

VISION ASIA



**Sonam
Kapoor**

Living life on
her terms

**Emraan
Hashmi**

Back in his comfort zone

**Alia
Bhatt**

Gearing up for stardom

**Kareena
Kapoor**

Changing priorities

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Frankly Speaking

While most actresses would line up for the chance to work with any of the Khans, Sonam Kapoor is a breed apart. Not in any hurry to make it to the top, she is more focused on her role rather than her co-stars. Her frank and outspoken attitude has often affected her relations with others but she is the kind who will not hesitate in calling a spade a spade. Known more for her sense of style rather than her performances, Sonam is unfazed by her detractors and stands tall in the face of all criticisms. Vision Asia caught up with the vivacious and free-spirited actress for an exclusive interview on her upcoming movie *Khoobsurat* and her choices in life.

Stay tuned to Vision Asia for a host of exciting new shows this September.

Jamai Raja, a daily, premieres on Zee TV, with the son-in-law taking on what has traditionally been the domain of TV bahu – uniting a warring family! Other new dailies include *Nisha Aur Uske Cousins* on Star Plus and *Udann* on Colors. New weekly shows to watch out for are *Airlines* on Star Plus and *Numm* on Colors. Yo Yo Honey Singh makes his television debut in the Star Plus reality show – *India's Raw Star*. SAB continues to bring in the laughter with a new show detailing the exploits of a fireman in *Chandrakant Chiplunkar Seedi Bambawala*. Also back on SAB this September is a much loved show – *Antakshari*.

World Television Premieres include the Akshay Kumar-Sonakshi Sinha starrer *Holiday – A Soldier Is Never Off Duty* and the Ayushman Khurrana-Sonam Kapoor starrer *Bewakoofiyaan*. Super hit movies to watch out for are *Kaminey*, *Agent Vinod*, *Singham*, *Shuddh Desi Romance*, *Rowdy Rathore*. Classics to enjoy include *Yaadon Ki Baraat*, *Aakhir Kyon*, *Pukaar*, *Bawarchi*.

Vijay International brings back the exciting reality show *Kitchen Superstar* for season 3. Premieres on PTC Punjabi include *Heer and Hero*, *Ishq Geraai* and *Waris Shah*.

We wish you a very happy Onam, Navaratri & Durga Pooja this September.

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It is not my business what people think about me and how they view me.

Sonam Kapoor



FIT

has been a



“I believe that it is important to respect your body. If you stick to your rules, your body always supports you



NESS

way of life for me

His early initiation into fitness with martial arts

His well-toned physique and prominent abs have not been achieved overnight. Tiger Shroff admits that he has been tuned into fitness from his childhood days, when he was introduced to martial arts. "I began training in martial arts at the age of six.

Fitness has been a way of life for me ever since. I have worked on my fitness levels over the years," confesses the actor.

According to Tiger, it was his obsession with Bruce Lee that made him pursue martial arts, "I was a huge Bruce Lee fan and would keep track of all his films. I would spend hours practicing martial arts, particularly Taekwondo, so that I could set a precedent in the game one day," he says.

His inclination towards sports

While he persevered to excel in martial arts, Tiger has always been a sports-loving person, who enjoys outdoor sports. "Besides martial arts, I was always into sports; I played football and basketball professionally during my growing years. I also practiced Kickboxing and was into gymnastics. For me life was all about sports, gymnastics and a ball."

His decision to take up acting was a fall-out of his lack of interest in education, "Since I was not into academics much, I decided that I would take up acting as that was all I could do," he smiles.

His fitness levels

His father, Jackie Shroff has often praised Tiger for his sense of discipline as far as his diet and workouts are concerned. Tiger admits that he never cheats on his diet and rigorously adheres to his workouts whenever he wants to achieve something, "I keep changing my workouts every three to four months. I eat home cooked food every two to three

hours. I don't smoke or drink. I drink a lot of water and have a low salt diet. I believe that it is important to respect your body. If you stick to your rules, your body always supports you," he says.

According to him fitness also has a lot to do with strength, flexibility and endurance, which is achieved by conditioning your body.

His Diet:

Tiger begins his day with a heavy breakfast which consists of eight egg whites and a bowl of oatmeal. That is followed by a mid-day meal of dry fruits, fresh fruits and a whey protein shake. Lunch usually consists of brown rice, chicken or fish and assorted boiled vegetables. In the evening, he once again has a protein shake, followed by a vegetable sandwich. He wraps up his day with an early dinner at 7.30 p.m.

The golden rule for him to avoid unwanted weight is to keep away from all carbohydrates in the evenings. "I make it a point not to have any carbohydrates after 7 p.m. My dinner usually consists of grilled fish, green beans or broccoli." Once in a while he does take the liberty to indulge in desserts like ice-creams or chocolates. "But I make up for it by putting in an extra hour of exercise," he says.

His exercise routine:

Tiger has been working out for the past few years under the guidance of his trainer Jai Chauhan. "He makes me undergo a lot of stretching, push-ups and punches for flexibility before hitting the gym," informs the actor.

The actor has scheduled his workouts in such a way that he can concentrate on different body parts every day. "I work out my chest one day, and focus on my legs the next day. On the third day I work out my shoulders, while it will be only arms the following day. I do a lot of crunches for my abs and my back. I do all this under the watchful eyes of Jai, who comes up with various suggestions." The actor also practices gymnastics and

Parkour on the beach with his trainer. "These exercises give you a burst of energy when you practice them in open air. I wrap up my day with an hour of swimming as it relaxes my body completely" adds Tiger.

