitamin A

It prevents night blindness and focal drying of the eye called Xerophthalmic and can retard the development of cataracts and macular age related changes.
You can get vitamin A from two types of food sources: Animal products that contain vitamin A (such as liver or butter) or plant products that contain carotene (you've probably heard of beta-carotene), which your body converts into vitamin A. Foods containing carotene are usually yellow/orange or leafy and green.

Lutein and Zeaxanthin

They can also be very helpful for maintaining good retina. Not only do they delay changes in the retina but has a good protective influence. The best source of lutein and zeaxanthin is green, leafy vegetables, particularly spinach. Kale and collard greens are also good choices. You can also find lutein and zeaxanthin in yellow and orange fruits and vegetables, such as corn

Vitamin C

It is very useful as an antioxidant and works well for the retina, delays cataracts, helpful in healing and strengthens the eye. If you smoke, drink or have diabetes, you should try to take in extra vitamin C, because your levels will tend to be lower than average. Citrus fruits, berries, peppers, tropical fruits, potatoes and green, leafy vegetables are good sources.



Minerals

Some minerals are very essential for the eye. . Selenium, for example, helps your body to absorb vitamin E and helps it to make its own antioxidants. Brazil nuts, yeast and seafood (like oysters) contain good amounts of selenium. Zinc helps your body to absorb vitamin A and is also part of an enzyme in your body that reduces the number of free radicals. Zinc might also protect against macular degeneration and night blindness. You can get zinc from, wheat and nuts

Omega-3 Fatty Acids

The best source of omega-3 fatty acids is cold-water fish, which is high in both EPA and DHA. , the alternative is Omega-6 Fatty Acids from vegetable oils (including foods made from vegetable oils, like margarine); the popular evening primrose supplements are also high in omega-6.

Summary

the best way to take care of the eyes is to eat a healthy diet and to have an eye checkup at regular intervals. A 6 monthly checkup after the age of 40 should be mandatory. A good checkup can detect most problems well before they occur and if existent can be treated easily.



CHEF SANJEEV KAPOOR

This festive season, delight your guests with delicacies straight from the Sanjeev Kapoor's desk. Mouth-watering Barley and Crunchy Nut Salad with yummy Chicken Biryani with Brown Rice is just perfect to spice up this season.



BARLEY & CRUNCHY NUT SALAD

Ingredients

- 1 cup barley (jau)
- ½ cup peanuts (moongphali), roasted
- Salt to taste
- 2 large cucumbers, seeded, cut into small pieces
- 2 large tomatoes, seeded, cut into small pieces
- 2 inch stalk celery, chopped
- 2 tablespoons chopped fresh coriander leaves
- 5-6 black peppercorns (kali mirch), crushed
- 2 teaspoons lemon juice
- 4 large lettuce leaves

Ingredients

- Soak barley in three cups of water for six hours. Drain and pressure cook with three cups of water and salt till almost done. Drain and set aside to cool.
- In a large bowl combine barley, cucumbers, tomatoes, peanuts, celery, coriander leaves, salt, crushed peppercorns and lemon juice and toss well.
- Arrange the lettuce leaves on a serving platter, transfer the tossed salad onto the lettuce bed and serve immediately.

