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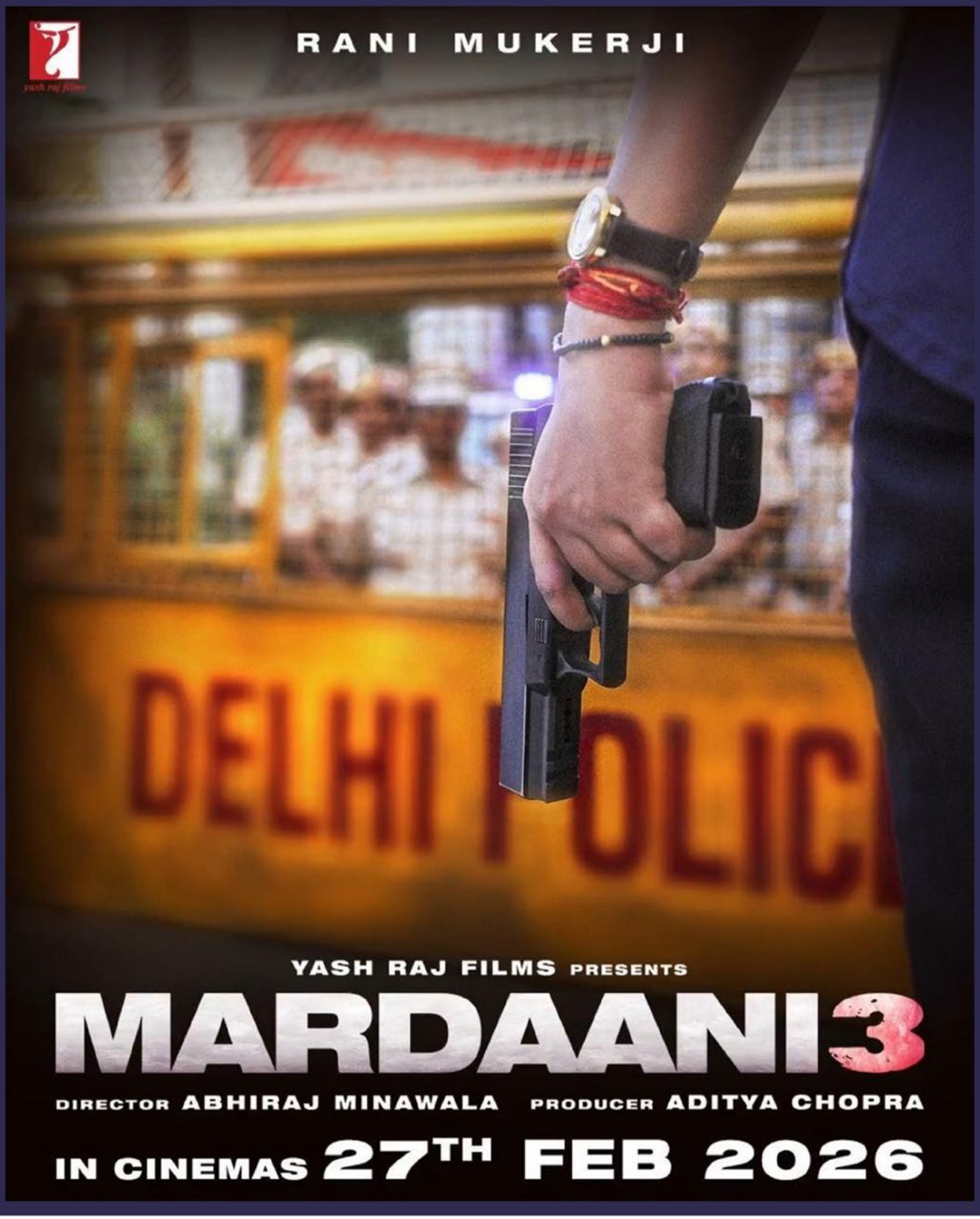

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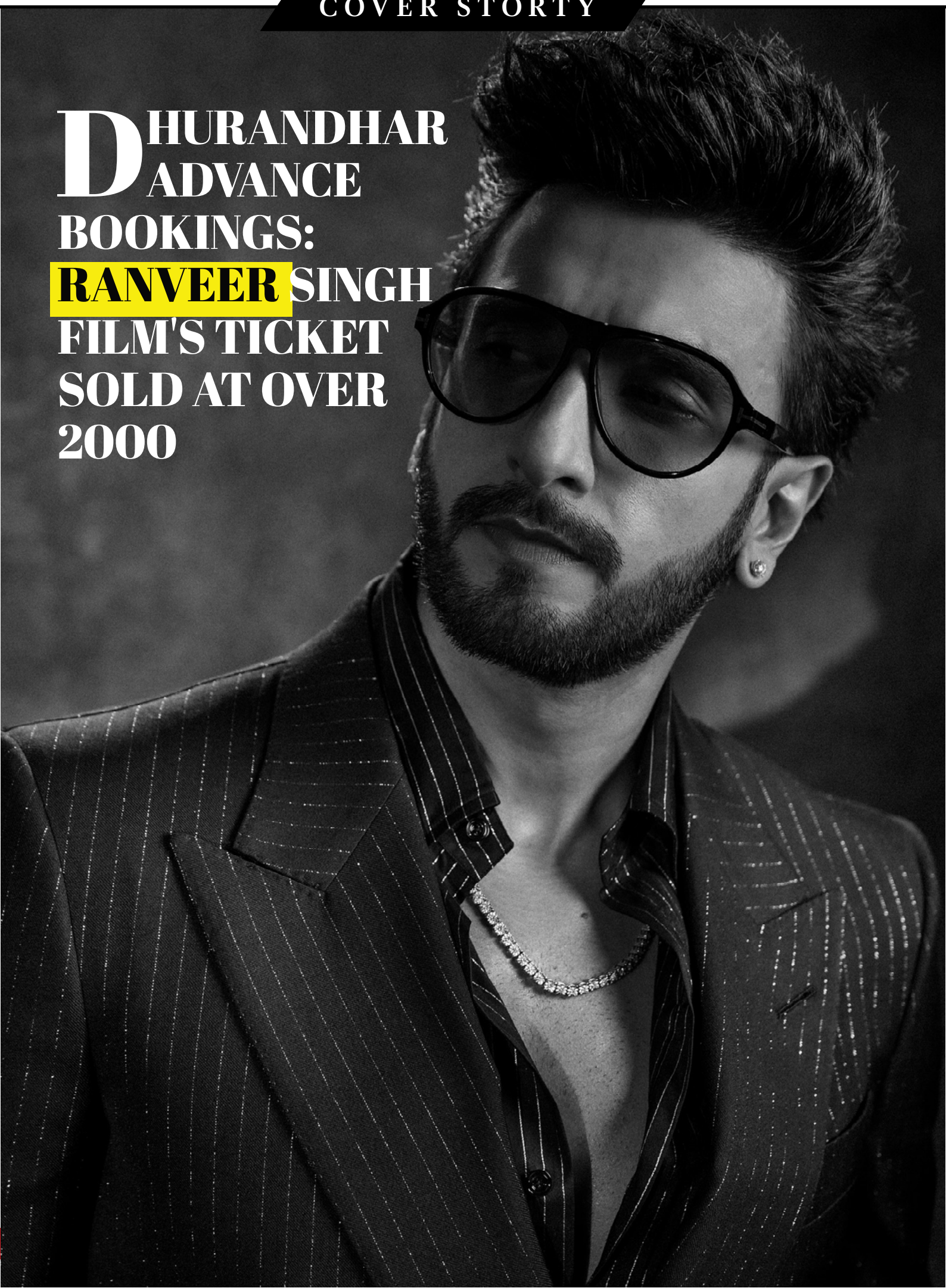
DHURANDHAR ADVANCE BOOKINGS: RANVEER SINGH FILM'S TICKET SOLD AT OVER 2000



Dhurandhar Day 1 advance booking:

One of the most anticipated films of the year, Dhurandhar, starring Ranveer Singh, R. Madhavan, Sara Arjun, Akshaye Khanna, Arjun Rampal and Sanjay Dutt, is set to hit theatres on December 5. With advance bookings opening as high as ₹2,000 per ticket, the action spectacle has already sparked massive buzz among fans.

The Dhurandhar trailer was released to the public a few days ago. The plot, which centers on cross-border intelligence operations and the Indian officials who risk all to combat terrorist activities connected to Pakistan, is clearly depicted in the four-minute movie.

Dhurandhar advance booking report

Sacnilk reports that 9,110 tickets have been sold in the domestic market for the Aditya Dhar film so far. Of these, 544 tickets have been reserved for IMAX 2D screenings, while 8,566 are for 2D productions. These reservations cover 2,251 shows across the country. As a result, the Dhurandhar's advance ticket sales have brought in ₹45,16,679 (₹45.17 lakh). The figure rises to ₹1.98 crore when blocked seats are taken into account.With ₹5.39 lakh in gross bookings from 295 shows, Delhi is currently leading by a wide margin in Dhurandhar's state-wise first-day advance booking data. Out of all the regions, it has produced the most revenue so far.

Next with ₹3 lakh across 489 shows is Maharashtra. With ₹1.35 lakh from 291 shows, Gujarat comes in third. According to the website, Madhya Pradesh and Delhi have started to show the earliest signs of momentum in terms of occupancy, with a few shows reported as filling fast.Returning to the ticket prices, the most expensive is found at Maison INOX, Jio World Plaza, BKC, Mumbai. The ticket costs ₹2,020, including a ₹70 platform convenience fee, according to a DNA India article. Only one person may enter with this ticket, and there are no discounts or inclusions for food or drink.

Dhurandhar Cast and Crew

An outstanding and impressive cast is assembled by Dhurandhar. Sanjay Dutt, Akshaye Khanna, R. Madhavan, Arjun Rampal, Sara Arjun, Rakesh Bedi, Naveen Kaushik, Manav Gohil, and a number of other actors who play significant roles in the story give strong performances alongside Ranveer Singh as the lead.

Under the B62 Studios and Jio Studios, Aditya Dhar is the film's writer, director, and co-producer alongside Lokesh Dhar and Jyoti Deshpande. Shashwat Sachdev wrote the background score and music, Vikash Nowlakha handled the cinematography, and Shivkumar V. Panicker oversaw the editing.

Dhurandhar Release Date

Theatrical. Dhurandhar is scheduled to release on 5 December 2025 About Dhurandhar plot Dhurandhar, is an action-packed spy drama based on real-life events, centers on a fearless Indian intelligence agent who infiltrates the Lyari district of Pakistan, a place infamous for high-stakes crime syndicates, gang warfare, and terrorist networks. The narrative takes place as the agent embarks on a Black Ops mission that challenges his bravery, morals, and survival instincts while tearing down a vast network of terror.

Previous rumors claimed that Major Mohit Sharma, an Ashoka Chakra awardee, served as the inspiration for the movie. Director Aditya Dhar, however, formally clarified that the movie is not based on the biography of Major Sharma. The rumors that Dhurandhar would be a two-part film project, with the second part probably coming out in the middle of 2026, add to the mystery. Additionally, there are rumors that the movie would last for 3.5 hours, making it one of Bollywood's longest feature films in recent years

Ranveer Singh opens up about working with Deepika Padukone:

'There's authenticity that's priceless' Actors Deepika Padukone and Ranveer Singh have created magic on screen through several memorable films, including the one that sparked their real-life love story, Goliyon Ki Raasleela Ram-Leela. The couple recently reunited on screen for a new tourism campaign of a foreign destination, and Ranveer can't help but gush about working alongside his wife.

On working with Deepika

Over the years, Ranveer has worked with Deepika on several films such as Bajirao Mastani, Padmaavat and 83. They were last seen on the big screen together in Singham Again. The couple sent their fans into a tizzy by collaborating on Experience Abu Dhabi. Deepika has joined Ranveer as a brand ambassador for the Emirates.

"I love working with Deepika. Our on-screen chemistry is so natural," Ranveer tells us in an exclusive interview. The actor continues, "There's an authenticity there that's priceless. That really resonates with the audience."

"Indian travellers are emotionally driven. They want stories and experiences that make them feel something at a soul level. When they see us exploring the place together, they're seeing the possibility of how two people can live to the fullest, experience beautiful moments and create memories," added Ranveer, who welcomed his daughter Dua with Deepika in 2024.

Shah Rukh Fighting Shah Rukh, Falling, Tumbling...

'In almost every film, Shah Rukhbhai has done a lot of his own stunts.'

There's nothing Shah Rukh Khan can't do.

Whether it's romance, drama or plain old maaramari, King Khan does it like a superstar.

Action Director **Parvez Shaikh** has known the actor through decades, first as a stuntman (Baazigar, Darr, Chaahat, Dil Se..., Trimurti and Dil To Pagal Hai) and then as an action director (Ra.One, Fan).

We continue celebrating SRK, 60, as Parvez tells "He has this amazing energy. People get goosebumps when he walks onto set."

Shah Rukh Khan was the one who gave your career a big boost.

I started working in 1992. At that time, payments were small.

I became an action director quite suddenly, with no support, and no film to my name.

Actors like Shah Rukhbhai and Akshay Kumar knew me at the time because I worked with them on stunts and also as fight assistants.

One day, I met Shah Rukhbhai unexpectedly on an ad shoot. His bodyguard told me that I must inform him that I had become a stunt director.

So I went up and told Shah Rukhbhai.

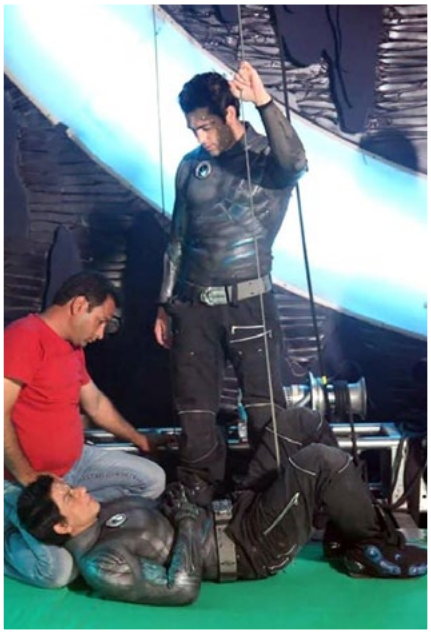
He called Bobby Chawla (Juhi Chawla's late brother, who was the manager of Red Chillies at the time) and told him, 'Whatever projects come out of our company, whether it's a small ad film or a feature film, give them to him.'

Now, that's a huge thing!

I got all the IPL ads, Billu Barber was my first feature film with them.I got awards for Ra.One.

My life completely changed.

I reached the position I'm at today because of Shah Rukhbhai's help.



Which were your earliest films with Shah Rukh?

My first few movies with him were Baazigar, Darr, Chaahat, Dil Se..., Trimurti and Dil To Pagal Hai.

When you keep working together, a relationship is built and you help each other out.

It's the same with actors, like Akshay sir (Akshay Kumar), Suniel Shetty... we have done many films together, so a relationship has been built.

Our bond is very good, there's no tension. When they come on set, there's familiarity.

That fear of working with a big star isn't there.

It's not easy for new people to work comfortably with senior actors -- there's always some nervousness or fear.

But the senior actors, especially those from the '90s, are really good people.
For example, I worked with Hrithik Roshan on Mission Kashmir. When we were shooting, Kaho Na... Pyaar Hai hadn't released yet.

No one used to pay much attention to him on set, no one gave him bhao, even though they knew he was Rakesh Roshan's son.

But when Kaho Naa... Pyaar Hai released and became a superhit, everything changed.

The whole unit -- the way people spoke to him, treated him -- all of it changed overnight.

I'd worked with Hrithik since the beginning, so I maintained that relationship till today. That bond is still there.