His advice to youngsters

The actor would like to advise youngsters to discipline themselves and work hard on their bodies. "Discipline is the first key to fitness. It is important to be persistent in your workouts if you want it to reflect on your health and body." He however has a word of caution. "I think it is very important to do workouts under the guidance of a trainer. It's better to be safe because one wrong move can cause severe problems." He also appeals to youngsters to strictly avoid smoking, drinking and aerated drinks, "They can cause damage to your body and throw your system out of gear. Prevention is better than cure," he signs off.





Eating right
and
eating on time
is my mantra to
good health



***I call sweets and
chocolates as sin
foods and stay
away from them
completely.***



He may not boast of the best six packs in town but Shahid Kapoor is a fitness freak who adheres to a strict regimen of exercise and diet to keep fit. A complete vegetarian, the actor was known to be skinny in his early days until he decided to change the way he looked. With R. Rajkumar, Shahid has gone one level ahead in his fitness and achieved a tough rugged body to suit the role.

■ ■ ■ ***There has to be consistency in your exercise regimen otherwise it does not work for your body.***

Shahid does not compromise on his fitness says his trainer Abbas.

His trainer Abbas says that Shahid is a great fitness enthusiast, who never skips his workouts even for a single day. Abbas points out that Shahid has always been cautious of his eating habits, fitness and health. Eating right and eating on time is his mantra to good health. He prefers to eat home cooked food and also carries the same for himself and his team on the sets. Not just that, the actor also makes sure his staff is eating healthy and avoiding junk food.



How it all began.

Shahid's initiation into fitness began in his younger days when he was training at Shiamak Davar's dancing classes. He was very thin at that time. A casual remark by Shah Rukh Khan, who happened to visit the dance academy one day, changed his perception towards fitness. Shah Rukh happened to see Shahid and told Shiamak that he needed to feed his dancers well. That was when he decided to work on his body.

Shahid's penchant for dancing

The actor is a great dancer and believes that dancing keeps one very fit. "It gives you extra stamina and motivates you. Earlier I used to dance and exercise together to keep my stamina intact. However I find little time for dancing these days," he says.

His workouts

Shahid reveals that his workouts are more stamina based. "The younger generation has a fixation over six pack abs. That is not easy to get but you have to aim at building your stamina."

Shahid admits that one has to be dedicated to have a fit and healthy body. "There has to be consistency in your exercise regimen otherwise it does not work for your body. I hit the gym five days a week."

His exercise schedule lasts up to two hours or more depending on the availability of time. "I start with a warm up by running on the treadmill for 15 minutes. Then I focus on one body part at a time. That is followed by cardio. Finally I end my exercises with a good swim and an

hour of yoga. It relaxes me and also stretches my muscles. Yoga is very therapeutic, it calms your body and mind," he says.

His diet

Shahid admits that being a vegetarian has its own limitations. That's the reason he tries to replenish his body with proteins from time to time. "I eat every two hours. One needs enough supply of proteins for building muscles. I consume lots of dals, pulses and tofu. I have brown rice, oats and protein shakes which are known as slow carbohydrates," he says.

Shahid's day begins with two glasses of water followed by fruits. "I have a breakfast of parathas, oats or poha. Midday meals consist of a protein shake. For lunch I have brown rice and dal, besides paneer or tofu. In the evening, I have fruits once again. I have an early dinner of rotis, dal and paneer. I include a lot of paneer, cereals and tofu in my meals."

Among the foods that he avoids strictly are junk foods, sweets and chocolates. "I call them sin foods. I don't

cheat as I am not too fond of sweets. I also have very little oil in my food" he says.

Apart from a well-planned diet, Shahid says it's also necessary to sleep well. "I sleep for eight hours a day. Sleep is necessary to maintain the balance of your body. Not many realize that it refreshes you and also helps you keep your body fit," he says.

According to Shahid, being fit is not just about having a great body. "It is important to feel fit too and that happens when your body and mind are perfectly in sync with each other," he says.



The
SUCCESS

and all the
accolades
haven't
sunk in yet



She has left all her contemporaries behind to become the numero uno actress of Bollywood in 2013. The year has been very eventful for the very talented and charming Deepika Padukone, who has scaled the success charts with four consecutive hits in *Race 2*, *Yeh Jawaani Hai Deewani*, *Chennai Express* and *Ram Leela*. The new box-office Queen bee opens her heart in a candid interview with Subhash K Jha.

“For me honesty is integral in a relationship if I choose to associate with anyone”

How does it feel to be called a Rs. 600-crore heroine?

(Smiles) How am I supposed to feel? I am absolutely elated but then there are times when I feel that all this is far too good to be true. To be honest, it feels a bit surreal when people say these things about me. It's like they're talking about someone else. I can't seem to get a perspective on the situation.

Are you still looking at it as a wonderful dream?

The success and all the accolades haven't sunk in yet. So much has happened this year. There were four films and the audiences reacted positively to all of them. If anything, I wish these four films hadn't come in such quick succession. They came in a tumble.

Which among the four films would you say is your personal favourite- *Race 2*, *Yeh Jawaani Hai Deewani*, *Chennai Express* or *Ram Leela*?

I've given my blood, sweat and tears to each one of the roles. So I can't play favourites. I did all the four films with the same passion, but I was more surprised by the kind of response that *Ram Leela* got.

Were you surprised by the very encouraging response for *Ram Leela*?

Ram Leela happened quite suddenly to me. I was game for it because it offered me this great opportunity to work with Sanjay Leela Bhansali. Doing the film meant a lot of sacrifices. I was working at an insane pace to an extent where I was exhausted and numbed by the film. We got a lot more from *Ram Leela* than we had expected. It was overwhelming.