CHICKEN BIRYANI WITH BROWN RICE

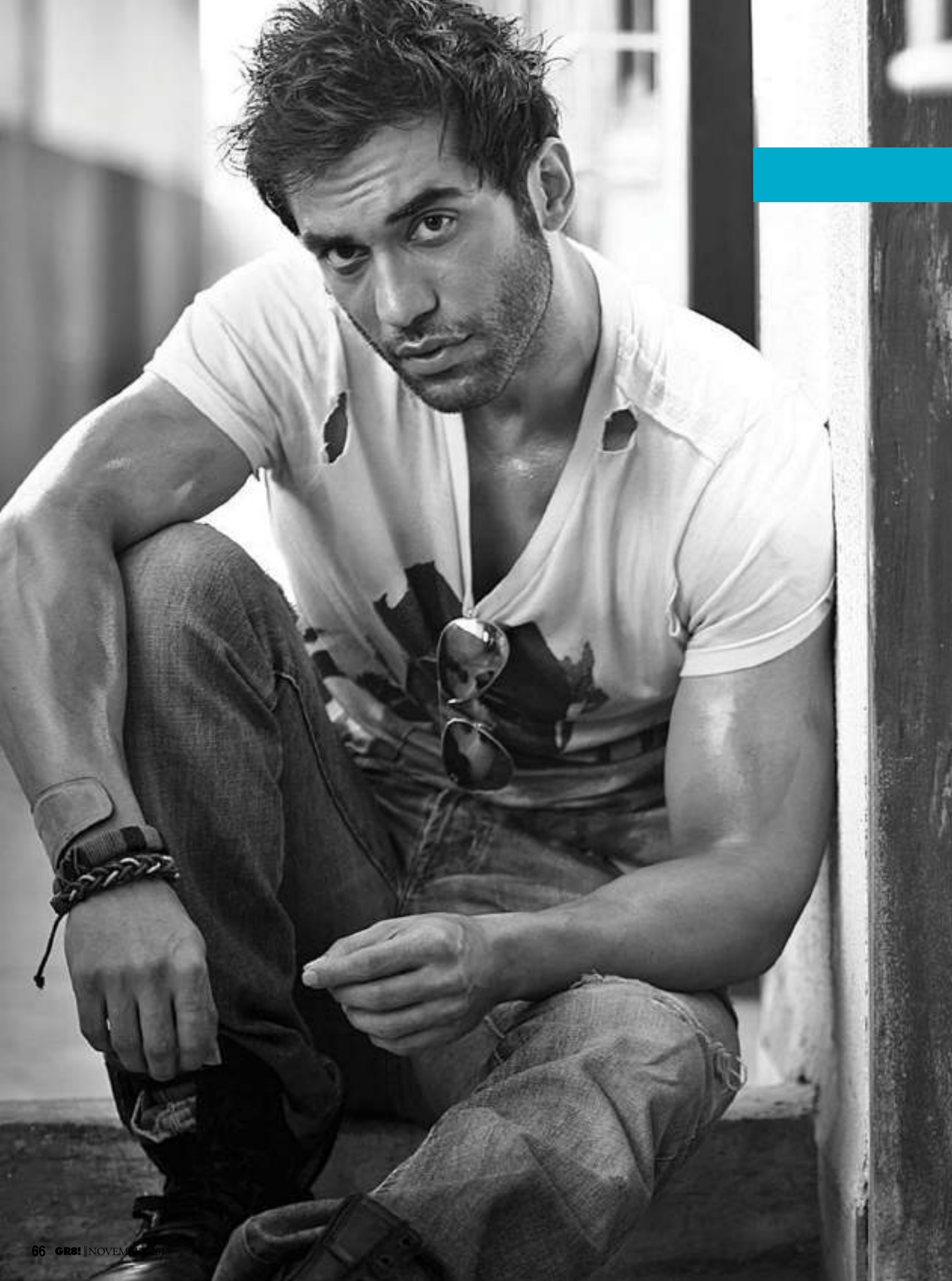


Ingredients

- 800 grams chicken, cut into1½ inch pieces on the bone
- 1½ cups brown rice, soaked for 2 hours and drained
- Salt to taste
- 2 one-inch cinnamon sticks
- 5-6 cloves
- 3-4 green cardamoms
- 2 tbsps oil
- ¼ tsp turmeric powder
- 1 inch ginger piece, roughly chopped
- 5-6 garlic cloves
- 1 medium onion, roughly chopped
- 3-4 tbsps green chutney
- ½ cup yogurt
- ½ tsp garam masala powder + to sprinkle
- 5-6 saffron threads
- ¼ cup milk
- 1 cup fried onions
- 2 tbsps desi ghee
- A few rose petals
- A few drops rose water
- A few drops kewra water
- A few fresh mint leaves + a sprig for garnish
- Whole wheat flour dough as required