That's how it was with Shah Rukhbhai -- because he worked well, helped people, and valued relationships, that's why the bond lasts for years.

The way he interacts with people wins people over.

He comes on set and meets people, bowing slightly, saying 'Salaam' or Namaste or hugging them... he has this amazing energy.

People literally get goosebumps when he walks onto set.

When people meet him for the first time, they go crazy with happiness!

It's not just his work that made him a star. His work, of course, speaks for itself, but his nature, that's what really matters.

What is the most difficult action sequence you've done with him?

He played a double role in Duplicate. We shot one of the most difficult scenes at Mukesh Mills (in Mumbai). In that scene, Shah Rukhbhai had to jump from the second floor.

There were no cables or airbags then. We used to have boxes and mattresses.

Since it was a double role, he had to play both characters -- so he was fighting himself! Plus, he had to fight in the mud and grime.

So imagine, from about 30-40 feet high, Shah Rukh Khan fighting Shah Rukh Khan, falling, tumbling, and doing all of it himself.

Even in those days, he used to do dangerous shots himself.

Actually, in almost every film, Shah Rukhbhai has done a lot of his own stunts.

Like in Ra.One, there was that whole train action sequence.

That train action sequence was quite a long one. How many days did that shoot take?

We did a lot of rehearsals, around 15 to 20 days of practice before the actual shoot.

The filming itself happened in three parts.

One part was shot with real trains in Khandala, inside the compartments and on the station.

Then we did shoots on a running train: Trom Kandivili to Borivili (northwest Mumbai).

And the third part -- the set work -- was done in Film City.

That set had two-three train coaches built for the shoot.

That's where Kareena (Kapoor) ma'am's portions were done -- all the scenes with the kids inside the train, the running and stunts, the fire shots -- all that was filmed in Film City.

The whole sequence took about two months to shoot. And it was very expensive too.

When I had met Shah Rukhbhai, he had said that he's making a 'small' film for his son because his son loved superheroes. But the 'small' film turned out to become a Rs 150 crore (Rs 1.5 billion) movie! The day he says he's making a big film, it will probably be a Rs 15,000 crore (Rs 150 billion) film!

You worked with him in Fan as well.

Yes. In Fan, there's a jump scene from the building.

Shah Rukhbhai performed that entire sequence himself -- the jump through a rusted structure, the landing on the ground, the whole climax scene.

All of that was performed by him, not by a double.

Today, his body double is a foreigner; as his look and body type match more with foreign stuntmen. The stuntman is from South Africa.

Doesn't Shah Rukh get afraid of doing the stunts?

If you explain to him that the shot is safe, he won't be.

The stunt director always performs the stunt multiple times first and shows the actor.

No actor does the stunt first.

Only when the actor is confident of the stunt will he do it.

Actors like Shah Rukh and Akshay prefer to do the stunts themselves while for many other actors, we use body doubles.

Shah Rukh has gotten injured also.

During the climax scene on the bridge in Main Hoon Na, Shah Rukhbhai got injured in the fight scene with Suniel Shetty.

He was supposed to break the glass and land on the roof. He broke the glass and got injured.

The shoot stopped for a bit while he got treated. Then, he continued.

THERE IS ONLY ONE RELIGION

Aishwarya Rai Bachchan attended Sri Satya Sai Baba's birth centenary celebrations in Puttaparthi, Andhra Pradesh, and reflected on his teachings and principles.

She also expressed gratitude to Prime Minister Narendra Modi, who was present at the ceremony.

Aishwarya recalled Sri Satya Sai Baba's valuable teachings and added, "Bhagwan Sri Sathya Sai Baba often spoke about the five D's. Five essential qualities needed for a meaningful, purposeful and spiritually anchored life -- Discipline, Dedication, Devotion, Determination, and Discrimination."

Aishwarya voiced a message of universal harmony, stating humanity stands above all divisions.

"There is only one caste, the caste of humanity. There is only one religion, the religion of love. There is only one language, the language of the heart, and there is only one God, and he is omnipresent," she said. Besides Aishwarya, the centenary celebrations saw cricket legend Sachin Tendulkar, Union Ministers Ram Mohan Naidu Kinjarapu and G Kishan Reddy in attendance.

Andhra Pradesh Chief Minister N Chandrababu Naidu and Deputy Chief Minister Pawan Kalyan were also present.

Modi ji released a commemorative coin and a set of stamps honouring the life and teachings of Sri Sathya Sai Baba.

Modi ji also visited Sri Sathya Sai Baba's Mahasamadhi in Puttaparthi and paid respects.

Dharmendra Passes Away At 89: Maha Leaders Devendra Fadnavis, Eknath Shinde, Raj Thackeray Among Others Pay Heartfelt Tribute To 'Bollywood's He-Man'

Bollywood actor Dharmendra passed away at his Mumbai residence. His last rites took place at Pawan Hans Crematorium. An ambulance was spotted outside his residence earlier today. Several celebrities and family members also arrived to pay their last respects to the legendary actor at the crematorium

Maharashtra Chief Minister Devendra Fadnavis on November 22 paid his heartfelt tribute to legendary actor and the renowned 'He-Man of Bollywood,' Dharmendra, who passed away at his Mumbai residence at the age of 89.

Taking to his official handle on X (formerly X), Maha CM said, "His departure has caused an irreparable loss to the Indian art sector. May God grant peace to his soul and provide strength to his family, acquaintances, and all those connected with him to bear this pain."

Deputy CM Eknath Shinde paid a heartfelt tribute to the veteran actor. Calling him Bollywood's He-Man, Shinde said, "In his sixty-year career, he entertained countless fans like me with pure joy through his acting." He added that staying healthy, enthusiastic, joyful, and sharing that joy with everyone, was a special trait of Dharmnendra's personality.

"This Jat, Yamla.. Pagla.. Deewana.., who always gave joy through his work, has now embarked on an eternal journey,

leaving every fan heartbroken. From me and my entire Shiv Sena family, a heartfelt tribute to the senior actor Dharmendra," he wrote on X (formerly Twitter).

Nationalist Congress Party SP (NCP) Supremo Sharad Pawar paid condolences to the Deol family. In his official post on X, Pawar said that the youth of today may not realize it, but an entire generation was a fan of Dharmendra's style, hairstyle, and attire.

Speaking of his iconic character Veeru from Sholay, the NCP-SP leader said that it still remains a symbol of close friendship, and many times, the humorous scene on the water tank is still adopted by enthusiastic workers in the political arena as a form of protest movement.

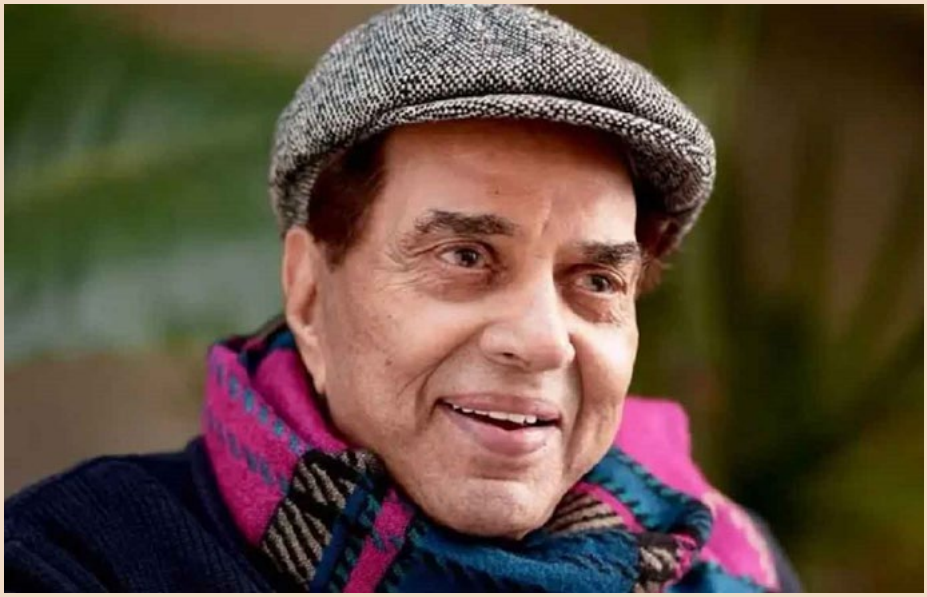
MNS Chief Raj Thackeray paid humble tribute to his memories and said Dharmendra was a straightforward man, and that's why he always remained the common people's hero.

Expressing grief over his death, Supriya Sule said, "Deeply saddened by the demise of veteran actor Dharmendra. A true legend whose warmth, simplicity, and remarkable contribution to Indian cinema will always be remembered. Heartfelt condolences to Hema Ji, the Deol family, his friends, and admirers. May his soul rest in peace."

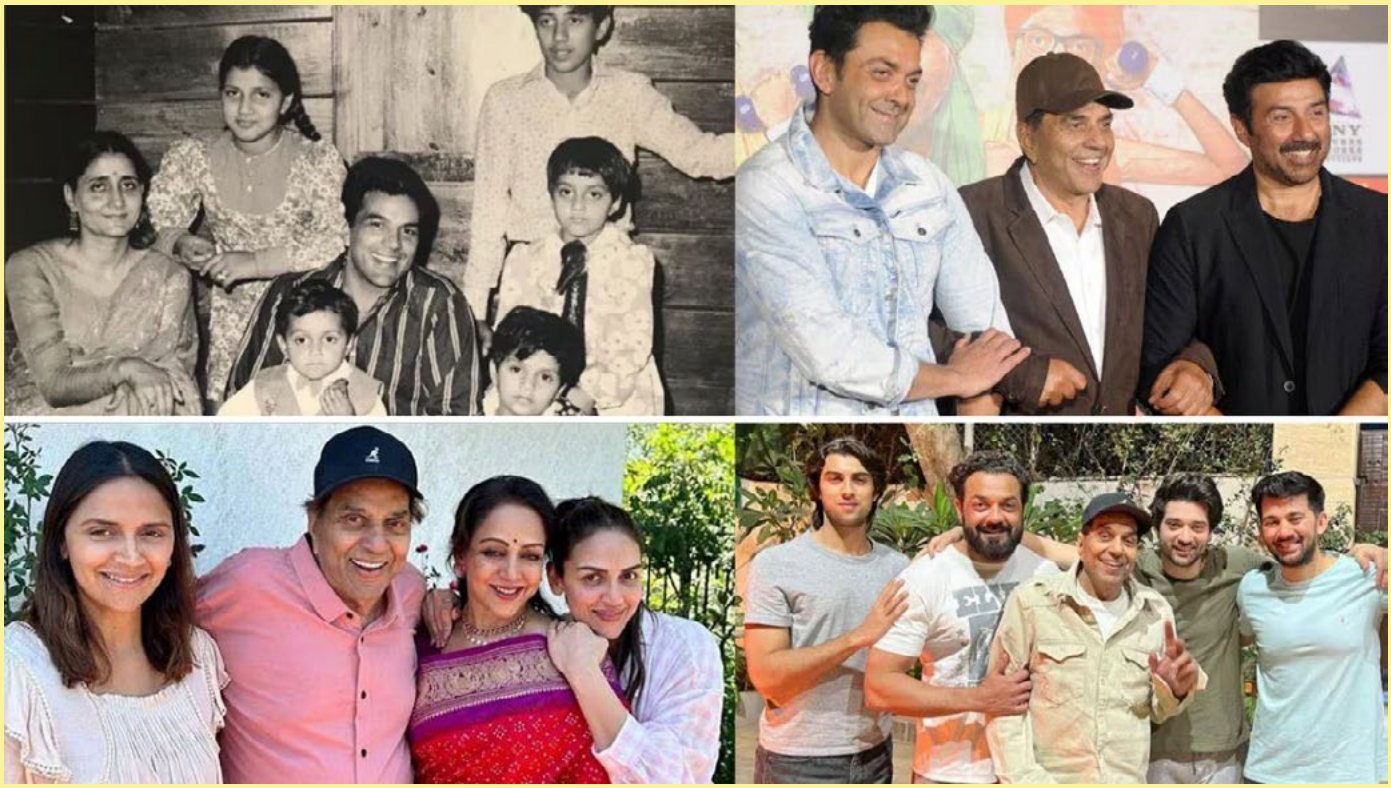
Dharmendra passes away

Bollywood actor Dharmendra passed away at his Mumbai residence. His last rites took place at Pawan Hans Crematorium. An ambulance was spotted outside his residence earlier today. Several celebrities and family members also arrived to pay their last respects to the legendary actor at the crematorium. With a highly protected ambulance escort and close family members present, the renowned actor's body was transported in a mournful atmosphere to the Pawan Hans Crematorium in Vile Parle.

Legendary actor Dharmendra appeared in over 300 films, with some sources citing a specific number as high as 306. He made his debut in 1960 with the film Dil Bhi Tera Hum Bhi Tere and has starred in numerous hit movies throughout his 65-year career, including Sholay, Chupke Chupke, and Satyakam.



Dharmendra Was the Most Handsome Actor in Bollywood



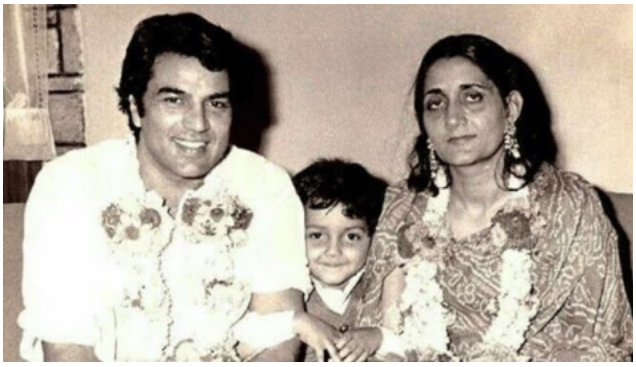
Dharmendra is a legendary actor who worked in more than 300 films and is known as the "He-Man"of Bollywood for his strong physique in many Hindi movies. But being immortal like a superhero is not possible for any human, and Dharmendra is also fighting for his survival after two hospitalizations for his breathing difficulty since October 2025.

Dharmendra was born on December 8, 1935, in Ludhiana, Punjab, India, as Dharmendra Kewal Krishan Deol. He is the son of Kewal Krishan and Satwant Kaur and was born into a Punjabi Jat family. He studied at a government senior secondary school in Ludhiana and completed his early schooling there. His father was a village school headmaster. Deol later completed his 12 th grade from Ramgarhia College in Phagwara, Punjab.

Dharmendra married twice—first to Prakash Kaur in 1954, and later to Hema Malini in 1980.

He married Kaur when he was 19 years old. He has four children of Kaur: sons Sunny Deol and Bobby Deol (both actors), and daughters Vijeta and Ajeeta. After moving to Mumbai, when he was acting in the movies, he met Hema Malini. He met Hema Malini on the sets of their film Tum Haseen Main Jawaan in 1970, and they fell in love. They got married on May 2, 1980, but they converted to Islam by changing their names before getting married. It was difficult for Dharmendra to get married again because he was already married to Prakash Kaur, and he could take a divorce under the Hindu Marriage Act because polygamy was prohibited at that time. So, they changed their names to Dilawar Khan and Ayesha to legally solemnize the nikah (a Muslim marriage ceremony), but the claim was later denied by Dharmendra. After the marriage, they later also had a traditional Iyengar wedding ceremony to honor Hema Malinis family South Indian roots. They have two daughters, Esha Deol and Ahana Deol.