***Ram Leela* also took you to the Marrakesh film festival, putting the film in the international league?**

This was my first film festival. I couldn't have gone to an international film festival with any of my other films. From what I gather the international audiences like Indian cinema for its scale, opulence, colours, songs and dances. For me this was the right film to make my debut at an international film festival.

You shared an amazing chemistry with your co-star Ranveer Singh in the film. Did the two of you hit it off from the beginning?

Ranveer was already shooting when I came on the sets. I have known him for a year now. Ranveer is the kind who makes you feel that he has known you for a long time. He is very friendly whereas I am an introvert and need time before I get to know people. If everyone has approved of our chemistry, it indicates that the team effort has succeeded. The credit does not go to him or me alone.

Was it very tough working with Sanjay Leela Bhansali?

The first scene that I shot for the film was the toughest one and it came to me minutes before the shooting. I had to memorize two pages of dialogues and the lines changed three times, even when I was sitting in my make-up chair. It seemed a bit difficult since I always prepare my lines in advance. Before I knew it, Sanjay had already set up the camera to capture the close-up shots. I was almost on the verge of tears. Nevertheless, I went through it. Right now I can laugh about it but at that time it was not funny at all.

Sanjay Leela Bhansali is known to be a very demanding director in terms of the performances he expects from his actors.

It is no doubt difficult to live up to Sanjay Leela Bhansali's expectations. I rehearsed round the clock for my dances in the film but Sanjay would look for a twist of the wrist or a glide of the hand for a more elegant look. Having said that, it is only when you have a director like SLB that you realize there is always room to improve your performance. When people say Sanjay is a hard taskmaster they mean he sees beyond what you and I can see. He is nearer to perfection than we are.

Were there occasions when you felt pressurized about living up to Bhansali's expectations?

Sanjay is not the kind of director who pressurizes his actors. I was nervous because I did not want to let him down. Besides, he had given my character the name of his mother Leela. Everyone knows how much SLB loves his mother, which gave me an added sense of responsibility. I am glad I lived up to the name of my character. In fact after the shooting Sanjay came and hugged me. That in itself was a huge compliment.

Do you agree that you have evolved tremendously as an actor? How would you rate your own performance in *Ram Leela*?

It may sound pompous if I make a comment about my acting skills. As for evaluating my performance, it is difficult to react to your own performance when you are so closely involved with a film. But I can definitely feel the difference when I see myself today.

Why do you always try to be politically correct when you make a statement?

More than being politically correct, I think it's important to be sensitive to the feelings of the people around you. I don't want to walk on a set tomorrow where someone has read my comment and feels hurt.

The fact cannot be denied that no actress since Hema Malini has had so many back-to-back hits. Is there an understandable fear that this year may not come back again?

Hema-ji is truly remarkable. She was in an altogether different league. As for this phase, I am aware that it won't come back again. As an actor it's not in my power to bring back that kind of success in 2014 or 2015. When I sign a film, I don't think of how successful it would be. I do the projects that I feel connected to. Some work and some don't. My films in 2013 did exceedingly well but success depends on so many factors, it is not merely in the hands of the actors.



“Ranveer is the kind who makes you feel that he has known you for a long time. He is very friendly whereas I am an introvert”

“I signed *Finding Fanny Fernandes*, because I really like Homi Adajania. I know what *Cocktail* did to me as a person and actress”

So are you prepared for a feeling of downslide?

Well, there are bound to be failures. I make mistakes in selecting roles too. Everyone makes mistakes but I'll continue to rely on my instincts.

Now that you have identified the kind of films you'd like to associate with, how are you planning to make the choices about your future projects?

I know that people have begun to believe that I'm choosing my projects more carefully. Some others have even concluded that I'll now be concentrating only on heroine-oriented roles. The course of my last few films wasn't planned by me. They simply happened. I don't really think it pays to exercise caution in choosing roles.

Do you consult anyone else while choosing roles?

I do bounce off my ideas with people close to me but finally I choose scripts on my own. My decisions, good or bad, have always been my own.

Would *Finding Fanny Fernandes* be a fine follow-up to 2013's fabulous four?

You know, people think I've made this great strategic move by doing a film in English, alternate cinema and all that. But I am not playing chess and there are no calculated moves. The director Homi Adajania had told me about the *Fanny* film during the making of *Cocktail* and it stayed with me. It was during the promotion of *Cocktail* that I gave my nod. As soon as I found a 30-day window, *Finding Fanny Fernandes* happened. I signed the film because I really like Homi. I know what *Cocktail* did to me as a person and actress.

Dimple Kapadia recently revealed that she finds you so gorgeous that she can't take her eyes off you?

Can you imagine Dimple saying that? She is probably not aware of the fact that during the shooting of *Finding Fanny Fernandes*, there were times when I caught myself staring at her.



For me she is not just about physical beauty. It's her entire persona. Besides, she has a great sense of humour. She is so evolved as a person and someone I can truly identify with.

Is there anyone you dislike in the industry?

Actually I have no dislikes. It is such a waste of precious energy to dislike anyone. I'd rather use my energy to build bridges than demolish them.

Your off screen chemistry with Ranveer is being spoken of a lot lately. How do you react to it? And what does love mean to you now?

I have always maintained that we are friends and I like hanging out with Ranveer off screen.

Apart from that there is nothing between us. I am single and far too busy to commit myself to any relationship. As far as love is concerned, for me it's something traditional as I have grown up in that kind of an atmosphere. In my family, all relationships are based on the foundation of honesty. For me honesty is integral in a relationship if I choose to associate with anyone.