Method

- Heat sufficient water in a deep non stick pan, add rice, salt, cinnamon, cloves, green cardamoms and cook.
- Heat 2 tbsps oil in another non stick pan, add chicken, turmeric powder and salt and sauté.
- Grind ginger, garlic and onion and add to the chicken and mix. Cover and cook for 3-4 minutes.
- Add green chutney, adjust salt and mix well. Add yogurt and mix. Add garam masala powder and mix again.
- Take saffron and milk in a small bowl and heat in a microwave oven for ½ minute.
- Add fried onions to chicken and mix and cook till slightly dry.
- When the rice is almost done strain it into a bowl. Add desi ghee and mix and spread the rice over the chicken. Sprinkle rose petals, saffron milk, rose water, kewra jal, garam masala powder, a few fresh torn mint leaves. Cover the pan and seal with dough. Cook under dum for 10-12 minutes on low heat.
- You can even keep the pan over a hot tawa and cook till done.
- Serve hot garnished with fresh mint sprig.



WHAT WRONG IN LIVING IN...? MOST COMMITTED COUPLES, ANY WAY GET INTIMATE RIGHT ?

- KUSHAL PUNJABI

"Given the format and smart type of audience we knew, our content has to be just right, we can't bull shit the show with bahu's getting up in sari's and all decked up . I am very happy to announce that the viewers have really embraced our stories. The most common thread in social media interaction is that your content is very relatable, some one or the other has gone through a similar situation. E.g. woman wonder why their men ogle at other girls legs, am I not hot enough??" says Kushal who has done large number of reality shows such as Fear Factor Mr. & Ms. TV and Paisa Bhari Padega. He had won Zor Ka Jhakta as well.

Here 36 year old Kushal who himself is in a live in relationship for the past one year bat's for this equation. "I am not saying it is the ideal formula but it does give you a bird's eye view to check out if you are compatible with your partner. It is better than having an affair with your girlfriend who lives in another house. Most committed couples are anyway intimate, so why not try to see how it is to live with her/him. This arrangement also shows how committed you are to the relationship and also gives you ample opportunity to iron out the wrinkles before matrimony. It is easier to walk out of a live in if things don't work out rather than face the stigma of a divorce."

Talking about his case he say "My parent's might have objected if I was younger; I am happy that we are getting an opportunity to understand each other e.g. I have OCD (Obsessive-compulsive disorder) and need to adjust the perfumes bottles according to size, for someone else this might be just too much of a fuss."

Tell him that internet has now penetrated to tier two and tier three cities, where social norms are still rigid he says, "Yes but at least we are telling the youth there that there is another way of living as well . Maybe they will not be able go for live in due to conservative society, but their next generation might? I just have one request that let the concerned couples decide for themselves rather than families and society making that call for them. "