Dharmendra was passionate about movies while growing up in a village in Punjab, and he had a dream of becoming an actor. One day, he saw an advertisement



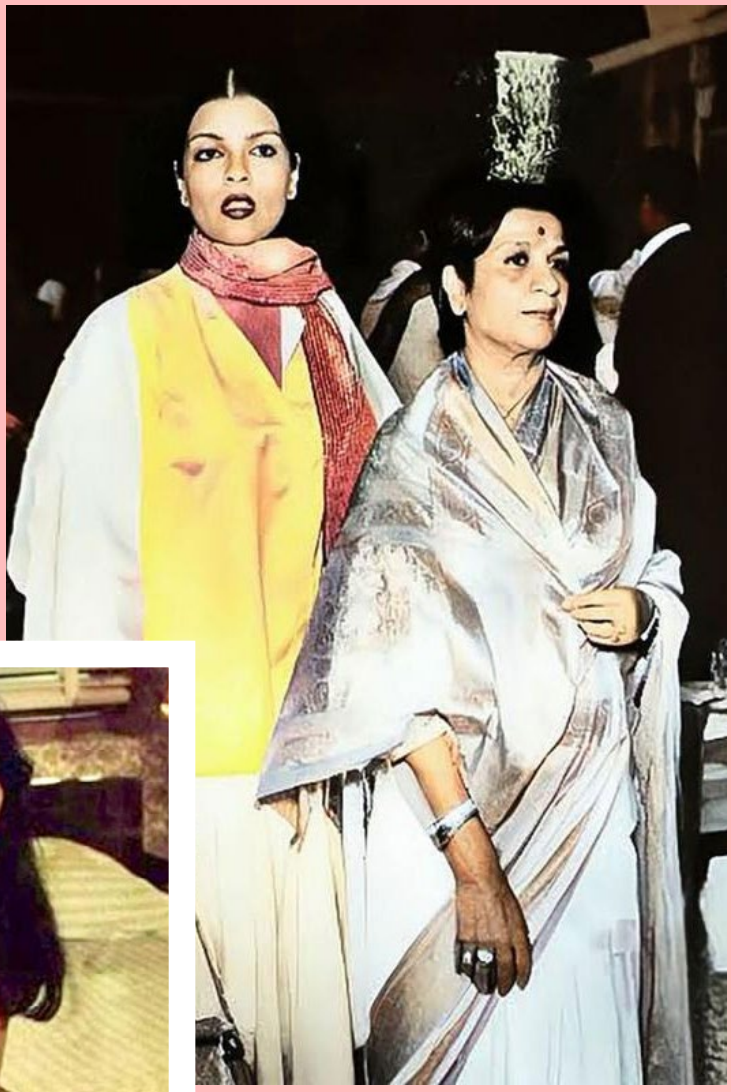
in a newspaper for the Filmfare magazine nationally organized New Talent Award. He applied and went for the contest. He finally won the contest, which encouraged him to move to the city of dreams–Mumbai.

After moving to Mumbai, he had to face a lot of hardships, and fulfilling his dream of becoming an actor was not easy for him at that time. He had to live in a garage because of financial struggles, and had to work in a drilling firm to earn money. He used to earn 200 rupees a month, which was fair enough to keep up his livelihood in Mumbai, but often he also had to do overtime to earn extra money. So, he had to go through a lot of struggles before he gained popularity and became the "He- Man" of Bollywood.

Dharmendra first acted in the Bollywood movie Dil Bhi Tera Hum Bhi Tere in 1960, and he played the role of "Ashok" in that movie. After that, he got a chance to act in many more movies, and acted in Shola Aur Shabnam, Boy Friend, Ayee Milan Ki Bela, Phool Aur Patthar, Devar, and so on.
However, he gained much popularity from the movie Sholay in 1975, in which he played the role of "Veeru".

In the Sholay movie, Amitabh Bachan also acted, and played the role of "Jai", and became a major attraction for the audiences because Bachan had more fans than Dharmendra at that time.

Without Bachan, Dharmendra couldnt gain much popularity in that movie. Moreover, it took only



'Nudity Did Get Excessive In Satyam Shivam Sundaram'

Now when I'm a mother and have two sons, I do look back and say, "Oh my God! What was I thinking?"'

Age is just a number for Zeenat Aman, who turns 74 on November 19.

"A woman can be sexy at any age,"

"What Sophia Loren has done is amazing. I don't know why women, after a certain age, are disqualified from being sexy in this country. Men continue to be eligible for romance and love till the age of 70 and 80. Why can't a woman be attractive forever?

"I think a woman should be allowed to celebrate her femininity for as long as she wants. I don't know why once you're a wife and a mother, you're put in a straitjacket. A mom can be sexy too."About being a trendsetter, Zeenat says, "It's very flattering to be considered sexy after a certain age in this country where after 40, women are no longer given the right to remain attractive.

"If today, female actors in our country show spunk after a certain age, it says a lot about how far we've progressed. Fifty years ago when I came in, things were so different. But I chose to be who I was and what I was. I believed in myself. That belief was never believed by the way I was projected on screen."

The trendsetting actress credits her directors with her iconic looks.

"Often, an actress ends up looking unaesthetic because of the way she's presented. I was fortunate to work with some of the finest and most aesthetic filmmakers of our country like Dev Anand, Raj Kapoor and Manmohan Desai, who knew how to make women look lovely.

"Today, I giggle about labels like 'Zeenie Baby' but a lot of my confidence in my physicality came from my background. "I came from a very cosmopolitan background. I studied in America. I had a Hindu mother, a Muslim father, a German stepfather... I was very comfortable with who I was, very comfortable with my physicality. There was no trace of awkwardness," she says.

Zeenat admits the skin show in Satyam Shivam Sundaram crossed boundaries.

"I have to admit that the nudity did get a bit excessive in Satyam Shivam Sundaram. But I believed so much in Raj Kapoorsaab that I never questioned his vision. Now when I'm a mother and have two sons, I do look back and say, 'Oh my God! What was I thinking?' Fortunately, my two boys never questioned me about my image."

Zeenat sees promising opportunities for actors of her age.

"Leading ladies of my age are definitely not withering away. Whether it's Shabana (Azmi) or Dimple (Kapadia), they're doing wonderful work. I personally haven't been offered anything that exciting.

"My sexy image came in the way of making the transition into a maturer slot. At my age, producers don't know what to do with me.

"In our sub-continent, women beyond a certain age are slotted as wives and mothers. Most actresses are put into slots and you have to function within those."

STAR OF THE MONTH

GLOBAL MOVIE

Actress Gauravii Kadam Signs Two-Film Contract with Vrindaavan Films

Actress and model Gauravii Kadam, known for her work across Marathi, Kannada, and Tamil cinema, has been signed by the Maneesh F. Singh–promoted Vrindaavan Films under an exclusive one-year contract. The agreement includes two films, two web series or music videos, and several other associated projects.

Gauravii, 25, has built a strong presence in the regional film industry as well as in the fashion world, having walked the ramp for major brands. She has been part of multiple Marathi films and television serials and has also featured in a Punjabi music video album. Her work earlier earned her a nomination for the Dadasaheb Phalke Award, further cementing her reputation as a rising talent.

Standing 5'5", the Mumbai-born actress is also a former Ms. Maharashtra Glamour Queen and has participated in several beauty pageants, winning numerous titles and accolades.

Apart from acting, Gauravii is a multi-talented artist. She is a trained dancer in Bharatanatyam and Kathak, and has completed basic training in Indian classical music. A passionate performer, she has showcased her singing and dancing skills at various stage shows and events. She is also a writer and has penned an 11-episode web series, which is currently in development.

Beyond the entertainment industry, Gauravii enjoys cooking, painting, and travelling. When she is not shooting, she loves spending time with her family and close circle.
"Spending time with family, friends, and relatives is very relaxing. It's a great stress buster for me," she says, adding that she always makes it a point to cook for her family whenever she is home.

With her new collaboration with Vrindaavan Films, Gauravii Kadam is poised to take her career to greater heights.

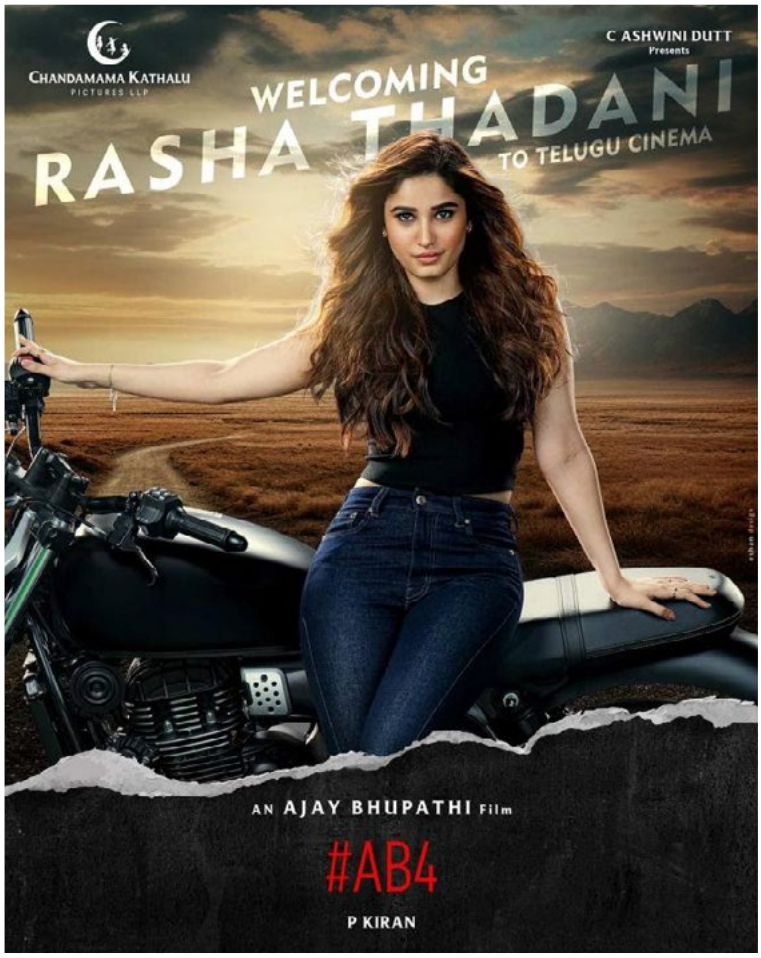
Shriya Saran reveals she finds morphed pics of herself daily: 'It's becoming difficult'

Shriya Saran raised concerns about AI misuse, revealing she comes across morphed photos of herself almost every day. She said the fake images look so real that even her family sometimes gets fooled, making it increasingly hard to distinguish real from editedActress Shriya Saran recently became a victim of impersonation, prompting her to speak out in anger. On Wednesday, she took to Instagram to call out an imposter and shared a screenshot of the phone number being used to deceive people. She also raised concerns about the misuse of AI, revealing that she comes across morphed pictures of herself almost every day—something that deeply disturbs her. Shriya Saran on morphed images

In an interview with HT City, Shriya addressed the impersonation incident, saying, "This is not the first time someone has done this, but this is the first time I took a proper stand against it. This isn't just about a number or a WhatsApp profile picture—there are so many morphed pictures of mine that look so real. What can you really do? People are mad. You have to be careful, but beyond a point, if something is affecting other people, you have to address it." She added, "Almost every day, I see a picture of mine that is not me—somebody else's body with my face—on my Insta feed. My family has to go through all this; sometimes they even get fooled by the AI images. It's becoming difficult to distinguish between fake and real. Sometimes they do a good job, and it's really hard to tell. I'm like, 'Is it me?' It looks so close to what I look like. That's when the problem really comes, because it can fool family and people I know."

Speaking about legal action, she said, "How would I know that? That's a bit too much to go behind. We told cybercrime, we told people it's going on, and we've made it clear that it's not me. I am just hoping no one gets fooled by the impersonator."
About Shriya Saran
On the work front, Shriya was last seen in Mirai, where she starred alongside Teja Sajja. The film was released on September 12. She will next appear in Suriya 44, a Tamil gangster romance directed by Karthik Subbaraj, in which she features in a special dance number. She is known for her role in the Drishyam franchise, and is set to reprise it for a third instalment

'New Beginnings' For Rasha



Raveena Tandon's daughter Rasha Thadani is all set to make her Telugu debut opposite Mahesh Babu's nephew Jaya Krishna Ghattamaneni in a film to be directed by Ajay Bhupathi.

Bhupathi has earlier directed RX100, Maha Samudram and Mangalavaaram, all well received by the audience. His fourth film will be a romantic-actioner.

'New beginnings, endless gratitude! Mee andari prema tho, I'm stepping into Telugu cinema. Thank you @ dirajaybhupathi sir for this opportunity. Chala excited to start this journey!' Rasha updated on social media.Rasha made her debut in Hindi last year opposite Ajay Devgn's nephew Aaman Devgan in Azaad. The film tanked, but the hit song Uyi Amma saved the day for Rasha.

Music In 2 Minutes: The Kalyanji-Anandji Story

Music director duos are a unique Bollywood feature, and many have become iconic.

This special series explores prominent music duos, and their dynamics.

In the 1970s, Kalyanji-Anandji, Laxmikant-Pyarelal and R D Burman got almost all the major banners.

But even a decade earlier, K-A had spiritedly matched batons with giants from the Golden Age like Naushad, Shankar-Jaikishan, S D Burman and O P Nayyar, and still etched out a place in the pantheon for themselves.

Manmohan Desai's Raj Kapoor starrer Chhaliya (1960) was their big breakthrough.

Thereafter, the K-A name was unequivocally recognised as a stamp of quality music in blockbusters such as Johny Mera Naam, Sachha Jhootha, Don and Muqaddar Ka Sikandar as well as in more soulful scores for Saraswatichandra, Safar and Kora Kagaz.

After Tridev (1989), the duo passed on the baton to Kalyanji's son Viju Shah.

When his elder brother died in 2000, Anandji concentrated on non-film music albums and in fostering new singing talent with his troupe, Little Stars.

Now in his 90s, the musician livens up chief guest duties on television shows with his wit and wisdom, and even does a spot of rearranging tunes.

But composing film music remains forsaken.

'Food Has Been A Passion For Us, Kapoors'

'They are most authentic when it comes to being with each other over food.'

Armaan Jain brings his big family together in the Netflix documentary, Dining With The Kapoors.

Besides food, the show focuses on Armaan's legendary grandfather Raj Kapoor.

We get to see star faces like Kareena Kapoor, Karisma Kapoor, Ranbir Kapoor, Neetu Kapoor, Randhir Kapoor, lesser-known family members Nitasha Nanda, Neila Devi, Kanchan Desai and younger members like Navya Naveli Nanda, Zahan Kapoor, Shaira Kapoor.

There are some **missing members** too.

"At any get-together, you will always see a couple of Kapoors missing," Armaan tells "But everyone was very collaborative and they bought into this concept early on when I took it to them."

Armaan, you have pulled off the difficult feat of bringing together the Kapoor family in Dining With The Kapoors.

How do you explain the family's longevity, from Prithviraj Kapoor to Raj Kapoor to Rishi Kapoor To Kareena and Ranbir Kapoor?

The longevity of the Kapoor khandaan -- and this is what I was trying to tell through my film -- is having each other's backs in good and bad times. Life will have its ups and downs, successes and failures, but all families, especially the Kapoor khandaan, have always had each other's backs. We keep meeting, keep eating, keep rejoicing...We can smile through all the good and bad times as a family.

Food is a huge binding factor for the Kapoors?

I am not a trained chef, but I cook out of passion.

I learnt with both my grandmas, actually.

Food has been a passion for us, Kapoors, and in my own small way, I am trying to carry on that legacy forward.

I operate a food business as well (Junglee Kitchen).

So I'm carrying on those traditions and trying to feed the world as well, and that is what I wanted to project on screen. Really, the idea was not to plan anything, but bring people into a space where family meets family, and you forget the camera's around.

And you have achieved that.

Yes. A lot of family members, at multiple points, came to me and said, 'Armaan, are the cameras rolling?'

That's exactly what we want to achieve: Bring everyone together and be candid and true to themselves.