"I have shared a great chemistry with all my heroes"

I am happy doing the song and dance commercial films

I love the process of working and feel blessed.

I have done nine films in three years and I can say that it's been a great journey so far. I have been busy shooting round the clock and have never experienced what it is like to be idle. Fortunately, I hail from a family which has been in the industry for a long time. I didn't have to struggle like my father who had to go from door to door looking for work. I love what I do and that keeps me going.

Looking back, I am glad that I settled down in the profession of acting. There was a time in my younger days when my priorities would change from time to time. At one point, I dreamt of becoming a tennis player. I used to play tennis and several other sports but I was overweight and that phase simply passed off. Later I started sketching and eventually went into fashion designing. I pursued it successfully too but then I guess I was destined to be an actor.

I don't have any plans to design my costumes in films though I am well-versed in the art of designing. Like acting designing is a demanding job. I have had a great experience in designing before I came into films. But then there are professionals working on a film and I do give them my suggestions.

I am not in the habit of spending extravagantly on myself. The only gift I bought for myself from my earnings was a BMW car. Frankly, I have never found the necessity to go on a shopping spree because my parents have provided me with everything that one could ever desire.

"I didn't have to struggle like my father who had to go from door to door looking for work. I love what I do and that keeps me going"



She is just three years old in the industry but Sonakshi Sinha, daughter of Shotgun Sinha, is already a name to reckon with. With R...Rajkumar just released, Sonakshi is now looking forward to a promising new phase in her career with some challenging roles. In a candid interview, the affable actress introspects on her success, her family and the kind of films she likes to associate with.

The most cherished gift my father has given me is the way he and my mother have brought me up and cared for me. I owe my success and upbringing to them. As a child I would often ask my father for a Barbie doll. He would travel for his shoots but he would ensure that he returned with a Barbie. Till the time I outgrew the craze for them, I already had a huge collection of Barbie dolls.

It was only after I crossed the age of ten that I started differentiating between my two twin brothers. I used to get confused between the two when I was a kid. Mom used to make them wear the same kind of clothes and give them the same hairstyle. One would come and hit me and after I would complain to dad, the other would get punished for no reason. Later, they grew up to be different. They both have distinctly different personalities too. Even now, one of them pampers me while the other fights with me.

I have always been the apple of my father's eye but now that I am working round the clock, it's difficult for us to spend time together. My father does keep track of my films but I would specifically like him to see R...Rajkumar, because I have borrowed his famous dialogue 'Khamosh' for this film. Given an opportunity, I would love to share screen space with him, provided the role is apt for him.

If something comes up, I would definitely love to work in my home production. My brother Kush is assisting Anurag Kashyap and Abhinav Kashyap and also training to become a director. He is also planning to do a film and I am happy for him.

I had an amusing experience while shooting for a skin care commercial that was being

made by a French director. My brother Kush was working on it. The director came with his crew in my van and introduced me to each one of them, including Khush. I said hello to him. Later the director was surprised to know that we are brother and sister.

Prabhu Deva is one of my favourite directors. I have now developed a great rapport with him, having worked with him in Rowdy Rathore and now R...Rajkumar. I told him that he had brought out the rowdy side of me in R...Rajkumar. I am shown slapping the hero, using expletives and doing everything that can be called rowdy. Both as a director and as a choreographer, Prabhu Deva has a distinct style. As a choreographer though, he is a task master. He doesn't bother to ask you whether you can do it or not. He just orders you to do it and you cannot argue. He understands his actors well and knows their capacity.

I do not get dissuaded if my film does not get the expected response at the box-office. I have faced flops too and when my film flops I don't dwell on it. I move on and work harder for my next film. I believe that failure teaches you more than what success does. There is no point in discussing or analyzing why a film didn't do well. Instead it is better to concentrate on your work and enhance your performance in your next film.

I have developed a great working equation with Akshay Kumar and Salman Khan. That's because I have done two films with each

of them. But I have never had problems working with anyone. I have shared a great chemistry with all my heroes. In Looter too people liked my chemistry with Ranveer Singh. The same goes for Shahid Kapoor with whom I recently did R...Rajkumar.

I think Shahid Kapoor is a very under-rated actor. He is extremely talented and is also a very intense actor. He surrenders to the director without questioning. His performance in R...Rajkumar is also commendable. He has attempted outstanding action in the film.

I am quite content doing the song and dance commercial potboilers. I thoroughly enjoy them. They have all the entertainment value be it romance, songs, dance, drama and action. Apart from that, I would love to occasionally do a film like Looter, which challenged me as an actor.

I would like my real life romance to be as quirky as it is shown on screen. I am a fun loving person and that's how I like to see life. Apart from that, I would like my dream man to be tall and handsome. He should also be intelligent and a good conversationalist with a great sense of humour.

"I would like my dream man to be tall and handsome. He should also be intelligent and a good conversationalist with a great sense of humour"



I don't have the
patience to maintain a

size
zero
figure anymore



“ I was in a different time space
when I initiated the size zero craze



Post-marriage Kareena Kapoor Khan has a changed set of priorities. The actress, who was once determined to take up only the choicest of roles, now prefers to do commercial potboilers that are not very demanding on her time and space. In a no-holds-barred interview she talks about her latest film, *Singham Returns* and her equation with her co-stars.



In a film like *Singham Returns*, it is the hero who entirely calls the shots and dominates the scene. Are you content merely playing the love interest?