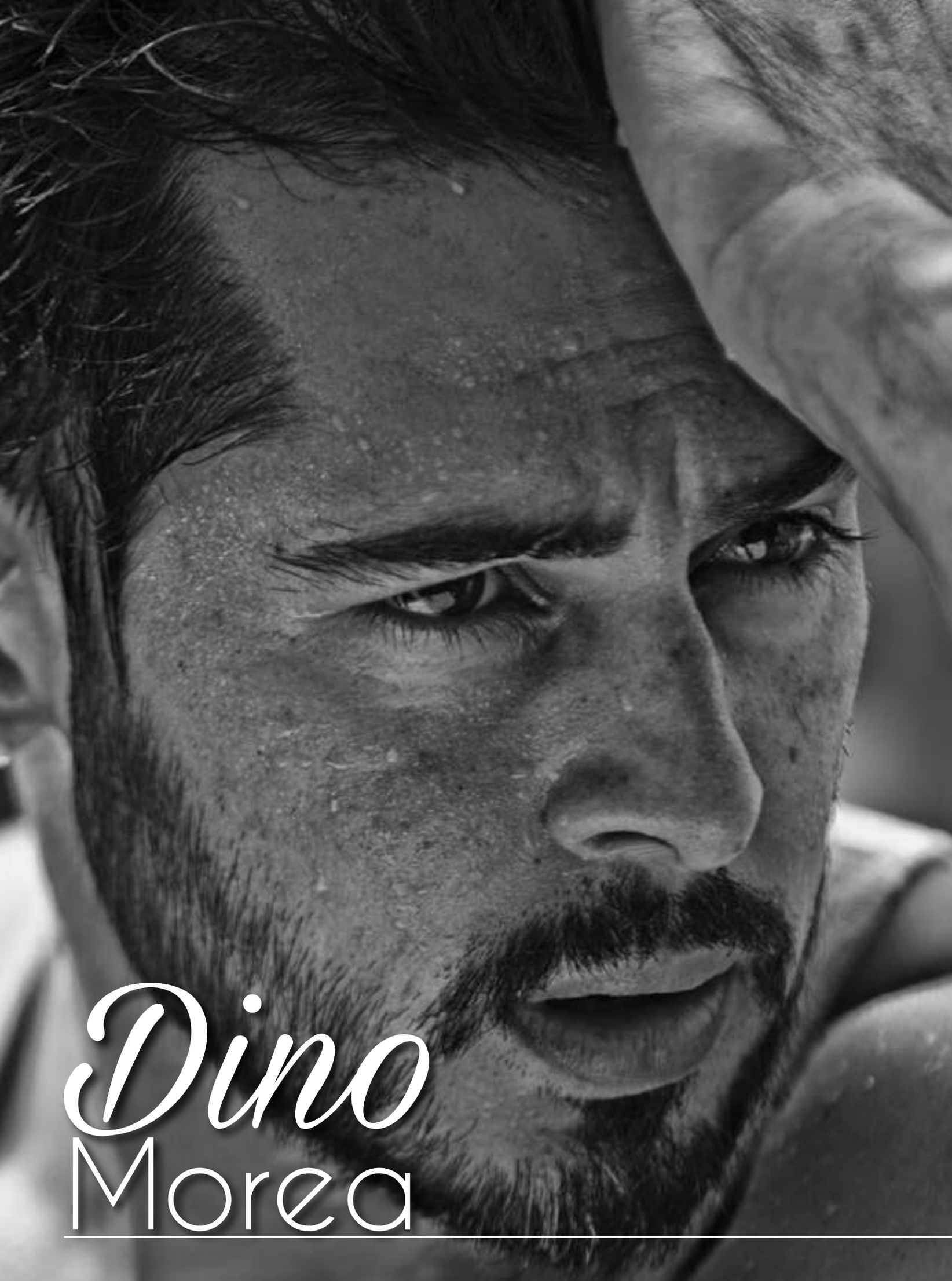
Are you happy with numbers? "Being aware that we can't expect traction like in broadcast we have surpassed our expectations with hits crossing 1 million mark halfway through our 26 episode journey. Web is the way to go not only for Sony Liv, but even Star has launched its own web application (Hot Star) and soon other channels will follow the suit. In the coming years, web will become bigger than TV; we will either have very big films or web series. Dedicated internet channels like Netflix will become rage with well-known producer's viewing to make niche digital content."

So how edgy is the content? , "On a scale of one to ten, I would say a four as we are still finding our feet. Although our talk is bold, we don't have a lip lock or nudity as kids might be watching. Looking ahead if season 2 is approved, we will definitely push the envelope further."

One biggest learning curve what I picked up was that as compared to TV which have grandeur sets, our series is better off with close up's for most. People check Love Bytes on phone which have small screen."

Dancer cum actor Kushal Punjabi is quite kicked about being the early harbinger of a new revolution in content generation. He is a part of Sony Liv's web series #Love Bytes. This 7/8 minute weekly series featuring him and Sukhmani Sadana talks about live-in-relationships.

A.M.



Dino Morea

Fitness Story

You always have been fit. So tell us your daily workout regime?

I don't have a daily regime. I play Football at least twice a week and that keeps me absolutely fit. I have a fitness station in my house which allows me to do functional body training. In a week I exercise for about 5 hours and if I'm not playing an hour's game then I work out for 30 minutes.

Your daily diet plan (Breakfast, Lunch and Dinner)?

I eat everything; honestly there is nothing that I don't eat. For breakfast I eat Eggs, Oats, Cereals or porridge. I have protein juice every morning. The protein juice is made by my chef and it includes green vegetables, banana and apple, so basically it is mix juice. And for my lunch whatever they make at home, sometimes Indian, sometimes continental or sometimes pastas. For me food is not an issue or a worry until I am training for something specific.