The focus of this film is the emotions, the history, the legacy, the value systems...The legacy of the bungalow (where Krishna and Raj Kapoor lived), and the legacy of being together in good and bad times.

But the food was a catalyst.

I thought that would be a fun and entertaining way to bring this family together. They are most authentic when it comes to being with each over food.

How tough was it bringing the entire Kapoor clan under one roof?

It was tough, what with their dates, shuffling routines and travel plans.

At any get-together, you will always see a couple of Kapoors missing.

But everyone was very collaborative and they bought into this concept early on when I took it to them.

What triggered the urge to undertake this project?ever got an opportunity to meet my grandfather Raj Kapoor.
I was born two years after he passed away.

I've heard so many stories growing up.

My mom (Rima Jain, Raj Kapoor's younger daughter) told me whatever little I know about him.

I watched Rajsaab's films growing up and that gave me the opportunity to learn about a man I'd never met.

When you have a grandparent you haven't met, you try to overcompensate and hold on to

certain archives and physical things even more. I understand this emotion that we all have, where you don't meet that grandparent and want to keep researching him more and more.

Hence the film?

I've always had this feeling of doing something around Raj Kapoor, towards his 100th birth year.

My mom and I were discussing multiple things.

We had so many things planned.

We had even restored 10 of his films and released them during his 100th year celebrations.

I think the idea was to celebrate Raj Kapoor in a different light, in a more personal light.

Why didn't your career as an actor take off?

I gave myself enough time -- I gave myself seven-eight years, whether it was training to be an actor, doing a bit of theatre, workshops....

I wish I was better trained.

It didn't work out but I have no regrets today.

Everything I've done over the last 10 years -- whether it's production and direction at Dharma or acting -- it's come in handy.

Whatever experience I've got has obviously given me this opportunity to repurpose everything.

I look forward to the journey from here, especially with production and direction.

I'll never say never to acting, but I think I gave myself a fair shot.

I have moved past it very graciously.

Further plans?

God willing, many more films.

I really look forward to directing a film soon.

Directing and producing a feature film would be my dream. I'm working towards it, you know, baby steps.

MODEL WATCH: PRIYANKA TIWARI

RISING STAR • STYLE SENSATION • CREATIVE FORCE

In the vibrant heart of Mumbai's fashion scene, Priyanka Tiwari is a name that's quickly becoming impossible to miss. Model, actress, designer, and digital influencer—she is a modern multi-hyphenate who has spent the last seven years crafting a remarkable journey through the glamour world.

Priyanka stepped into modeling at just 17, entering the industry with an energy and confidence far beyond her years. From early episodic roles on television to significant characters in popular shows, her progression has been steady, focused, and inspiring. Today, she stands on the cusp of a major breakthrough, having been signed for a lead role under a prominent Bollywood banner—a milestone she calls both surreal and thrilling.

On the fashion front, Priyanka has walked countless ramps and lent her effortless poise to fashion shoots, product campaigns, and catalogues. Her latest highlight is a collaboration with acclaimed Hollywood photographer Lynn Baxter, who featured her in his 2025 Yearbook. Dressed in over 20 diverse looks, including a breathtaking Indian traditional bridal ensemble, Priyanka radiates versatility, grace, and cinematic charm.

Behind the camera, she is equally dynamic. A trained dancer and aspiring singer, Priyanka brings rhythm and soul into everything she does. She loves to cook, unwind with old Bollywood classics, and explore new places—moments she often shares with her rapidly growing digital community. As an avid Instagrammer, her presence is both stylish and relatable, drawing in fans from across the world.

But perhaps the most surprising facet of Priyanka is her creative work as a garment and costume designer. With a special passion for mythological TV and web productions, she designs outfits that blend tradition, imagination, and meticulous craftsmanship.

With acting projects lined up, fashion collaborations underway, and an artistic vision that keeps evolving, Priyanka Tiwari is truly a star in the making—one whose journey is just beginning to shine its brightest.

NYE Jewelry Trends

New Year's Eve Jewelry Trends: Less is More

As the clock prepares to strike midnight, the fashion world is making a bold statement: subtlety is the new luxury. This New Year's Eve, minimalism takes center stage, proving that when it comes to jewelry, less is truly more. At Caratly, we embrace the art of refined simplicity, offering pieces that radiate quiet elegance for the big night.

1. Statement Simplicity: Big Impact, Minimal Effort

This year, jewelry trends lean into understated designs that speak volumes. Think thin gold rings stacked elegantly on your fingers, or delicate chain necklaces that shimmer softly under the lights. These pieces don't demand attention—they command it. Perfect for pairing with bold party dresses or sleek monochrome suits.

2. The Beauty of Mixed Metals

Gone are the days of choosing between silver or gold. For New Year's Eve 2024, the hottest trend is mixing metals effortlessly. Combining warm gold tones with cool silvers or yellow gold with rose gold creates a balanced, contemporary look that works with any outfit. Layered necklaces, bangles, or earrings in mixed metals add just the right touch of intrigue to your ensemble.

3. Pearls with a Twist

Pearls are no longer reserved for classic or traditional styles. This season, they're being reimagined into bold, modern designs. Asymmetrical pearl drop earrings or delicate bracelets featuring baroque pearls bring a fresh and edgy vibe while retaining their timeless allure. Whether you're wearing a silky gown or a tailored jumpsuit, pearls will add an air of effortless sophistication.

ANAND SHAH.

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Mob : 9821899008 Email : anand@ananadshah.biz

4. Everyday Elegance: Versatility is Key

One of the biggest trends is jewelry that transforms to suit any occasion. Convertible pieces—like necklaces that double as bracelets or stackable sets that can be mixed and matched—are ideal for New Year's Eve. These versatile designs let you transition from dinner parties to countdown celebrations with ease while keeping your look polished and cohesive.

5. Minimalist Glamour for Every Look

The beauty of minimalistic jewelry lies in its versatility. It compliments your outfit rather than competing with it, allowing your personal style to shine. Whether your New Year's Eve plans involve a grand ballroom, a rooftop party, or an intimate dinner, simple yet stunning jewelry from Caratly will elevate your look to new heights.

Why Minimalism Works This Year

Minimalism offers a refreshing approach to luxury. It's not about overloading with sparkle but about carefully curating pieces that enhance your natural glow and reflect your personality. In a season often defined by excess, embracing simplicity feels fresh, elegant, and timeless.

At Caratly, we've curated a collection of minimalist designs that are perfect for New Year's Eve—and beyond. From dainty rings to layered necklaces and reinvented pearls, our pieces are crafted to add a touch of effortless charm to your celebrations.

Make this New Year's Eve your most stylish yet with Caratly's minimalist jewelry. After all, sometimes less is truly more.

'My Films Are Meant For Paisa Vasool Cinema'

'For me, the real victory is when people buy a ticket, sit in a theatre, and connect with the story.'

"At the end of the day, cinema is about evoking emotion -- if it moves people, entertains them, or makes them feel something real, then I believe it has fulfilled its purpose," Ek Deewane Ki Deewaniyat Director **Milap Zaveri** tells

Congratulations, your film has taken on the biggest franchise and emerged a winner, how does that make you feel?

I'm delighted and grateful to audiences for giving so much love to **Ek Deewane Ki Deewaniyat** which has emerged a winner despite a clash with such a big franchise film like Thamma.

It's only because of the power of the story that was enacted brilliantly by Harshvardhan Rane and Sonam.

And backed so strongly by my producer Anshul Garg. The entire team deserves the success as I couldn't have achieved this without them.
Eventually the film was made from the heart and therefore has won hearts against all odds.

Was it Harshvardhan Rane from the beginning?

The story of Ek Deewane Ki Deewaniyat was written almost seven years ago, and it went through its own share of hurdles and near-misses.

Over the years, several names were discussed, but somehow, it never quite aligned -- until Harshvardhan came into the picture.

The moment I spoke to him, I realised he understood the emotional gravity of the character in a way few actors could.

His honesty and intensity made him a natural fit. Looking back, I truly believe this role was meant to be his -- it was just waiting for the right time and the right team to come together.

Admittedly, the hero is problematic as he can't see beyond his own feelings, did you foresee this as being a problem for the audience?

I always knew that Harsh's character would evoke extreme reactions, but Mushtaq Shiekh, my co-writer, and I worked hard to show the purity behind his madness -- to make audiences understand his Deewaniyat.

I must give full credit to Harsh for the way he built the character's emotional layers, especially his backstory with his mother. That small detail really touched a chord with people. The audience has connected deeply with his intensity because of the vulnerability he brought to the role.

Even though his character may seem flawed or impulsive, he never crosses a line with Sonam's character.

His love isn't driven by lust or obsession -- it's rooted in respect, longing, and a deep emotional truth.

And I think that's what has truly worked -- people are responding to the sincerity behind his madness.

Ek Deewane Ki Deewaniyat has got scathing reviews but is being appreciated by the audience, do you think there is a lacuna between what works and what critics think should work?

I think there will always be a difference between what connects with audiences and what appeals to critics -- and that's absolutely fine.

Both look at cinema through very different lenses. Audiences today are emotional and instinctive; they respond to what touches their heart, while critics tend to analyse films from a more technical or conceptual point of view.

As a filmmaker, I value both perspectives. But for me, the real victory is when people buy a ticket, sit in a theatre, and connect with the story.

That's the truest form of validation. Because at the end of the day, cinema is about evoking emotion -- if it moves people, entertains them, or makes them feel something real, then I believe it has fulfilled its purpose.

Do you feel vindicated?

I make cinema for entertainment. A reputed director like Hansal Mehta sir congratulated me on social media and people accused him of supporting a toxic film.

He gave a fitting reply to his detractors that if cinema could really influence people as strongly then wouldn't they learn from the positive things cinema shows?

My films are meant for masses and for paisa vasool cinema.

The Must Read Kamini Kaushal Interview

'I made a big fuss about playing Manoj Kumar's mother, but he had made up his mind.'
'He said he would wait until I made up my mind.'
'I was about 40 then. He was so large and I was so tiny!'

Kamini Kaushal passed into the ages, ending a rich career spanning almost eight decades. Her last film was 2022's Laal Singh Chaddha.

We repost an interview of the actress, published in 2007, when she made her comeback on the big screen with Yash Raj Films' **Laaga Chunari Mein Daag.**

Then again, 'comeback' is the wrong word here.

The actor had been busy with television serials like the Chandamama puppet show on Doordarshan -- where she made and lent her voice to the puppets -- as well as Shano Ki Shaadi.

"Everything has changed. Everything is better planned now. But we had a more personal involvement in the work then. Now, it's done very professionally. In those days, if I wanted a day off, I would plead with them. Today, the leading ladies just inform everyone they are not available."

It has been getting tougher for Kamini to work in serials, as she has to travel two hours each way from her home in Malabar Hill, South Mumbai, to sets in Andheri, northwest Mumbai.

With Laaga Chunari, Kamini makes a return to Yash Raj Films decades after her 1969 film, Aadmi Aur Insaan, starring Saira Banu, Dharmendra and Feroz Khan.

Like her role in Lagaa Chunari, where she plays a loving grandmother to Abhishek Bachchan and Kunal Kapoor, Kamini seems just as fond of Abhishek, whom she has seen grow up.
"I have seen him as a child and as an adult," she smiles.

"Abhishek is so tall and handsome now. He

is very nice to work with. It took time for him to find his feet, but now he has. I hope it takes him places."

"My relationship with the Bachchans is very old," she continues.

"Amitabh's mother Teji and my eldest sister went to the same college and were best friends. They moved to Bombay and remained friends until my sister died."

Her interaction with the Bachchans continued, thanks to the film industry. Kamini acted with Jaya Bachchan in the film Uphaar, which was India's entry for the Oscars that year.

Like the Bachchans, Kamini knew the Mukherjees quite well too. She tells us she knew her Laaga co-star Rani's father, Ram Mukherjee, since the time she worked with the filmmaker years ago. She has also worked with Rani earlier, in Chori Chori and Har Dil Jo Pyaar Karega.

"I can share a lot of things with these youngsters," says Kamini. "And they give me a lot of affection. Both Rani and Konkona (Sen Sharma) are warm and lovely to work with. They have no hang-ups."

Kamini is all praise for director Pradeep Sarkar as well.

"Dada has an eye for detail. Nothing can pass him by. Not only does he take care of the shot or performances, even the frame is marvellous -- whether it is a leaf falling from the sky at a particular time or a spray of water from a hosepipe. These are details another director may overlook. Yet he is quite undemanding. And, of course, he is a very nice person. Most stars give him hell; he stands a lot of nonsense from them," she says.

Kamini's role in the film is quite small. In fact, she didn't even have to travel to Varanasi where most of the film was shot. Sarkar promised her a bigger role the next time.

This was, of course, very different from what she was offered when she was younger.

"Everything has changed. Everything is better planned now. But we had a more personal involvement in the work then. Now, it's done very professionally. In those days, if I wanted a day off, I would plead with them. Today, the leading ladies just inform everyone they are not available. Times have changed."

Kaushal was a popular child artist on All India Radio in Lahore, before the Partition. She worked for pocket money in those days. She would go to the studio, read the script, perform and return with a check.

Filmmaker Chetan Anand spotted her, and offered her the film Neecha Nagar in 1946.

Kamini shifted her base to Bombay soon after.

"I hated the smell of make-up in those days," she reminisces. "It would give me headaches."

The film gave her more than just a break in the industry. It gave her a name.

Born Uma Kashyap, Chetan Anand decided to give her a new name, as the film starred another Uma, his wife.

Kamini wanted a name that began with 'K,' and that is what she got.

She went on to star in Gajanan Jagirdhar's Jail Yatra, which was also Raj Kapoor's second film.

Later, Raj Kapoor asked her to star in his directorial debut, Aag. Kamini soon became a producer and signed on then matinee idol Ashok Kumar in Poonam and Night Club.

"I was visiting a relative in hospital where he (Ashok Kumar) was also admitted. So, I met him. His room was dark. I entered, sat with him for a while and said a few words. Before leaving, I gave him a smile. Many years later, his daughter gave me a very cute note from him. It said: 'You know what made me survive? That smile you gave me when you came to see me at the hospital.'"

Kamini married her brother-in-law after her sister passed away, leaving behind two daughters. Soon, she was a mother of three sons.

After a break, she shifted from playing lead roles to character roles. She played Manoj Kumar's mother in Shaheed.

"I made a big fuss about playing with his mother, but he had made up his mind," she says. "He said he would wait until I made up my mind. I was about 40 then. He was so large and I was so tiny!"

After that, Kamini played Manoj Kumar's mother in all his movies.

She soon turned to direction (Meri Pari) and puppet shows. Her first puppet show, Khel Khilone on Doordarshan, got her a paltry Rs 300, despite her star status.

But Kamini continued to do it, as she felt it was her responsibility towards children.

"I have worked for 60 years now," she sighs.

But this lady isn't retiring from the film scene anytime soon.

This interview was last published in 2007.

'Humans Are Driven By Fear'

'Rejection teaches you a lot of endurance, self-trust, and the ability to show up again.'

Soft-spoken but assertively talented, **Sonal Madhushankar** has expressive eyes which convey warmth, steely conviction and world-weary fatigue in her breakthrough acting venture, Humans In The Loop.

Humans In The Loop focusses on a single mother from the Oraon tribe, who balances training AI systems and reconnecting with her roots, while her daughter struggles to accept their new life away from the city.

After its American theatrical release, the film, which is currently streaming on Netflix, has officially entered the Oscar race in the Best Original Screenplay category.

"After our premiere at MAMI 2024, I was approached by single mothers, working women, people from Jharkhand, and even members of indigenous communities, all saying they saw themselves in my character, Nehma,"

For a newbie actress, the reaction to Humans in the Loop must be life-changing?