I don't go by the length of my role in a film. I feel that it's important for an actor to have commercial success. It's unfair to refuse roles in commercial films just because the hero has a bigger role. In *3 Idiots* people liked my role as well as the film. Even on the international scene we have actresses who charmed the audiences with their minuscule roles in films. In *Iron Man*, Gwyneth Paltrow had a small role but the audiences were absolutely thrilled about her presence in the film.

Aren't you keen on doing heroine-oriented films?

I would love to do a woman-centric film provided the character is strong and is able to connect with the masses. The audiences didn't like Heroine but I did it because I liked the subject. It's not that I have not taken risks in my career but I think it is important that the story relates to the audiences. That's where commercial films score over other films.

You are said to have rejected six films in the recent past because you were not very convinced about the story and your role in the film. What made you do so?

My priorities have changed. I want to do films in my time zone and people respect that. I might not be able to travel and give that much time. I am married and you can't take that away. I have to be comfortable. I can't get up and just go where I want to now. It was fine when I was single. Apart from that, I want to do films where I am convinced that the story will work for me. There are some stories which did not work for me. I don't want to waste my time doing such films.

What made you quit *Shuddhi*?

I opted out of the film the day Hrithik decided not to do it. I waited for one and half years to work with Hrithik and I felt it didn't make sense when he decided to quit.

Having worked with Ajay Devgn in several films how has your rapport with him changed over the years?

My relationship with Ajay Devgn doesn't go back to our films. It goes back on the sets of

“It's unfair to refuse roles in commercial films just because the hero has a bigger and meatier role



‘Saif and I have not clicked together on screen in a big way but then we have not done many films together

his film *Shaktiman*, in which he was paired with my sister, Karisma Kapoor. I remember visiting the sets of the film when it was being shot in Manali. I was only ten years old then and quite fascinated by him. Life has strange twists and turns. I am romancing him in my sixth film now. It's great to work with him as an actor. I think he's the same. He has always been a great person and he's a better actor now. Like my equation with Ajay, I share a great comfort level with filmmaker Rohit Shetty. Rohit's films are full of action and comedy and thoroughly entertaining.

We are told that director Rohit Shetty is very protective about you on the sets?

I feel very secure and happy when I work in a Rohit Shetty film. He is the kind who's very protective towards his heroines. His films are unique too. He is the only director who shows his heroine dancing even as cars are flying in the background. He has a great fan following too. I am told that Rohit's films are perceived on the same lines as Manmohan Desai, who was highly revered in the industry.

Why is that real life couples are not successful on screen?

It is improper to generalize and say that real life couples don't make great on-screen pairs. Saif and I have not clicked together on screen in a big way but then we have not done many films together. It is also wrong to blame the pairing just because the chemistry of the actors did not work. There are times when a film fails to generate interest irrespective of the pairing. I remember both *Omkara* and *Golmaal* with Ajay were big successes but *Satyagraha* didn't work. On the other hand my film *Kyon Ki* with Salman Khan didn't work but *Bodyguard* was a huge success. Likewise, my films *Fiza* and *China Town* with Shahid did not click at the box-office but *Jab We Met* was a huge hit. The response to films has nothing to do with the pairing.

How do you keep yourself busy in your spare time?

I travel a lot whenever I find time. Now that *Singham* has released, we are planning to go globe-trotting. I also do a lot of reading. I am intrigued by crime thrillers.

Do you think they can be made into films?

They are difficult to make into films. The plot has to be razor sharp and things have to just happen. A good book does not necessarily qualify for a good film.

Aren't you fascinated by the idea of a size zero figure anymore?

I don't have the patience to maintain a size zero figure anymore. I was in a different time space when I initiated the size zero craze. Today, I maintain myself with yoga and pilates and I am quite happy with that. I belong to the Kapoor family and love to eat like every Punjabi does.

What are your forthcoming films?

I will be soon commencing the shooting of Kabir Khan's film *Bajrangi Bhaijaan* in October. It's a human interest story. Salman Khan believed in the story and decided to produce it. This is the first time that Salman Khan is producing the film. I am looking forward to working with him. I love to work with the three Khans be it Salman Khan, Aamir Khan or Shah Rukh Khan. It is great associating with them.

‘My priorities have changed. I want to do films in my time zone and people respect that

**BIG
BANG
MOVIES**

2
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QUICK UPDATE



Shahid Kapoor recently left London audiences enthralled in a live performance at the O2 arena. Shahid performed on popular dance numbers from his films *R...Rajkumar* and *Phata Poster Nikla Hero* and left the audiences asking for more, even as he displayed his amazing dancing skills. The audiences in the packed stadium were seen cheering the young star. Shahid is now looking forward to his October release, *Haider*, which is based on Shakespeare's Hamlet.



Aamir Khan's controversial poster of *PK* has been given a green signal by the apex court, which dismissed a plea filed against the superstar, for alleged nudity in the film. Aamir had recently released the first look of the film which showed him posing nude with a strategically placed boom-box hiding his modesty. The poster has ever since kicked up a debate about his dare bare act and whether an actor of his stature needed to go in for the so-called "publicity stunt".



Shruti Haasan will be seen doing a sensational item number in the upcoming action romance *Tevar*. The raunchy item song 'Madamiya' will see Shruti performing some tantalizing moves with the handsome Arjun Kapoor. Shruti's costumes were especially custom-made by Goa-born designers, Riddhi and Siddhi Mapxencar, who were roped in to give the star a rustic look. The actress has also given her voice to Sonakshi Sinha for a romantic number in the movie.