A must have before and after workout?

A must have before workout depends on how you are feeling. If you are feeling lethargic then bananas, it helps to get your energy up. And after the workout it is very important to have protein shake and if not protein shake then you should have some form of protein which is easily digestible may be couple of egg. Protein after workout which is absorbed by body easily is very important.

What needs to be considered before hopping into any diet or workout plan?

It is very important to consider that whether your body will achieve. If you be able to adapt to the plan and also if your body will be able to take that kind of stressed workout and a diet depends on what are you trying to achieve, if you are trying to gain weight than you need to have more of carbohydrates and if you want to gain muscle and less of fat than you need to have more proteins and less carbohydrates. A good amount of fat is always good to have no matter what diet you are following. It all depends on what you want to achieve and you have to be careful of not hurting yourself.

An instant energy booster for you?

An instant energy booster for me is sometimes coffee and sometimes banana.

Fitness trainer whom you follow?

I don't follow any trainer. But I have learned by reading online and watching videos. So I don't follow any specific trainer.

A golden mantra for staying fit?

You have to be active. Pick up your bum and start exercising.

So tell us…Would you describe yourself foodie or health conscious?

I think I am a health conscious foodie.

Delicacies you can't resist?

You see, if it's a Delicacy, then I cannot resist it. It doesn't matter what it is. Lol

Do you follow yoga exercises?

Yes I do practice Yoga every now and then. I do it at home. I don't practice it regularly but I do it every now and then. I am extremely flexible so I can manage yoga very well.

Whom you consider fittest in Bollywood industry?

Me! (Laughs) But honestly from the newer bunch of actors, I think Tiger is very fit. I say this because we used to play basketball together.

What do you think has been most challenging part behind opening chain of gyms in India?

The Challenging part was getting permission from government. And another challenging part was to go to cooperates to raise money. So when you do good things, nothing comes easy.

Lastly, where you think most of diet and workout plans go wrong?

I think a lot of people mistake the word diet for starvation. They stop eating when they have to go on a Diet. So there is a lot of misconception in our industry. Another problem is people try to build six packs in a hurry. People try to develop themselves too fast which is not right; you have to give it time. Do not take supplements which are unnecessary. Work with your body how people used to work back in the days.

J.S.





Navratri Flashback

Siddhant Karnick

"I've only played dandiya once in my life in Calcutta. If you give sticks to a group of young boys to dance with and if they are surrounded by a group of beautiful girls, there will be less of dance and more of a takkar and a game of one-upmanship that breaks out between the boys. By the end of the night, we landed up with bruised knuckles and egos. Since then I've never played dandiya but I would like to though one day soon. Knowing that showing off has been replaced by a little sense of wisdom."



Dhrasti Dhami

"As a child I have a lot of memories, in fact even when I was in college I used to go for dandiya all 9 days wearing different Lehenga cholis and with a group of 25 friends. We would also go for a late night snack after Navratri because earlier Navratri would get over at 3am and we would reach home at 6 am in the morning which was amazing. I miss doing all of it now."

Madhurima Tuli

"Dandiya is super fun, I enjoy playing it. The first time I played Dandiya was with my friends and family and also won a prize as the best dancer. This year, I will be shooting but hopefully one day, if I get an off, I will go out with my friends and have some fun at the Dandiya nights."



We miss Navratri Festival. Though the festival is over, we rekindle the spark and fun these 10 days bought in our lives. Popular actors shares their experiences on Dandiya Nights and the fun they had during Dandiya nights. Read on to know more...



Bharti Singh

"I love Dandiya a lot even though I don't know how to play but I love watching it and sometimes go for Dandiya shows. I love Falguni Pathak and visit her shows; if I ever get a chance to hear her live, I would jump at the opportunity."



Ankita Sharma

"Since I belong to Punjab, there they don't celebrate dandiya like how it's here. I'm really looking forward to the celebrations in Mumbai, this year. I was amazed at how beautifully they celebrate Ganpati Utsav here so I am really looking forward to the navratri festival."