For any actor who comes to Mumbai with a dream, this is the moment you secretly hope for.

The response has been surreal.

After our premiere at MAMI 2024, I was approached by single mothers, working women, people from Jharkhand, and even members of indigenous communities, all saying they saw themselves in my character, Nehma.

Some genuinely thought I belonged to their community.

Now the film has officially qualified to contend at the Oscars in the Best Original Screenplay category. That elevation from intimate screenings to an international stage feels deeply humbling and thrilling.

What is your backstory, personal and professional, before Humans in the Loop?

My journey has been very real and very grounding.

My husband, Rahul Patil, who works in IT and is also a playwright, wrote a one-hour-40-minute play, The Last Audience where I was on stage throughout. During rehearsals, a friend saw my performance and said, 'We should recommend Sonal to Aranya.'

Aranya (Sahay, director) had been searching for Nehma for a long time, so I sent a reference audition in black, white, and grey.

They loved it, sent me the script, and I went through multiple audition rounds. That's how the film came to me.

Before this, life was a mix of IT work, theatre, workshops, and the emotional and financial realities of the industry.

Rejection teaches you a lot of endurance, self-trust, and the ability to show up again.

What do you think helped you ace the auditions?

There were rounds focusing on silence, on stillness, on emotional presence.

Somewhere during that process, something aligned, and I stopped 'performing' and simply existed as Nehma. That's what got me the film.

Who helped you get the look right? Were you makeup-free?

Aranya and I built Nehma's look together.

When I travelled to Ranchi, I realised the women there live so simply, no makeup, no artifice. I'm very comfortable with or without makeup. I'm not afraid of the camera or my face.

If I start worrying 'Will this profile look nice?' then I will lose access to the emotional truth.

So, the look was intentionally raw.

If makeup served the character, I would have worn it.

Nehma didn't need it.

What research did you do for the character?

During auditions, Aranya and I spoke extensively about the Oraon community, discrimination, caste, AI, and machine learning.

Since I'm an engineer who has worked with machine learning, those conversations helped build the mental world of the character.

Before the shoot, he asked me to come to Ranchi one week early.

I walked through the forests, observed gestures, breathing patterns, and accents.

I interacted with women from the community, listened to their stories.A woman named Tarini, who lived in the house where we shot, touched me deeply.

I didn't 'interview' her. I just sat beside her. Sometimes presence is more powerful than questions.

Did you feel a certain sisterhood with your character?

I am Dalit. Nehma belongs to an indigenous, marginalised community.

We both come from places where silence, hesitation, and caution are part of identity.

We're strong, empowered women, but caste brings a very specific layer of vulnerability.

Understanding that helped me find her emotional truth.

How did director Aranya Sahay help your performance?

There was one moment when I didn't know how to give a shot so I was sitting quietly. Aranya came, sat quietly next to me, and after a while, shared a very personal childhood memory.

That trust changed everything.

Despite tough conditions like the jungle, children, animals and crew logistics, he was calm. His vision, dedication, and empathy taught me a lot.

Working with him felt safe.

Yours is an impactful, nuanced performance, particularly in the scene where you are reprimanded by a senior. Do you use any acting techniques?

The reprimand scene is one of my favourites.

Humans are driven by fear.

We choose when to speak and when to be silent.

At that moment, Nehma wants to defend herself, but she knows she cannot risk her job, her family depends on it.

I related to that instantly.

I've faced similar situations in IT and while auditioning.

Remembering those emotions helped me access the performance.

As for technique, I've trained across forms: clowning, shadow acting, theatre, breathing work, and workshops with multiple facilitators.

By the time you're on set, the craft is inside the body.

Is this the kind of cinema you want to do?

Yes. This kind of deeply human, socially aware cinema is something I truly connect with.

I am also open to commercial work as long as the character has honesty.

For me, a good story is a good story, regardless of scale.

Do you have an acting idol?

'Idol' is a strong word, but I deeply admire Irrfan Khan. I relate to his silences, and that unpredictability he carried in his performances.

Do you think Humans will make it easier for you to get more work?

Yes. But beyond that, this film made me aware of my responsibility as an artist.

If I continue to stay empathetic, keep my craft alive, and remain available to people and stories, I believe good work will keep coming.

'Life is worth fighting for every step, every minute, every second'

'I'm totally focussed on finding the right energies around me. A lot of the treatment is psychosomatic; as my mother keeps reiterating, if you think positive, positive things will happen to you.'

In the first part of Interview **Tannishtha Chatterjee**, tells us how '**Cancer Has Made Me Shameless And Fearless'.**

Tannishtha speaks about how difficult it was to break the news of her cancer diagnosis to her 70-year-old mother and her nine-year-old daughter.

"For days I kept my reports in the car so my mother wouldn't stumble on them," she confides, adding that she sent her daughter Radhika to New York with her sister for four months. "She went swimming and learnt how to play the piano instead of being home in Mumbai and feeling insecure looking at me at a time when I was at my most vulnerable."

You were working on Ek Ruka Hua Faisla, revolving around the rape and murder of the daughter of a prominent businessman. Also, Pastt Tense in which you play a rape survivor who, after years, reconnects with her son whom she was forced to give up and who now wants to seek justice for the wrong done to her. Interesting subjects, what's the status quo on them?

Ek Ruka Hua Faisla is complete and Pastt Tense is in post-production.

Interestingly, while working on Pastt Tense, I got chatting with my co-star, Sharib Hashmi, and discovered that he is a caregiver to his wife, Nasreen, who was diagnosed with cancer in 2018.

Around that time, I too had been diagnosed with stage 4 oligometastatic cancer and after discovering that we had gone through the same journey, Sharib through Nasreen, we decided to collaborate on a two-actor play.

It's about cancer, a musical comedy which we have written together.

Leena Yadav, the director of Parched, will be helming it.

It's great to see you so active and enthusiastic about your work despite your health concerns.

(Sighing) Oh, I have lost some projects since being diagnosed.

I was supposed to shoot with Bharat Bala, but I had to opt out because of the sudden health crisis.

There was another film that I was to start in December which I finally turned down last week.

Another film had also come my way and the producers were okay with how I am looking now and even my schedule which can't be too long and exhausting, but after my doctor told me that I needed to take it easy for another three-four months, I refused that one as well.

I am only working on the play with Sharib and Leena.

It is scheduled to open early next year, January 29 and 30, in Mumbai.

I have to let go of certain things because of the cancer, but it's not all doom and gloom.

I have learnt from my friends that life is worth fighting for every step, every minute, every second.

There is so much of beauty, humanity and love that I don't want to miss out on.

Love is one of the best things I have discovered in these last few months and right now, I'm totally focussed on finding the right energy around me.

A lot of the treatment is psychosomatic; as my mother keeps reiterating, if you think positive, positive things will happen to you.

How did your mother react to the news of your illness?

I didn't tell her initially knowing it would come as a huge shock to her so soon after my father passed away from cancer too.

In fact, for days I kept my reports in the car so my mother wouldn't stumble on them.

Back then, I was only sharing my health updates with my sister who flew down from New York to be with me during the initial stage of my treatment.

Slowly, over time, I confided in my mother too, assuring her that mein jaldi theek ho jaoongi (I would be fine soon).

It's only over several months that she has understood how bad it is since the cancer has advanced to stage 4.

The diagnosis was a huge shock for me too, not only because it was so unexpected, but also because with my father gone, I was a sole caregiver, responsible for my 70-year-old mother and my nine-year-old daughter.

Physically, emotionally and financially they were completely dependent on me and suddenly, I was so unwell that I had to spend a lot of our savings on my treatment without being able to go out and earn for myself and them. **It must have been terrifying, more so for your young daughter...**

Yeah, it was tough on her though young people are quite resilient.

During the chemotherapy cycles, which was the worst time for me physically, I sent Radhika away to New York with my sister.

It was a wise decision because back then, I needed time to care for myself and I was reassured my little one was with family should anything untoward happen to me.

It was summer and Radhika enjoyed the unplanned break from studies.

She went swimming and learnt how to play the piano instead of being home in Mumbai and feeling insecure looking at me at a time when I was at my most vulnerable.

But Radhika knows that you were ailing, right?

Yes, because everyone in school knows that I have been diagnosed with cancer.

She would return home and say, "Mamma, why is everyone asking me how you are?"

Life is back to normal again, she's gone back to school and playing with her friends and continues with her piano lessons.

Recently, she took her mid-term exams and though she had missed out on a lot during the four-month break in New York, her grades are pretty impressive.

She seems to have suddenly grown up, she is much more responsible and mature now.

As you shared, even you have changed...

Yes, the news of the cancer was so sudden and I was overwhelmed by my concern for my mother and daughter, the fight for health insurance, and the daily struggle to survive that I didn't know that something inside me had shifted.

It's only now that I have come to realise that while I used to be shy of expressing my needs earlier, I am shameless and fearless now.

A last question on your second directorial feature, Full Plate, which reportedly is inspired by a true story. Is that true?

Well, it is loosely based on a real person who worked at our place for a few months.

She was quite chatty and would sometimes talk about the people in the other homes where she cooked.

"Samajh mein nahin aata hai itni mahengi khana khate hain, phir bhi didi ko anxiety or bhaiya ko depression hai (I fail to understand how despite eating such expensive food, my employer has anxiety and her husband depression)?" she would joke.

Her light-hearted quips would make me laugh too, particularly when she would gripe about her mistress who would give her something exotic, like an avocado and reel off a string of instructions on how she should cook it, finally telling her to make it like she made it at home.

And she would have to admit that they didn't cook vegetables like this that they could ill-afford at home.

Some of what she shared has crept into the film while it was being scripted.

The thoughts were so simple and the emotions behind them so universal that I felt through the story of Amreen, a simple homemaker who is forced by circumstances to go out and earn a living, I could touch on so many different subjects including insecurity, jealousy, even domestic violence.

It also talks about a generation change that I noticed while travelling around Rajasthan for Leena Yadav's Parched.

I was pleasantly surprised to see young boys, as young as 16, 17 and 18, while still rooted in a patriarchal set-up, defying their conservative parents to marry girls of their choice.

These boys, who have grown up in oppressive, low-income households, suddenly break with tradition to take up for their abused mothers or become a support system for their young wives.

Stories like these were my source material, but I was careful not to bring my subjective morality into the picture.

I kept things light and positive rather than dark and intense and I guess that's why this Full Plate has been accepted with smiles and moments of introspection.

'It's For The Love Of The Country'

Farhan Akhtar is incredibly proud of his latest film, 120 Bahadur, and he has every reason to be.

Though it's getting **mixed reviews** and is **struggling at the box office**, the **army itself gives the film a thumbs up.**

"The things we take for granted as Indians come at such a heavy price. Those who safeguard our sovereignty are incredibly brave, courageous and selfless, and they need to be remembered,"

What brought your attention to this Param Vir Chakra winner Shaitaan Singh?

Director Razneesh Ghai (Razzy) is an army kid.

His father served in the army, his brother is currently serving in the army.

He grew up with this story, hearing it from his father first and then his brother, because this Battle of Rezang La is something that's taught in the army.

I had heard the name Shaitaan Singh, but that was about it. I didn't know anything more.

He was an incredibly powerful, heroic man; I'm genuinely surprised his story had not been filmed earlier.
Chetan Anand's Haqeeqat touched upon the same battle. It was a larger war and the India-China aspect was played up more.

But this was focused on the battle, on Charlie Company and on Shaitaan Singh Bhati.

I like the fact that Razzy was telling the story the way he did. I also like the way Rajeev Menon, who's written the screenplay, structured it, with the narrator being the radio operator.

How long ago did you become familiar with this?

The entire process took maybe two years.

The one thing that Lakshya prepared me for was understanding army culture.

It also prepared me for what the long haul in Ladakh feels like.

> 'The amount of respect we have for people who guard our borders and put the country first.'

You went through the experience, some of it at least?

It's completely shot on location. Yes, all that happened to every single person but when you get through that, the more time you spend there, it becomes easier.

But doing action there is always a challenge.

> 'Why do they do this?' 'The chances of not coming back are so high. Still, they take that risk.' 'It's for the love of the country.'

Action Director Marek Svitek had done All Quiet On The Western Front.

How closely were you involved with the making of the film?

As much as a producer is.

The director shares his casting options with you and you go through all of that stuff together. And whenever Razneesh needed me...

He was very focused. He made a film called Dhaakad earlier.

What is your hope and aspiration for this important film?

My hope is the absolute joy of discovery that I had hearing the story. And the emotion that accompanied it.

I want people to feel the sorrow or the regret of not having known of an important (event).

I want them to go and see the film and learn about this incident, learn about these people and understand the things we take for granted, be it our freedom, be it our map, our borders, our culture.

Because when land is taken, cultures change.

The things we take for granted as Indians come at such a heavy price.

Those who safeguard our sovereignty are incredibly brave, courageous and selfless, and they need to be remembered.

I am glad that I could be a conduit to bring the story to people.

I hope people can learn about Shaitaan Singh and about those 120 brave Ahir soldiers.

Yeah, but that's not for me to decide. I would hope that it happens because it really is a film that every Indian should watch.

Making it exempt from tax in states would make it more accessible to people. So I hope that happens.

Why is the Param Vir Chakra winner named Shaitaan?

There is an explanation for it.

You know, why he was named that, you can find out on Google.

But let me tell you something as an aside.

Shaitaanji, in the course of his life, two or three times, actually tried to legally change his name.

He was named something else before his parents changed it to Shaitaan, so he wanted to go back to his original name.

When he was unsuccessful in changing his name for the third time, his senior officer told him not to change it because he was an officer, a soldier of this country.

He said, tomorrow if you go into battle, this is such a unique name that will always be remembered.

What is your takeaway from this experience?

Love for the country, and love for the person you're standing beside in the army.

Respect, honour, these are important things that keep people going.

But more than that -- and this is something I've felt more and more -- is the amount of respect we have for people who guard our borders and put the country first.

Why do they do this?

The chances of not coming back are so high. Still, they take that risk.

It's for the love of the country.

But I don't know if it's seen as a risk. That's what's amazing about it.

It is seen as an opportunity to do something or be part of something that is larger than you.

That's an amazing emotion to carry in your heart.

So my takeaway is selflessness.

And when you're wearing a uniform, there is a different level of selflessness that is asked of you. Selflessness is a great thing to think of for everything in India, no matter what you're doing. That's amazing.

If only those who go and see the film, if they get inspired to join the army, you would have done something that cinema hardly does these days.

I don't know how much of that will happen.

But it definitely makes you think about why and how people put the country before themselves.

That happened with Lakshya; I witnessed that first-hand.

But I'm talking about people who are not going to join the army, people who already have jobs.

Our responsibility can't be that, okay, let's just depend on these chaps and we won't do anything that is selfless in our own way and in our own sphere of work.

Why didn't you add Lata Mangeshkar's song Ae Mere Watan Ke Logon, which she especially sang for the war in 1962?