Abhishek Bachchan has expressed a keen desire to do a biopic on cricketer Yuvraj Singh. The actor who held a press conference to introduce his Kabaddi team, Jaipur Pink Panthers, said that Yuvraj's career graph and fighting spirit as a cancer survivor could make for an inspiring tale. Yuvraj became a star overnight when he hit six sixes in a single over at the 2007 World Twenty20 match against England. Abhishek will be seen next with Shah Rukh Khan in the magnum opus, *Happy New Year*, which is scheduled for a Diwali release.



Aditya Roy will be seen sporting a completely different look in his forthcoming film, *Daawat-e-Ishq*. The actor, who plays a rustic character of a Lucknowi chef, has undergone a total makeover for his role. Aditya will be seen sporting a handlebar moustache with crew cut hair. He will also be seen wearing surma for the first time in keeping with his Lucknowi look.



After making a promising debut in acting with Sajid Nadiadwala's *Heropanti*, Kriti Sanon will now be seen romancing Akshay Kumar in her next film, *Singh Is Bling*. The tall and slim actress, who will play the role of a dancer in the film, has already started training in Salsa and ball-room dancing. The action-comedy directed by Prabhu Deva will be shot in Cape Town and other exotic locations.



South actor Dhanush, who made his Bollywood debut with the critically and commercially acclaimed *Raanjhanaa*, will be seen in the role of a deaf and mute junior artiste in R. Balki's film *Shamitabh*. Dhanush will be seen sharing screen space with superstar Amitabh Bachchan, who will also give a voice-over for Dhanush's character in the film. The film also marks the acting debut of Akshara Haasan, the second daughter of legendary star Kamal Haasan.



The hit pair of superstar Shah Rukh Khan and Kajol, which gave some of the biggest hits like *Dilwale Dulhania Le Jayenge*, *Karan Arjun* and *Baazigar*, will be seen recreating their magic once again on screen. According to reports, Shah Rukh and Kajol will be sharing the screen in director Rohit Shetty's next film. Shetty who has lately acquired the reputation of being a master filmmaker with his string of hits (the latest being *Singham Returns*), reportedly signed Kajol for the film last week. This will be the second time SRK will be working with Shetty after their successful hit, *Chennai Express*.



Actress Sonakshi Sinha will be seen tapping her feet in singer-rapper Yo Yo Honey Singh's next music video, *Desi Kalakaar*. The song has an international feel to it and shows the two in an exciting car chase. Honey Singh had earlier collaborated with Sonakshi for the number 'Party All Night' in *Boss*, which was a huge success.



I love dressing
up and I am sure
every girl does.
It's part of our
culture too

I can never be

diplomatic

Her last release *Bewakoofiyaan* bombed at the box-office but Sonam Kapoor is not apologetic about it. The spunky actress, who has been a part of hits like *Raanjhaana* and *Bhaag Milkha Bhaag*, is eagerly looking forward to her next film, *Khoobsurat*. While most other actresses would give anything to work with the big heroes in the industry, Sonam is a breed apart. She is in no hurry to make it to the top. Her frank and outspoken attitude has often affected her relations with people but she is the kind who does not hesitate in calling a spade a spade. In a candid interview, the actress talks about her forthcoming film and her choices in life.

“
My life is not
about marriage.
I want to do
something
more

Tell us about your upcoming film, *Khoobsurat*. How different is the film from the original Rekha starrer of the same name?

We have merely taken inspiration from the original Hrishikesh Mukherjee film. We acquired the rights of the original *Khubsoorat* simply because we wanted to be on the safer side. Like the original, there is a clash of values in this film but that's the only similarity between the two films. My character's upbringing is also different in the film.

What was the inspiration behind the making of the film?

The original *Khubsoorat* was no doubt the inspiration for the idea of the film. In effect, we wanted to do a sweet family film targeted at the middle-class. Today the demography is changing and the middle class comprises of a very happy and contented strata of society. There are very few films that are being made for this section of people. I guess our film scores on that account. In fact, it will not be surprising if the film revives a new genre of cinema meant entirely for the family audiences.

Tell us about your role in the film?

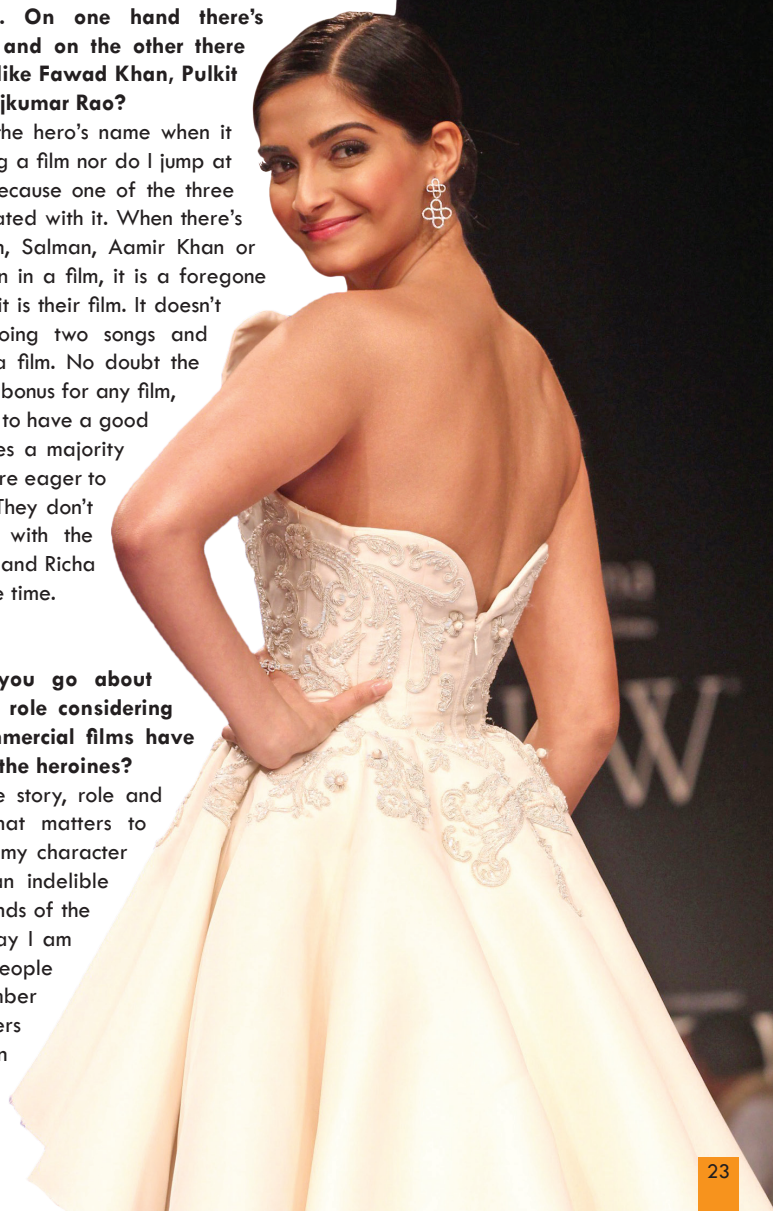
The film is essentially a love story of a modern, contemporary and free-spirited girl who falls in love with a royal heir from Rajasthan. This girl is a physiotherapist by profession and has her own set of beliefs which she lives by. She wants to make the world a beautiful place to live in and bonds with people easily.