Jasmine Bhasin

"My favourite memory of Dandiya nights is one from Kota with my school friends. We'd organized a dandiya party in school, and that was so much fun. As of now, no plans for this year because of my hectic work schedule."





Rithvik Dhanjani

"This year for Navratri, I'll be rehearsing for my show and then I'll be going to a couple of places and travelling to different cities. A memory associated with Dandiya which I will never forget is, Aamir and Sanjeeda had come to perform in Dubai's disco dandiya, I was still a student back then and I had never met them but the irony of life is that now I will be performing at the same place in Dubai as well".

Sid Makkar

"I usually don't go to Dandiya nights except that I am off to Ahmedabad and I'll definitely go for a Dandiya event there as it is very big and vibrant out there. When I was in college, Dandiya was a big thing for us, for me the best memory of Dandiya was that I got a chance to play Dandiya with the girl I had a crush on."





GR8! Traditional Navratri

Country Club, Kandivli West, Navratri Utsav was one grand event which witnessed popular faces of TV Industry. The event was organised on a very gigantic scale in Sponsorship with Kanishka gold, GR8! Magazine, Incable among others. Jupiter group consisting of talented singers Paresh Joshi, Jigna Lalan and Rajendra Gadhvi made sure that audiences can enjoy throughout the festival with traditional songs which was the highlight of their popularity. In today's world where we witness lot of Hindi songs remake, they tried to keep it as authentic as possible by singing only traditional tunes. Being associated with Country Club for last three years, Jigna Lalan, singer says, "The USP is traditional songs and our doors are open for everyone without any charges. Also, with Aarti we offer Vishwambhari Stuti and Thal as our prayer to Maa Durga daily"



Jai Soni with singers Paresh Joshi, Rajendra Gadhvi & Jigna Lalan



Abhshek Sethiya with Falgun Bhai



Nitu Chandra, Prakash Kranti Zha



Debina Bonnerjee





Riyanka Chanda



Priyanka Mittal



Farrah Kader



Name: Aatish Bhattacharya

Location: Mumbai

About Me: As a self-made actor, keen to work with renowned filmmakers in the mecca of film industry and showcase my talent.

Height: 5 Feet 11 Inches

Weight: 80 Kgs

Complexion: Wheatish

Strength: Passionate about Acting, Indomitable Spirit and Ability to adapt

Weakness: Hyper sensitivity. I think acting comes easy to hyper sensitive people although it is not a healthy trait and Perfection towards the accomplishment of assigned role.

Interests: Acting and Modeling

Work Experience: Yes, my work includes few roles in Tollywood industry like Love Love Love, Life in Park Street, Picnic, BankuBabu, Swabhumi. Bollywood roles as small character include Mangal Pandey, Yuva, Parineeta, Name Shake, etc. Appeared in Bengali TV serials especially Durgeshnandini (Lead role as Osman Khan) under the direction of noted film director Padmasree Tarun Majumder. Also, appeared in Kolkata CID (Inspector Indrajit) & Sony TV's CID. Have successfully completed many modelling assignments too.

Dream Role: I want to see myself doing Sarfarosh, Gaagaajal, and Bajrangi Bhaijaan kind of roles

Inspiration: I would like to establish myself as an accomplished actor. I follow the inspirational quote made by Film Legend Mr. Amitabh Bacchan: "Frankly I've never really subscribed to these adjectives tagging me as an 'icon', 'superstar', etc. I've always thought of myself as an actor doing his job to the best of his ability"



Name: Lashkarm

Location: Mumbai

About Me: I am a sensitive person with heart and mind at the right place. I am professionally settled as a PR consultant in entertainment industry and want to explore acting as I feel I have lot of emotions within, which need an outlet.

Height: 5'10

Weight: 60 Kgs

Complexion: Fair

Strength: I am an emotionally mature person and have a quality called "Clarity of Thought" Weakness: I get affected emotionally very fast and sulk quietly

Interests: Reading, poetry and watching films

Work Experience: In acting no experience. However, I am adaptable and can be molded like clay.