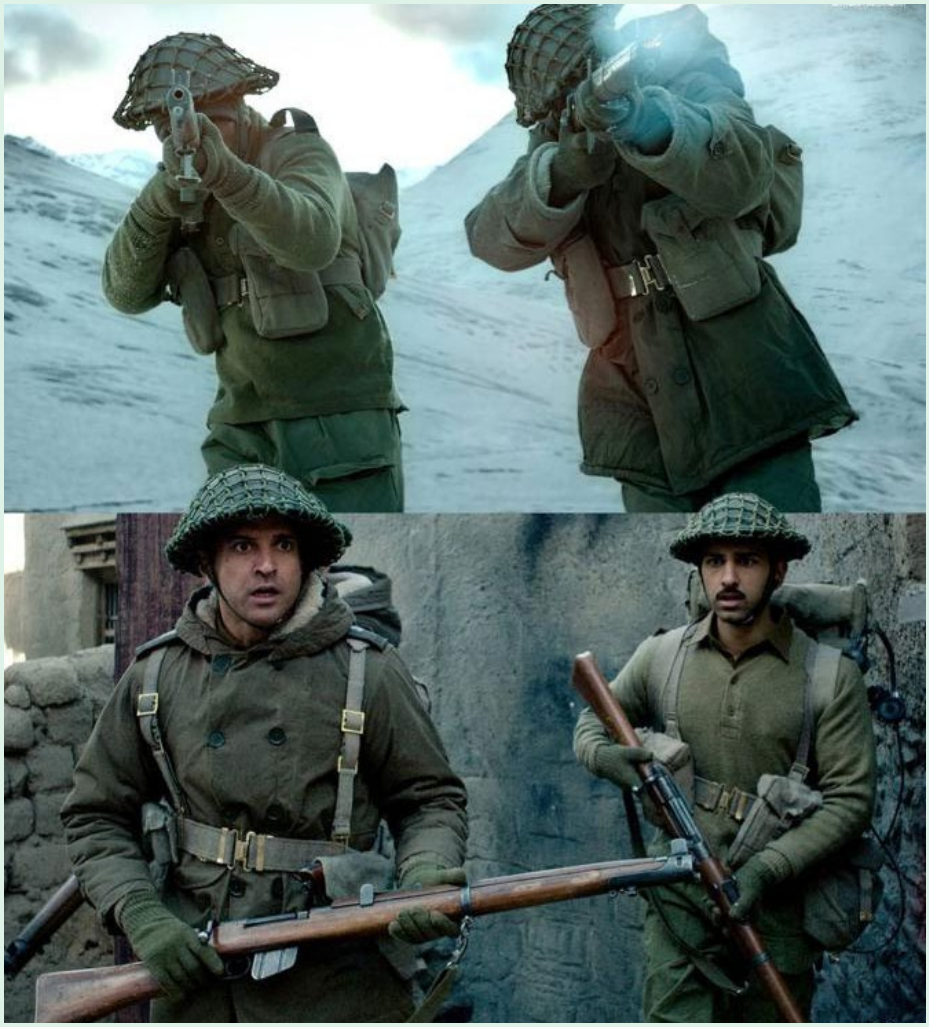
Yeah, she did. We did feel that there was an opportunity to create something new.

It would be nice to have a new song that can join that universe of songs.

I think Shreya Ghosal has done an incredible job.

You're a songwriter, an actor, a filmmaker. What exactly is your vocation?

I really, really do hope that five years down the line, whether it's a film I've acted in or directed, or a song I've put out, you and I can still have a chat like this, in a positive way.



Family Man 3: *'Thank God, We Didn't Delay Too Much'*

'But whenever we posted on social media about any other show or film, we received a hundred questions immediately.'

After four years, Director Raj and DK bring out the third season of The Family Man.

"It is obviously a little different from the first two seasons," Priyamani says.

"The family is more involved in this; we are also going to Kohima. But I can't tell you more," she adds.

In the series, Manoj Bajpayee plays Srikant Tiwari, a middle-class man leading a double life as an intelligence officer for the Threat Analysis and Surveillance Cell (TASC), a fictional division of the National Investigation Agency.

"That's why it took us four and a half years to do this. We are not the sequel kind of people. We usually move on to the next new story, so this is the hardest challenge for us: To write a third season," Raj Nidimoru says.

"And how do you keep it fresh? That's why it took us so long. Even to create the antagonists in the series, it took a very long time," he said.

'Sometimes, four years is too much. People forget.'

Earlier in June, the makers unveiled the first glimpse of the show, and confirmed the inclusion of new faces like Jaideep Ahlawat and Nimrat Kaur.

Returning in pivotal roles this season are Priyamani (Suchitra Tiwari), Sharib Hashmi (JK Talpade), Ashlesha Thakur (Dhriti Tiwari), and Vedant Sinha (Atharv Tiwari), among others.

Raj shared how the series is different in terms of characters and storyline.

"The texture is different. Even the characters have progressed quite a bit. Manoj and Priya, it's very difficult to do the same character and be fresh again. So they have done an excellent job to push the characters more. Jaideep and Nimrat have induced the external freshness needed for the series," he says.

"Sometimes, four years is too much. People forget. We were aware of that," Krishna DK says.

"Even Amazon was saying that you are coming after four years, what will the reaction be? But whenever we posted on social media about any other show or film, we received a hundred questions immediately. When is Family Man 3 coming? That kept our hope alive. People are very interested. Now when the trailer comes out, people are really looking

forward to it. It makes me very happy, thank God, that we did not delay too much."

"I have not played such a part in India till date," Nimrat Kaur says of her antagonist role.

"I think in life, what is called a femme fatale, we do not know the backstory of it. Where is she coming from? Why is it like this? I think the screen time is crisply placed. What are her motivations? Why is she connected to this world? It is a very odd placement for a woman to be running a show which mostly a man would. Such a character is generally very suave, suited, with a James Bond kind of feel.

"I used to feel that I hope I can do justice to how ruthless she is,"

Manoj Bajpayee described the atmosphere on set as 'very good'.

"Eight years means we have spent a lot of time together," Bajpayee says.

"In a way, I wouldn't call it a family. It has evolved into a group where you can start whenever you meet. One good thing about Family Man is that not only me, but all the cast members want the next one to start soon. They want to go on set soon. There is never a time when you feel exhausted doing this.

"You always feel that this time, we will do something new again. We will meet these people again. There is always a nostalgia with which you are living," he added.

Directed by Raj & DK, the third instalment of the high-stakes spy action-thriller series marks the return of the iconic spy, Srikant Tiwari, played by Manoj Bajpayee, who is on the run along with his family after he was labelled as the 'most wanted man' in the country.

Bajpayee elaborated on his approach to reprising his role as Shrikant Tiwari: "There is no need for freshness. It's a character you inhabit. A lot has happened in Shrikant Tiwari's life over the past four-five years. From where the story starts, you get to know what all has happened in his life. What is going to happen next is in the script. So on the basis of that, you start seeing things in a new light. To remind yourself what exactly the fundamentals of Shrikant Tiwari is, you watch one episode of the first season, one or two episodes of the second season... After that, you enter a different journey," he explains.

The third season introduces us to new adversaries in the form of Jaideep Ahlawat, who plays a drug smuggler in the North East.

While talking about his character, Rukma, Ahlawat says, "The preparation is the same in every way, and a big part is in the script. All the logic is there, all the emotions are there.

"I remember when I met Raj & DK sir for the first time, the way they explained to Rukma, the kind of a person he is and why he is the way he is... you keep all these things in mind. When you keep reading or asking yourself, why is this or why is that, you become an expert. And when the team is good, you don't have much tension."

Bajpayee praises the cast, especially Jaideep Ahlawat and Nimrat Kaur.

"They are new, known faces, and very talented," he says.

"Seeing them in the trailer or poster, I am seeing a new excitement in the viewers. It's also because of these two," he says.

The Family Man 3 will start streaming from November 21 on Amazon Prime Video.

'I Want To Leave People With Hope'

'It's far-fetched to say that human thinking will become subservient.'

Grippingly narrated by writer-director **Aranya Sahay,** Humans In The Loop is making big waves.

The latest buzz is that after its American theatrical release, the film will now qualify for Oscars consideration in the Best Screenplay category. It is currently streaming on Netflix.

The articulate filmmaker, who says, "If independent cinema is emotionally resonant, we can break through and make very good films which reach audiences. Gradually. What I and other people in the independent space do now will resonate 10 years after us."

Your film is receiving accolades from reviewers, film festivals and from celebs like Shabana Azmi. What in particular are you enjoying about this high phase?

It has received immense love, to the extent that the partners in Los Angeles want to run it for a second week.

We won the Sloan Distribution Grant which is given to science-based films; Oppenheimer got it earlier.

Based on that grant, we were able to roll out the film theatrically. Our film also featured in The New York Times list of Top 5 international films streaming on Netflix.

It has been very exciting and eye-opening.

Of course, it's a great feeling, but because it's an independent film and I'm also wearing the producer's hat, in my mind what's running is: 'What's next? What task needs to be completed to move closer to what we're aiming for?'That's the phase I am in.

Do you see promotions as a necessary part of the filmmaking process or are you impatient to get back to creating?

I am a little irritated with the fact that I'm not able to write and create as much as I would like to because right now, it's particularly logistics-driven and also strategy-oriented.

I'm getting a little impatient, but it's fine. Honestly, the film's entire run needs this and I'm happy to do that.

An independent filmmaker has to work doubly hard to ensure that his film finds an audience. What is the process of marketing the film, and how did Netflix and Kiran Rao get involved?

Not just doubly hard, an independent filmmaker has to work triply hard. You have to work 300x to get 50 percent of the eyeballs that a commercial film with a known face will get.

When we premiered at the MAMI film festival, 80-90 people of the 300 who attended wrote personal essays on their Instagram.

We realised that the film is receiving a lot of love so we need to consistently show the film.

But film festivals are once in two-three months, so this is where a community-driven roll-out came into play.

We screened the film 100 times across India and the US for us to reach a momentum where Kiran Rao saw the film. Then she joined us as an executive producer, and nudged us towards a theatrical release. Eventually, we got a Netflix release.

How and why did you decide to pursue independent film-making?

I'm not necessarily pursuing independent filmmaking, I'm pursuing filmmaking where I can exercise some amount of creative control.

What convinced you to go with an English title for a set-in-lush-green Jharkhand story revolving around a tribal mother of two whose knowledge of local flora clashes with the Artificial Intelligence company she works for?

Humans in the loop is actually an AI term.

It means that while training algorithms, the human will always be in the loop because there's always a need to course-correct algorithms.

Your name Aranya means forest; and your film addresses ecological concerns. Coincidence?

It is a coincidence of sorts.

My mother was a sociologist, and my father was posted in Aizawl when she was pursuing sociology. I think the name comes from the forests around Aizawl.

I'm familiar with a lot of forest landscapes.

My father used to take me to a lot of treks when I was a child. Of course, I was able to discover the Jharkhand-specific locations only with the film.

What is the primary message you want to convey through the film?We are at a cusp where we can train AI to imbibe values of humanity.

There's also a possibility for algorithms to represent with empathy all sorts of people and ideas and ideologies.

How real do you think is the danger that individualistic human thinking will become subservient to a predetermined algorithm or data set?

I think it's far-fetched to say that human thinking will become subservient.

It's a beautiful paradox.

We are limited by all the data that can be digitised.

I believe there's a lot of data which is not written, it's passed on through touch, smell, seeing your parents do something. That will make us special, not subservient.

I am glad you didn't choose a tragic end, conventionally considered more impactful by many.

It's a conscious choice as a filmmaker.

I don't want to leave people with misery. I want to leave people with hope every time that things can be better than they are.

Did the shoe-string budget decide the cast and production values?

Yeah, of course. We shot this in 12 days.

You have also acted in Humans In The Loop. Is that a Hitchcockian touch or are you also an actor?

It happened because of majboori.

The actor was not available on that day so I did it.

I enjoyed it a lot, so maybe I will pursue acting in the future... that is, if somebody gives me an acting job.

Your casting is on point. What gave you the confidence to cast Sonal Madhushankar, an immensely talented actress but a rank newcomer, as the protagonist?

The question why I went with a new face is very pertinent. It's because we needed such an absolutely splendid performer for the film.

I auditioned her close to five-six times and every time, she gave me a good output.

Sonal's performance is absolutely a revelation.

What are you working on next?

Mayapuri is one of the films that I'm doing.

Another idea I have is a superhero film. It's easier but the scale is bigger than Humans in the Loop, so it's a similar challenge.

What are the possibilities and limitations of independent filmmaking in India?

The greatest possibility is creative control.

You are answerable to yourself and like-minded people who you choose.

The pitfall is that it's not necessary that the film will be picked up for distribution even if it's beautiful. That's a big challenge and we all have to come together to address it.

I feel that if independent cinema is emotionally resonant, we can break through and make very good films which reach audiences. Gradually.

What I and other people in the independent space do now will resonate 10 years after us.

Winter Diet for Weight Loss

The chilly weather means that staying warm under cozy blankets becomes a priority because an early morning workout can seem cruel at this time. Winter can be really nice in many aspects- meeting family for the holidays and the great food that comes along with it, but it can be challenging for your waistline to remain in control at the same time. It is much safer and warmer for someone to stay at home too, rather than get out. Eating comfort foods is also a priority now and these may not necessarily be healthy either. Less sun means we are more in the dumps than usual and don't feel like going out. So, when you add all these factors up, you know nothing good is going to come of it.

Weight Gain In Winter - Why Does It Happen?

There are many reasons as to why someone may gain weight in the winter. Most of them are valid reasons, while others can be attributed plainly to us feeling lazy. But let us look at some of the more common reasons in some detail-

- Winter coincides with a lot of festivities for us on the Indian subcontinent- Diwali, Lohri, Makar Sankranti, Pongal, Christmas, Holi, etc. along with countless other auspicious days which mean more weddings and related events to attend. This means a lot of fatty, but super tasty food- and below-average to really poor portion control.
- The chilly weather can make us want to stay home and not get enough exercise- which may cause us to pile on the kilos.
- Fresh produce is slightly harder to come by, but you can compensate with all the great greens that grow only in this season.
- Our hormones change in the winter too- which is why we feel 'gloomier' than usual, with low serotonin and greater levels of melatonin that make us sleepy.
- The good thing about winter is- your body has to work harder than usual to stay warm and so, will expend energy for this need. So, if you can eat less, then you could see a beneficial loss in weight. But this will NOT be substantial in number.

Sensible Diet Plan For Weight Loss-

Thankfully, there is no dearth of good food and sensible recipes for you to try this winter, so let us look at a diet plan that is easy for you to follow-

- Get out of bed every morning, dress warm, and go for a walk or a run, a swim in a heated pool, l or do some yoga- the important thing is for you to keep moving even if the bed seems incredibly inviting.
- You should plan your meals in advance- so if you go to the mandi or market once a week and stock up on veggies, fruits, and other essentials, you can then write out a list of recipes you could easily prepare, without much hassle. Eating homemade food is good for you any time of the year and NOT just winter.
- You can eat foods like nuts, broken wheat, and millet which are rich in protein and will also help keep you warm.
- Eating protein with every meal should be a priority- so if you want to eat dosa, have it with some scrambled paneer or egg curry, rice with dal and poriyal or sabzi, stuffed paneer or tofu or soy paratha with veggie-loaded raita, etc. You can also add soups which will help hydrate you and warm you up well.
- Drink plenty of water though you may not feel thirsty that easily.
- Include whole spices like cumin, turmeric, pepper, cloves, cinnamon, star anise, bay leaf, mustard seeds, sesame seeds, etc - all of these are great for you taste-wise and will help keep your immunity up. No sickness means no downtime and better chances of staying active.

Conclusion- Burning calories can seem challenging this winter but it does not have to feel impossible. If you can get some exercise, hydrate well, and eat good quality food (while exercising good portion control), you can still get away with eating some of the yummy festive treats that you won't find at other times of the year and also lose some weight. Your mood is also much better, which means you won't be sulking around at home, trying to avoid people and life. So, what are you waiting for? Get out of the covers and enjoy everything this winter can offer!

1) Why do people gain weight in the winter?

People are generally more sleepier and less active in the winter, so this may cause them to add on the kilos.

2) Do quick diets work in this regard?

No, quick fixes should NEVER be a priority. You will just gain weight again if you decide it is too much to deal with. Making sustainable changes that you will stick to is paramount.

3) What kinds of food should I NOT be eating this winter?

Don't eat too many sweets, fried and salty foods, and pile on food just because you feel hungry. Eat however much is needed, use a scale if necessary,y and practice portion control at all times.