You seem to be working with a different set of actors. On one hand there's Salman Khan and on the other there are debutants like Fawad Khan, Pulkit Samrat and Rajkumar Rao?

I don't go by the hero's name when it comes to signing a film nor do I jump at an offer just because one of the three Khans is associated with it. When there's an Ajay Devgn, Salman, Aamir Khan or Shah Rukh Khan in a film, it is a foregone conclusion that it is their film. It doesn't make sense doing two songs and five scenes in a film. No doubt the big stars are a bonus for any film, but I would like to have a good role too. Besides a majority of new actors are eager to work with me. They don't want to work with the Huma Qureshis and Richa Chaddas all the time.

So how do you go about choosing your role considering that most commercial films have little scope for the heroines?

It is always the story, role and the director that matters to me. I feel that my character should leave an indelible mark on the minds of the audiences. Today I am happy that people still remember the characters of Masakali in *Delhi-6* and



“
It doesn't make
sense doing two
songs and five
scenes in a film

Zoya in *Raanjhanaa*. Critics opined that I should have had a bigger presence in these films. I am also proud of being a part of a film like *Bhaag Milkha Bhaag*. Recently, when the Commonwealth games were being shown, BBC did a big show on the film because Milkha Singh was the first athlete to win a gold medal in the games. That's the kind of films I want to be a part of.

Is it easier working in your home-production?

I have always shared a great rapport with the team I work with. In this case, I was all the more comfortable because my sister Rhea, director Shashank and the writer, Indira Bisht knew me really well. Besides, the role is an extension of my personality so I was having a fun time on the sets.

What is your take on films where actresses are shown smoking and drinking? Given an opportunity would you take up such a role?

You can be rebellious and have a lot of spunk but smoking is not about the new generation. It should not be stereotyped. In *Delhi-6* my character represented the youth of India. She wanted to go for Indian Idol. She didn't want to wear short clothes and smoke but that doesn't mean that there is anything wrong in it. If there's a character which justifies it, I will not hesitate to take up such a role. In the 60's and 70's, heroines were shown smoking and drinking in songs like 'Jai Jai Shiv Shankar' and 'Dum Maro Dum'. Actresses like Parveen Babi, Zeenat Aman and Mumtaz, played the characters to the hilt. I think our audiences are not narrow-



minded like other Asian countries. Smoking and drinking is a matter of personal choice. Not that it's good for health. But it's wrong to say that only the new age girl does it.

You play runaway bride in your next film *Dolly Ki Doli*, would you like to be a runaway bride in real life?

I wouldn't like to go for an arranged marriage. I am not the kind who'd want to run away either. My life is not about marriage. I want to do something more. It's more about I can be someone and do something. If at all, I would like to get married to the right man someday.



“
I am very close
to Jacqueline,
Asin and Anushka
Sharma. We are
all the same age
and are very good
friends

A lot of actresses have taken to singing, right from Priyanka Chopra, Alia Bhatt and now Shraddha Kapoor. Do you have any such plans?

I want to act first. I do feel that one should be able to do everything as an actor but I have a bad voice. There are fantastic singers like Sunidhi Chauhan and Shreya Ghoshal to do the job. I am a trained actor and I would like to stick to that.

You have been termed as brash and brutally honest, but off late you seem to have become diplomatic?

I can never be diplomatic. I don't know how to fake anything. I can't flatter someone when he or she does not deserve to be flattered. I have lately stopped giving my opinions though. I tell people not to ask me. If I feel like, I do express my point of view on twitter or other social media. I am better off commenting on the Gaza strip or Palestine or world affairs instead of actors or actresses.

Tell us about your co-star Fawad Khan?

He is already popular as a television star in Pakistan and has a huge female fan following but despite that he is a good-hearted, down-to-earth guy. Fawad is one of those men who loves his wife dearly. All the same he is very respectful towards women. He is very soft-spoken and makes it a point not to hurt anyone. It's a pleasure working with him.