Dream Role: Shahrukh Khan of Kabhi Alvida Na Kehna, Swadesh and Kal Ho Na Ho

Inspiration: Shahrukh Khan

HOROSCOPE

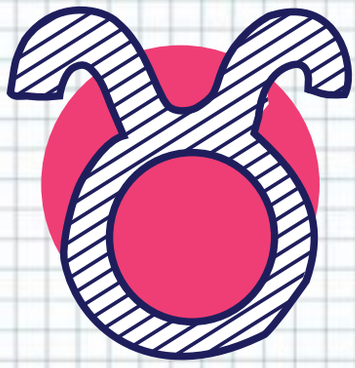


Munisha Khatwani is one of the most famous Tarot Card Readers in the entertainment industry and she recently launched her book titled 'Tarot'.
You can mail her on khatwanim@gmail.com



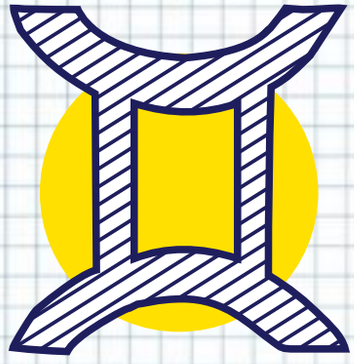
Aries
Mar 21 - Apr 20

The last few months of the year seem to be good for you as you are looking at new ventures and new avenues. On the love front life seems to be brighter and better and you are finally more positive towards a new beginning. For those who have recently had some heartbreak you can look forward to a better phase. Venus will help you as far as finances are concerned.
Lucky mantra: Om Namah Shivay for some peace of mind.



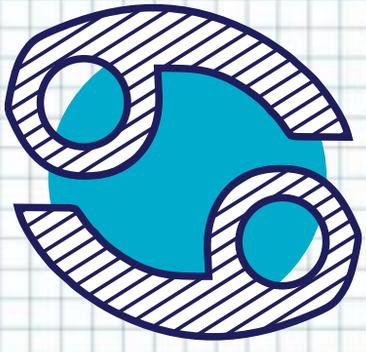
Taurus
Apr 21 -May 21

Maybe when you decide the time is right for marriage or a relationship it just might happen then. Watch your thoughts as they are powerful and you can manifest things quickly and even the negative ones. As far as work is concerned, this is definitely a better phase for you. This is however not such a good time for health so you need to be aware of health issues. Finances will be stable.
Lucky mantra: Om Suraye Namaha for your career.



Gemini
May 22 - June 21

Love issues are there but you need to be patient and sort out the issues. As far as work is concerned, things will be good as your planets are well placed so look forward to some deals working out for you. For those in the media line, you will get more fame n success. You will have some issues with some family members, but if you communicate well it will help you.
Lucky mantra: Om Shukraye Namaha for your Venus.



Cancer
June 22 - July23

Old friendships are back on track and you are happy about that. Growth in work is little slow but at least it is steady. Your moon planet is strong which makes you quite creative and artistic. Minor health issues is possible and there could be some hidden enemies, so be alert. There could be some property concerns and you might need some legal advice.
Lucky mantra: Om Shree Ganesheya Namaha for Lord Ganesh to remove all your obstacles.



Leo
July 24 - Aug 23

There could be stress and some delays in money. However, the following year promises to be better. As far as relationships are concerned, they will be smooth. For those who are single, can look forward to some special people giving you more importance. You might purchase some luxury item soon like a vehicle and that will be good for you. Few old contacts will help you in work.
Lucky mantra: Om Shanaye Namaha for your Shani



Virgo
Aug 24 - Sept 23

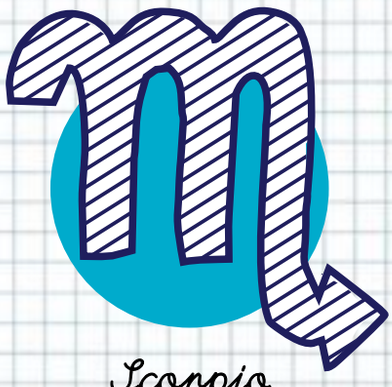
All your dreams seem to be coming true these last few months. You will get what you want as far as work is concerned and your fame and popularity will grow. Your Venus is in a strong position and that helps you fulfil all your dreams & wishes. As far as your love life is concerned, singles can expect to get into a relationship. Even marriage could be on the cards. Finances will be good as you clear all your debts.
Lucky mantra: Jai Shri Ram for your overall success.