4) Why should I supplement with Vitamin D in the winter?

The feeble sun can mean low Vitamin D levels- which can affect your moods, bones, and immunity. So supplement right away if your blood tests show low values.

5) How important is a good sleep schedule for weight loss in the winter?

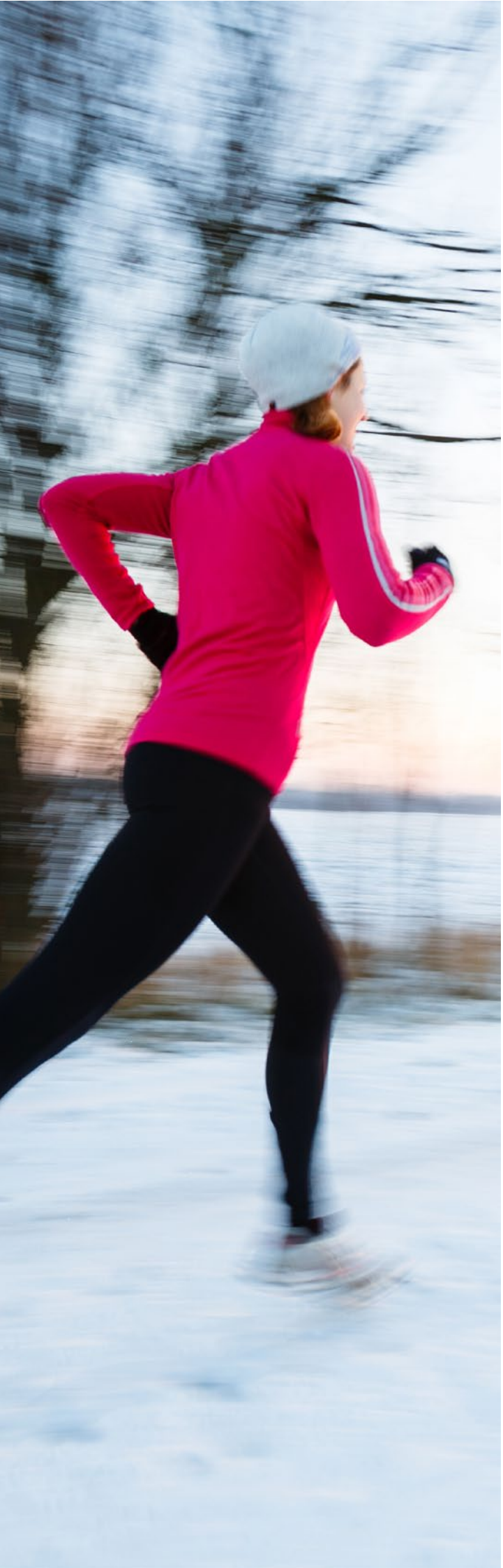
Sleeping well is important because your hormones need to work properly. If you sleep too much, then you risk gaining weight.

How To Maintain *Fitness* In Winter

When the temperature drops, motivation to work out tends to fall with it. The cold weather, shorter days, and comfort foods make it easy to skip exercise and indulge more. However, maintaining your fitness in winter is essential to stay healthy, boost immunity, and keep energy levels high.

Doctors emphasize that staying active in winter supports both physical and mental well-being. Regular exercise improves circulation, strengthens your heart, and prevents winter weight gain. The key is to adapt your routine, not pause it.

With small adjustments to your workout schedule and diet, you can easily maintain fitness throughout the colder months.



Why Fitness Often Declines in Winter

Winter tends to slow down everyone's routine. Cold mornings discourage outdoor workouts, and comfort eating increases calorie intake. The lack of sunlight can also lower mood and energy, leading to inactivity.

Inactivity during this period weakens metabolism, increases stiffness, and can even trigger joint pain. According to experts at Sahyadri Hospitals, moderate exercise, even indoors, keeps your body active and helps manage weight effectively. Maintaining consistency, no matter how small the effort, is what keeps fitness levels stable in winter.

Top Ways to Maintain Fitness in Winter

It's possible to stay active and fit even when the weather isn't encouraging.

Here are some simple, effective ways to maintain your fitness:

- Set realistic goals and stick to a fixed schedule that fits into your winter routine.
- Warm up thoroughly before exercising to prevent muscle stiffness and injuries.
- Try indoor workouts like yoga, skipping, or dance routines to stay active at home.
- Dress in layers to stay warm and comfortable while working out outdoors.
- Eat protein-rich meals to keep your metabolism high and muscles strong.
- Stay hydrated as winter dehydration often goes unnoticed.
- Get enough sunlight exposure to maintain vitamin D and boost mood.
- Staying active doesn't have to mean intense workouts, consistency matters more than intensity.

Diet Tips to Support Winter Fitness

A good diet plays a major role in maintaining your fitness. In winter, our bodies naturally crave warm, heavy foods, but choosing nutrient-dense meals makes a big difference.

Include seasonal vegetables, soups, lentils, and whole grains to ensure balanced nutrition. Add nuts and seeds for healthy fats that keep you energized. Avoid processed foods and sugary treats that contribute to weight gain. Experts at Sahyadri Hospitals also suggest drinking plenty of water and herbal teas to stay hydrated.

Combining a clean diet with light exercise helps keep your energy and immunity strong all winter long.

Precautions for Safe Winter Workouts

Follow these precautions to keep your workouts safe and effective:

- Always stretch before and after exercise to prevent injuries.
- Avoid exercising outdoors during extreme cold or fog.
- Dress in layers to regulate body temperature easily.
- Keep your breathing steady during workouts to improve stamina.
- Stay hydrated even when you don't feel thirsty.
- Following these steps ensures your body remains protected while staying active through winter.

Experts emphasize preventive health and fitness as key to long-term wellness. As one of the best hospitals in Pune, Sahyadri offers specialized guidance in nutrition, physiotherapy, and lifestyle management for all age groups.

Their dedicated healthcare professionals help individuals design personalized winter fitness plans focusing on immunity, joint care, and metabolism. The team ensures holistic care that keeps you active, healthy, and injury-free throughout the season.

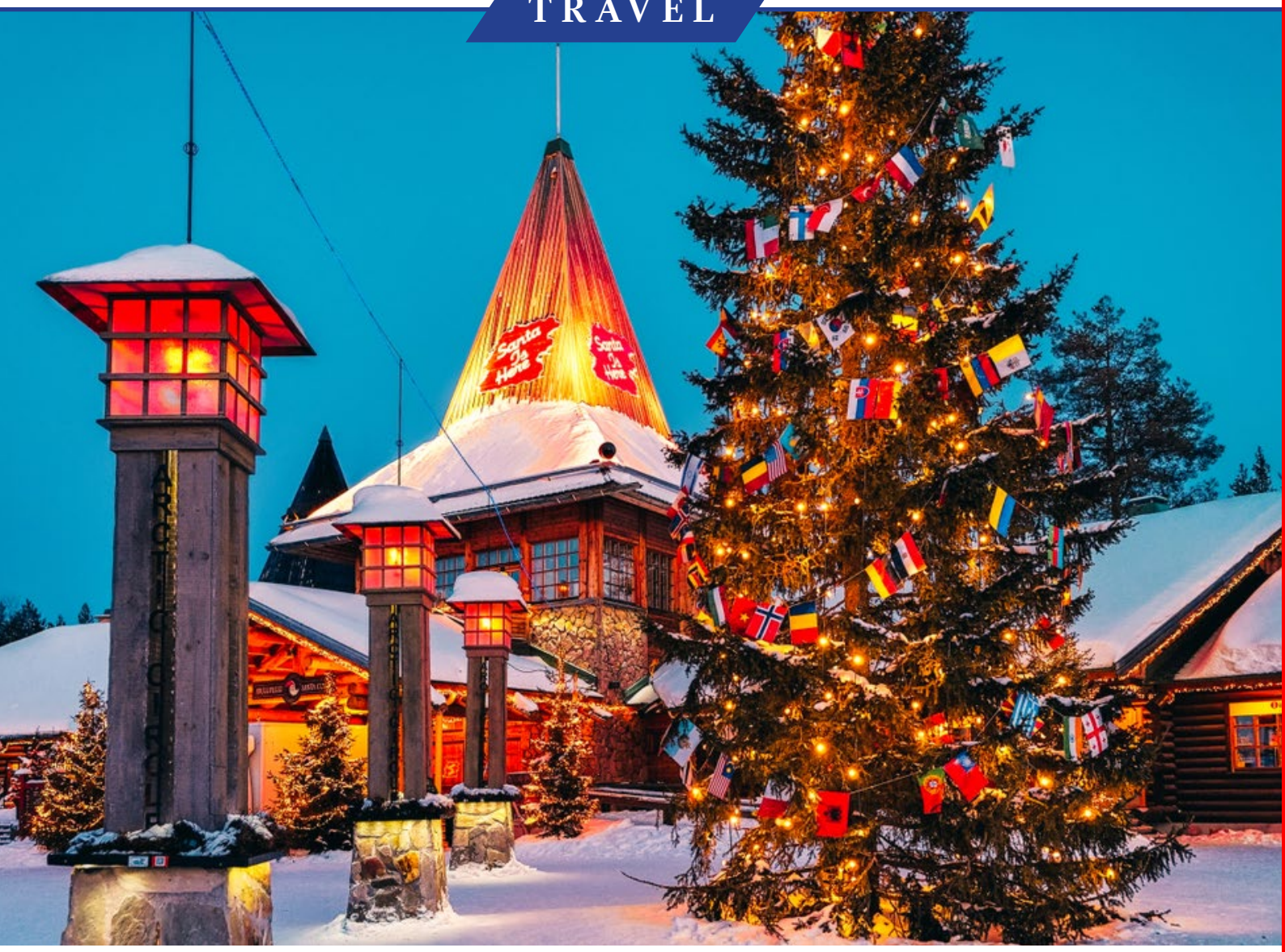
For guidance on safe workouts and nutrition, visit Sahyadri Hospitals, one of the leading hospitals in Pune for preventive healthcare.

Conclusion

Maintaining fitness during winter isn't about perfection, it's about persistence. With consistent exercise, balanced meals, and proper hydration, you can stay healthy even through the coldest months.

specialists encourage everyone to keep moving and eating smartly, as fitness supports not just physical health but also emotional balance. Whether it's indoor exercises or brisk outdoor walks, every small effort counts.

So, make this winter your season of strength and wellness with expert guidance from Sahyadri Hospitals, the best hospital in Pune for holistic health and lifestyle care.



THE 9 BEST PLACES TO SPEND CHRISTMAS AROUND THE WORLD FOR FOODIES

Christmas time can be one of the most magical times to travel — but where you go depends on what you crave. From mulled wine in Europe's twinkling markets to sun-drenched tacos in Cabo and steaming bowls of ramen in Tokyo, these are the best holiday escapes for food lovers.

Dreaming of where to spend Christmas this year? Whether it's sipping mulled wine at a fairy-tale market in Tallinn, carving down snowy slopes in Zermatt, or maybe you want to swap the sleigh bells for a sunny beach in Cabo armed with a page-turner and a frosty margarita, the world offers no shortage of unforgettable holiday escapes. Food lovers in particular have reason to celebrate: Europe's historic markets brim with spiced treats and roasted delicacies, Tokyo serves up a modern, umami-fueled feast, and Mexico's coastal resorts pair festive cheer with sun-drenched flavors.

Whichever direction your wanderlust inspires you to travel, we have nine delicious ideas for Christmas holidays around the globe.

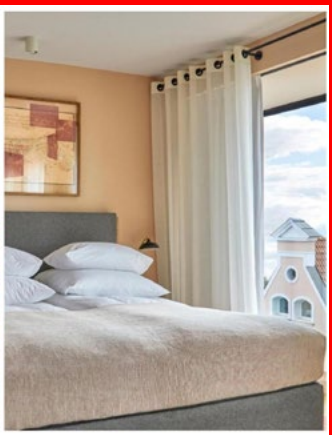
1. Gdańsk, Poland: For Romantic Christmas Markets by the Sea

The beautifully lit Christmas fair in the Main City of Gdańsk, Poland, at dusk. © Patryk_Kosmider/iStock

On the Baltic Coast of northern Poland, Gdańsk brims with history and Gothic architecture. While summer is prime time for water activities like kayaking and yachting, winter has its own charm, including a Christmas market straight out of a fairy tale. Voted Europe's Best Christmas Market in 2024, it draws travelers from around the globe with dazzling lights, a Venetian carousel and even Santa's corner. It runs from Nov. 21 until Dec. 23.

Gdańsk in Poland has some shiny new hotels with great views and heart-warming cuisine, perfect for the holidays. Jakub Strzelczyk, Karol Kacperski/Arco by Paco PérezGdańsk in Poland has some shiny new hotels with great views and heart-warming cuisine, perfect for the holidays. Jakub Strzelczyk, Karol Kacperski/Arco by Paco Pérez

Our favorite local eats at The MICHELIN Guide include the One-Starred Arco by Paco Pérez, perched on the 33rd floor with sweeping views of the Baltic, where Pérez prepares top Polish ingredients with Spanish inspiration; Hewelke, a trendy Bib Gourmand spot inside a former brewery serving globally influenced dishes; and Fino, an Inspector favorite in the Old Town, where luxurious ingredients like Ossetra caviar mingle on the menu with seasonal products like venison and fresh truffles.



Bouncy beds and sea views at PURO hotel in Gdańsk, Poland. © PURO GdanskBouncy beds and sea views at PURO hotel in Gdańsk, Poland. © PURO Gdansk

For a MICHELIN Guide Inspector-recommended stay, check into Puro Gdańsk Stare Miasto, a modern property from the design-forward Puro Hotel group with interiors by DeSallesFlint.

2. Cancún and Cabo, Mexico: For Sun-Drenched Beaches and Festive Escapes

A sunny beach with warm turquoise waters in Cabo, Mexico, a top Christmas destination. © FGM/iStock

There's a wealth of restaurants to have on your radar for the Christmas holidays in Mexico. © (L) ATELIER Playa Mujere, (R) ATELIER Playa Mujeres - María Dolores by Edgar Núñez/María DoloresThere's a wealth of restaurants to have on your radar for the Christmas holidays in Mexico. © (L) ATELIER Playa Mujere, (R) ATELIER Playa Mujeres - María Dolores by Edgar Núñez/María Dolores

Nobu Los Cabos is one of the sleekest spots to bed down at, with sunny climes in December. © Nobu Los CabosNobu Los Cabos is one of the sleekest spots to bed down at, with sunny climes in December. © Nobu Los Cabos

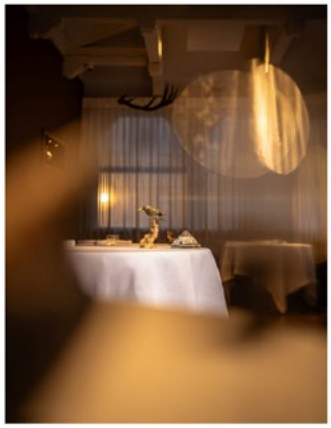
As the jewel of the Mexican Caribbean, it's understandable why Cancún has become so de moda for winter travel. The white-sand beaches and turquoise waters are just part of the appeal. Here you'll also find the vestiges of Mayan culture, a robust gastronomic heritage and a pulsating nightlife.

For dining, MICHELIN favorites include María Dolores, where diners can expect contemporary Mexican cuisine from renowned Chef Edgar Núñez. Just south of the city, inside Azul Beach Resort, Le Chique is a One-Starred restaurant with a tasting menu spanning Mexico's regions and showcasing Chef Jonatán Gómez Luna's distinct personality and style. For recommended stays, check out One-Key Waldorf Astoria Riviera Maya, which combines sleek, breezy Caribbean style with the hotel group's signature luxurious feel.