STARS AND YOU



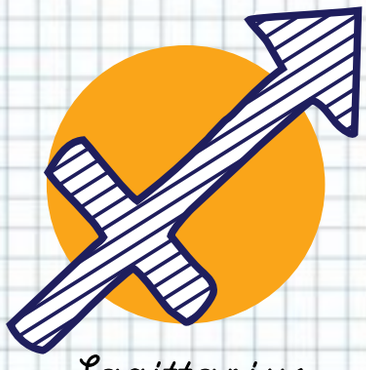
Libra
Sept 24 - Oct 22

Career is looking much better and you will be quite happy with some career changes and decisions. Your cards are also positive as you have drawn the card of the world indicating foreign travel and success in your endeavours. For those who are starting a new line of business, this is good time to think of investing your money wisely. You will be entering a better phase with your spouse and you will want to spend more time with him or her.
Lucky mantra: Jai Shri Krishna for wisdom and grace.



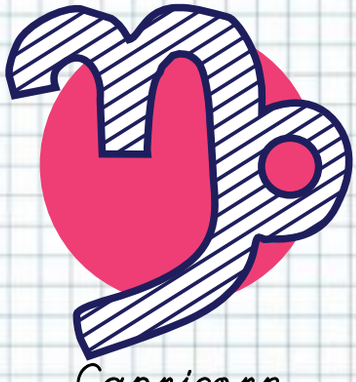
Scorpio
Oct 23 - Nov 22

You might not be too happy with your relationship. The card of the hermit suggests that you will grow spiritually and you will be doing a lot of deep thinking over the next few months. As far as health is concerned, you can expect some positive changes and you will be happier with things. For those who are waiting for marriage you will have to wait a little longer.
Lucky mantra: Om Chandramasay Namaha for your moon planet.



Sagittarius
Nov 23 - Dec 22

Marriage and happiness could be on the cards reveals the tarot. Your mangal is strong which will help you as far as your career is concerned. For those who want to study or work abroad this is a good time to plan the same. Your expenses will be high reveals the cards but luckily so will the income. You will work very hard towards a particular project and will get success but after some time.
Lucky mantra: Om Namo Vasudevya Namaha for Lord Vishnu.



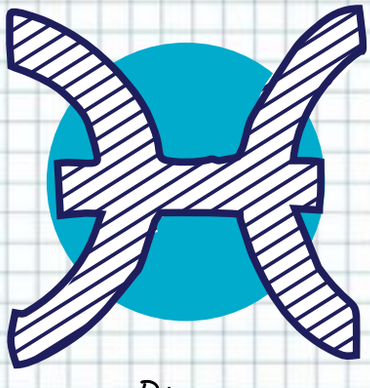
Capricorn
Dec 23 - Jan 20

Marriage plans are on the cards but there could be some delays. For those who have recently gone through some heartbreak, don't rush into a relationship as this rebound phase might not good. You will want to do some charity & will plan for the same. With regards to your career growth, you will need to take things slow. Health issue will be of some concern especially regarding your back.
Lucky mantra: Om Namah Shivay for Lord Shiva.



Aquarius
Jan 21 - Feb 19

Many new opportunities will come your way over the new few months but you need to decide what is right for you. You might have some issues with certain friends which you are avoiding to sort out but you need to face it soon. As far as money is concerned, you will help your family clear off some loan or debt.
Lucky mantra: Om Suraye Namaha for your sun planet.



Pisces
Feb 20 - Mar 20

If some relationship has ended, don't be sad as something better must be in store for you. You need to believe in the higher forces of the universe. On the career front, success may come your way. Look for new hobbies for your mind to be occupied. Spiritual growth & foreign travel is also indicated on the cards. Health is better as you look after your fitness and diet.
Lucky mantra: Jai Mata Di for Goddess Durga.