On the Baja California Peninsula along the Pacific Ocean, Cabo San Lucas is a quaint fishing village that has become a jet-setter destination. Between the golden beaches and the rusty El Arco rock formations, the landscape is breathtaking. For MICHELIN-vetted eats, book a table at One-Starred Cocina de Autor Los Cabos or Bib Gourmand holder Metate. One-MICHELIN-Key hotel Nobu Los Cabos is an excellent option for getting some R & R after a long and busy (or slow and lazy) day.

December is the start of the high season in Cancún and Cabo, so book early.

3. Alsace, France: For Storybook Charm and a Feast of MICHELIN Stars



Alsace in France is the ideal spot for spending the Christmas holidays in December for its decorations and storybook architecture. © Ana del Castillo/iStock

Did you know that Alsace, the unassuming region in eastern France, boasts one of the highest concentrations of MICHELIN Stars in the country? With miles of farmland, a robust heritage of artisan producers and a proximity to Germany and Luxembourg that ensures a steady stream of international diners, it's no surprise that this corner of France shines on the culinary map.

December travelers can explore the charming Christmas markets throughout the storybook towns of Alsace, sampling mulled white Alsatian wine, nibbling bredele Christmas biscuits and perusing craft stalls. Strasbourg is home to the most famous market, dating back to 1570, as well as plenty of MICHELIN Guide picks, like Au Crocodile, a One-Starred local institution, and Chez Yvonne - S'Burjerstuewel, a beloved Alsatian winstub (wine tavern) and Bib Gourmand restaurant.

Don't miss Chef Olivier Nasti's restaurants when in Alsace over the holidays. © Ilya Kagan/La Table d'Olivier NastiDon't miss Chef Olivier Nasti's restaurants when in Alsace over the holidays. © Ilya Kagan/La Table d'Olivier Nasti

For a quieter experience, Kaysersberg is home to a smaller market featuring a careful selection of local artisans. When hunger strikes, Chef Olivier Nasti's restaurants La Table d'Olivier Nasti (Two Stars) and Winstub du Chambard (Bib Gourmand) are MICHELIN favorites within a hotel to have on your radar. For a sweet treat afterward, pop around the corner to the chef's bakery Levain to sample still-warm kougelhopf and pistachio puff rolls.

As well as the location for Olivier's Nasti's restaurants, Le Chambard is also a cozy hotel to book for the holidays. © Le Chambard AlsaceAs well as the location for Olivier's Nasti's restaurants, Le Chambard is also a cozy hotel to book for the holidays. © Le Chambard Alsace
Head to Ribeauvillé to experience a medieval Christmas market, replete with dancers, street entertainers, acrobats, jugglers and even fire-eaters. Our MICHELIN Guide Inspectors recommend saving your appetite for One-Starred La Table du Gourmet in nearby Riquewihr (also home to a lovely Christmas market), which has the added bonus of its top-notch wine list.

4. Valkenburg, Netherlands: For Santa's Village and Farm-to-Table Fine Dining

The Christmas market in the picturesque town of Valkenburg, Netherlands. © Jan van der Wolf/iStock

Voted the best Christmas market in the Netherlands, Valkenburg's Christmas Town is for anyone who can't get enough holiday cheer: If Elf and White Christmas are on your annual watch list, this destination is for you. Think Santa's Village, an underground market with enchanting light shows, a festive parade and more. For foodies, there's the Route d'Amuse, a culinary walk that passes through four local restaurants, offering guests a delicious bite at each.

There's some unexpectedly good farm-to-table dining in and around Valkenburg, Netherlands. © Bas Janssen/AmbrozijnThere's some unexpectedly good farm-to-table dining in and around Valkenburg, Netherlands. © Bas Janssen/Ambrozijn

When you're ready to sit down for a proper meal, our MICHELIN Guide Inspectors recommend Ambrozijn, inside a former church, where Chef Sven Nijenhuis taps into French cooking styles and boundary-pushing techniques. Les Salons, set in a palatial Belle Époque estate, combines contemporary French cooking and a farm-to-table ethos in dishes like braised halibut fillet with a light mushroom emulsion and crispy parsnips.

The stately Château St. Gerlach Valkenburg, Netherlands, and its grounds in winter. © Château St. GerlachThe stately Château St. Gerlach Valkenburg, Netherlands, and its grounds in winter. © Château St. Gerlach

Recommended hotels include Château St. Gerlach, a 15th-century monastery transformed into a Dutch countryside luxury hotel, plus plenty of stylish options in nearby Maastricht. Van Oys Maastricht Retreat, for instance, is a new addition to our selection — a quietly luxurious stay.

5. Zermatt, Switzerland: For Alpine Slopes and a Snowy Wonderland

The twinkly lights and ski slopes of Zermatt in the Alps at Christmas. © VogelSP/iStock

If you're dreaming of a white Christmas, head to Zermatt, an Alpine village at the foot of the Matterhorn where snow is guaranteed every year. By day, skiers can tear down the slopes of one of Europe's top ski destinations. By night, stroll the cobblestone streets and take in the festive lights of the village.

Zermatt has some great dining options beyond Swiss classics like fondue, including Bazaar, a Bib Gourmand cocktail lounge with delicious Asian-inspired snacks that's located in the chic CERVO Mountain Resort. On the slopes, a stone's throw from the gondola station, you'll find Marmo, an Inspector-recommended restaurant whipping up sophisticated Alpine fare like cured char with beet tartare, horu cheese fondue and Black Angus burgers. Other standouts include the Peruvian spot La Muña and The Omnia, a seasonal, mostly plant-based restaurant inside the hotel of the same name.

Hotels and restaurants here offer lots to do on and off the ski slopes around the Christmas holidays. © Christian Pfammatter, CERVO Mountain Resort/BazaarHotels and restaurants here offer lots to do on and off the ski slopes around the Christmas holidays. © Christian Pfammatter, CERVO Mountain Resort/Bazaar

The view of Zermatt from above and Omnia hotel with the Alps jutting out from behind. © Omnia ZermattThe view of Zermatt from above and Omnia hotel with the Alps jutting out from behind. © Omnia Zermatt

The Omnia, with One MICHELIN Key, is a great hotel option, as is the One-Key Backstage Hotel Vernissage.

6. Tokyo, Japan: For an Umami-Fueled Christmas Holiday in the City

Winter holiday lights in Tokyo near Marunouchi. © wnmkm/iStock

Between its historic teahouses, ancient temples, busy markets and neon-lit streets, Tokyo is an ideal December destination for hungry travelers — hungry for fashion, art, culture and, of course, delicious food.

The pared-back dining room and a dish at Tokyo restaurant Sézanne. © SézanneThe pared-back dining room and a dish at Tokyo restaurant Sézanne. © Sézanne

Check out the Japanese capital's glittering winter illuminations — we especially love the gold hues along Marunouchi Naka-dori Street, in Midtown Garden and at Roppongi Hills and Keyakizaka. After taking in the light show, MICHELIN has plenty of restaurant recommendations: The 2025 Guide featured 507 in Tokyo, including 170 Starred establishments and 110 Bib Gourmand selections. SÉZANNE is one of the latest Three-Star additions to the guide (and it's located within the One-MICHELIN-Key Hotel Four Seasons Marunouchi Tokyo). There, Chef Daniel Calvert's culinary journey, from London to New York to Paris to Hong Kong and beyond, interweaves on the plate. You can get your ramen fix at MICHELIN Guide-vetted spots like YAKUMO and Ginza HARU CHAN Ramen, or omakase at Mutsukari or Tenoshima both boasting One Star.

The pool that overhangs the city and a blond wood room at the Aman in Tokyo. © Aman TokyoThe pool that overhangs the city and a blond wood room at the Aman in Tokyo. © Aman Tokyo

When it comes to exceptional hotels, we have you covered, from design-forward options like BnA_WALL to splurge-status stays like Aman Tokyo (Two Keys).

7. Nuremberg, Germany: For the World-Famous Market and Bratwurst Traditions

"Frauenkirche" view from the famous Christmas Market in Nuremberg, Germany © J-Picture/iStock

Steeped in history and holiday spirit, Nuremberg is a great option for December travelers. The Christkindlesmarkt, one of the world's most famous Christmas markets, fills the Old Town with gingerbread, almond spekulatius cookies, mulled wine and handcrafted ornaments. Visitors can browse the wooden booths and snag the perfect souvenir.

Grilled meats and chalet-style interiors at Bratwursthäusle restaurant in Nuremberg, Germany. © BratwursthäusleGrilled meats and chalet-style interiors at Bratwursthäusle restaurant in Nuremberg, Germany. © Bratwursthäusle

Food lovers have a broad culinary spectrum to dive into, from the rustic charm of Bratwursthäusle — a must-visit for any first-time visitor eager to try the city's legendary sausages, reportedly sold here since 1312 — to the elegance of Essigbrätlein, a Two-MICHELIN-Starred restaurant where Chefs Andree Köthe and Yves Ollech craft truly innovative dishes and shine a light on seasonal veggies.

The local area around Karl August Hotel in Nuremberg, Germany. © Karl August - a Neighborhood HotelThe local area around Karl August Hotel in Nuremberg, Germany. © Karl August - a Neighborhood Hotel

Imperial by Alexander Herrmann is a sleek restaurant set within a historic building featuring soaring ceilings and grand arched windows, where diners can watch Chef Michael Seitz work his culinary magic in an open kitchen. MICHELIN-vetted stays in Nuremberg include Karl August in the lively Augustinerhof district.

8. Tallinn, Estonia: For Fairy-Tale Christmas Markets and Wild Island Adventures

The Christmas lights of Central Market in Tallinn, Estonia. © Gavin Guan/iStock

Framed by the snowy medieval walls and defensive towers that are part of the UNESCO World Heritage Site of the Old Town, Tallinn in December feels like a storybook come to life. The Town Hall Square hosts a traditional Christmas market with crafts, decorations, a magnificent tree and local delicacies from black pudding and sour cabbage to gingerbread and piping hot Christmas drinks. Though it leans a bit toward souvenirs, it will definitely get you into the holiday spirit.

Sea views and fresh colorful fare at NOA, one of our Bib Gourmand restaurants in Estonia. © NOASea views and fresh colorful fare at NOA, one of our Bib Gourmand restaurants in Estonia. © NOA

For a more intimate culinary experience, NOA is a good-value Bib Gourmand restaurant with creative cuisine and dazzling sea views overlooking Tallinn Bay. Another MICHELIN Guide recommendation is also a Bib Gourmand: Lore Bistroo, a modern Estonian bistro in a cool, offbeat setting — think violet velvet banquettes and rattan armchairs.

The wooden surroundings at Maidla Nature Resort in Estonia is the ideal setting for the winter. © Maidla Nature ResortThe wooden surroundings at Maidla Nature Resort in Estonia is the ideal setting for the winter. © Maidla Nature Resort

After exploring the city, unwind at The Three Sisters Hotel, a boutique stay combining medieval charm, like stone walls and exposed wood beams, with modern creature comforts like room service and clawfoot soaking tubs. For a change of pace, Maidla Nature Resort, just 45 minutes from Tallinn, is a serene retreat composed of three contemporary villas, each by a different Estonian architect, set on stilts above wetlands.

9. Helsinki, Finland: For Wintry Nordic Crafts and Cutting-Edge Design

The Christmas lights of Helsinki in December. © Lev Karavanov/iStock

A city where modernity meets Nordic tradition, Helsinki invites visitors to explore its edgy design scene, artisanal craft markets and plenty of excellent restaurants. The Christmas market in Senate Square hosts nearly 100 artisans and vendors, with a vintage carousel, cherry vibes, hot cups of glögi (Finnish mulled wine) and daily visits from Santa Claus. It's no surprise it earned a spot on CNN's coveted list of the world's best holiday markets.

Atmospheric dining rooms and delicious local cuisine in winter in Helsinki. © Tuukka Koski/PalaceAtmospheric dining rooms and delicious local cuisine in winter in Helsinki. © Tuukka Koski/Palace

Foodie travelers have plenty to discover in Helsinki. Palace, a Two-Starred restaurant, sits on the 10th floor of a modernist building. Opened in 1952, Palace paved the way for modern Finnish gastronomy and became the country's first MICHELIN-Starred restaurant in 1987. At Grön (One MICHELIN Star), Scandinavian ingredients and vegetables shine. A fully vegan menu is also available. Locals love Kuurna, a small family-run Finnish bistro where the menu changes every three weeks.

The exterior and sauna bathrooms at Hotel St. George Helsinki, Finland. © Hotel St. George HelsinkiThe exterior and sauna bathrooms at Hotel St. George Helsinki, Finland. © Hotel St. George Helsinki

After a day of shopping and sightseeing, unwind in style at Hotel St. George, a hotel with a rich literary history, or Hotel Haven, occupying a distinguished building with disarmingly cozy interiors — Christmas-holiday perfection.

December 2025

TAROT

Loveena Crystal Gaze

(Tea and Coffee Cup Reader, Tarot card reader)

ARIES
(March 21- April 19)

A new n better part of your life is beginning for you, bringing joyous and happy moments.New blessings from Universe are being showered on you.

Angel msg- Love blossoms, contact someone special and go for a date.

TAURUS
(April 20- May 21)

News you have been waiting for anxiously comes through and money issues will be sorted. Angels have heard and answered your prayers.

Angel msg- Lucrative deals will be Signed, Angels are blessing you.

GEMINI
(May 22- June 20)

Welcome the new dawn in your life, Spread your wings, your dreams will be fulfilled. Angels are guiding you. Ask and you shall receive. A new Venture will turn profitable.

Angel msg- Financial stability is highlighted.

CANCER
(June 21-July 22)

A celebration period begins for you, career expansion plans will yield gains. Travel abroad for holiday is indicated.

Angel msg- universe is bringing prosperity to you. Open your arms to receive gifts from heaven.

LEO
(July 23- Aug 22)

Angels are blessing you with good fortune fortune and pleasant surprises. Messages, call from clients will bring financial stability in your Career. Welcome the new opportunity. Angels will manifest miracles in your life.

Angel msg- Abundance in money is coming your way.

VIRGO
(Aug 23- Sept 22)

Rainbow of happiness is coming your way, Finances are highlighted. Magical period ahead for business deals to materialise. Have faith.

Angel msg- Happiness awaits you now.

LIBRA
(Sept 23- Oct 22)

Make a wish and angels will manifest it for you. Your dreams are blooming, time has come to collect rewards from Universe. Aura is energized for financial gains. Reach for the stars.

Angel msg- Angels are blessing you with more comforts and luxury in your life.

SCORPIO
(Oct 23- Nov 22)

Positive energy will attract new opportunities and new clients. Allow and accept changes coming in your Career. Stay optimistic.

Angel msg- magical energy is Surrounding you. Thank the universe for blessings in your life.

SAGITTARIUS
(Nov 23- Dec 21)

Wheel of fortune has begin to turn in your favour and you will expect miracles. Take advantage of divine timing and make your move. Deals will be Signed. Spread your wings.

Angel msg- Angels are guiding you, smooth road ahead.

CAPRICON
(Dec 22- Jan 20)

Angels are guiding you to new horizons in your life. All your hard work will bring fruit. Happy outcome is assured All issues disturbing you will soon be settled. Let go of old,to welcome new opportunities in your Career and life.

Angel msg- keep charging ahead, happy moments ahead

AQUARIUS
(Jan 21- Feb 18)

Abundance and growth in Career is indicated. Aim high, don't be afraid. You will touch heights in your Career. Universe is blessing and being generous with you.

Angel msg- let new energy come in your life.

PISCES
(Feb 19- March 20)

Business ventures will prove beneficial, career growth is highlighted. Yu will achieve your goals. Have patience. Financially good period ahead for you.

Angel msg- money inflow is encouraging, Visualise your dreams.

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