Your fashion sense has been under the scanner. On one side people praise you for being a fashionista and on the other side there are people who criticize you for your dress-sense. How do you react to them?

People who criticize are jealous because



they don't have good clothes. I love dressing up and I am sure every girl does. It's part of our culture too. I don't think any mother-in-law would advise her daughter-in-law not to wear jewellery. It is not my business what people think about me and how they view me.

The new crop of actors hangs out with each other a lot. Have you been friends with any of them?

In fact we have all grown up together. Shraddha is my age and so is Sonakshi. We are all in the age-group of 27-29 years the only difference being that I started early in my career, at the age of 17. When we came into films it was just the four of us Deepika Padukone, Ranbir Kapoor, Imran and me. I have known Ranbir Kapoor since I was a kid. We have all been friends. Varun Dhawan and my sister are the best of friends too. I have grown up with Ranveer, who is a distant cousin of mine. Arjun Kapoor and

Mohit Marwah are my brothers. I have been to Alia Bhatt's house on several occasions as our parents have known each other. I am very close to Jacqueline, Asin and Anushka Sharma. We are all the same age and are very good friends.

By S. Bhagat

“
I am better off
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the Gaza strip
and Palestine
instead of actors
or actresses



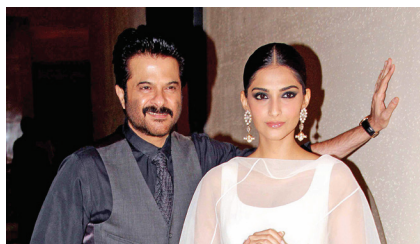
• Tracing the *journey* of Sonam Kapoor

She has won more adulation for her sense of style rather than her performances. On the other hand, her outspoken attitude and her brutal honesty, has won her more enemies than friends but Sonam Kapoor, the eldest daughter of veteran actor, Anil Kapoor, is unfazed by her detractors. The vivacious and free-spirited girl believes in making the best out of life. She is now eagerly looking forward to her forthcoming film, *Khoobsurat*.

“
I don't jump at an offer just because one of the three Khans is associated with the film



1985:



Sonam Kapoor, the eldest of three children, was born on 9th June, 1985 to veteran actor Anil Kapoor and ex-model Shobha Kapoor in Chembur, Mumbai.

2004:

After completing her schooling from Arya Vidya Mandir and receiving International Baccalaureate from the United World College of South East Asia, Sonam began her career in films by assisting Sanjay Leela Bhansali during the making of *Black*.

2007:



Sonam made her debut in 2007 in the much-hyped Sanjay Leela Bhansali film *Saawariya*, opposite Ranbir Kapoor. The dark romance did not click at the box-office but Sonam's performance was widely appreciated.

2008:

Sonam Kapoor was nominated for the Filmfare Award for Best Female Debut for her performance in *Saawariya*. However, she lost out to Deepika Padukone, who won the award for *Om Shanti Om*.

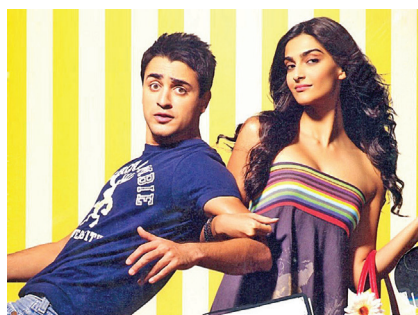
2009:



Sonam was seen with Abhishek Bachchan in her second film *Delhi-6*. The film had

her playing the role of a regular Delhi girl and failed to click at the box-office but Sonam became a household name with the 'Maasakalli' number, which was a huge hit. The actress bagged her first official endorsement deal for the international cosmetic brand L'Oréal after which she went on to endorse several other brands like Spice Mobile, Montblanc, Electrolux and the Indian Gems and Jewellery Exhibition. More recently, she was seen endorsing a Chinese mobile brand, Oppo, with Hrithik Roshan.

2010:



The actress got her first box-office success in *I Hate Luv Storys*, which grossed over INR400 million (US\$6.6 million) at the domestic box office. The film saw Sonam sharing screen space with Imran Khan. The new pairing clicked with the audiences. Sonam was seen in the role of a high-society Delhi girl in *Aisha*, a film based on Jane Austen's novel 'Emma'. The film also established Sonam Kapoor as a style icon, a title that has been with her over the years.

2011:

Sonam's next two releases, *Thank You* and *Mausam*, failed to catch the attention of the audiences and proved to be box-office failures.

The actress who had by now become a style icon in her own right, made her Cannes debut at the 64th Cannes Film Festival, representing L'Oréal, the brand she endorses in India.

2012:

Her next film, *Players*, a remake of the Hollywood hit *The Italian Job*, saw Sonam doing a full-fledged glamorous role but the film proved to be a box-office dud.

2013:

Sonam was back on the scene with a bang, with the commercial and critical success of *Raanjhanaa*, which grossed approx. INR1.2 billion (US\$20 million) at the Indian



box office. Her role of a headstrong but emotional middle class girl had grey shades but she succeeded in giving it a rare conviction.

Sonam managed to shine in the brief role of Farhan Akhtar's love interest in the biographical sports film, *Bhaag Milkha Bhaag*, which went on to become a major box-office success.

2014:

Sonam was seen in Yash Raj Film's romantic comedy *Bewakoofiyaan*, opposite Ayushmann Khurrana and Rishi Kapoor. While the film got her positive reviews for her performance, it failed at the box-office. Sonam is now looking forward to her forthcoming film, which is the remake of the Hrishikesh Mukherjee 1980 classic, *Khoobsurat*. The film is co-produced by her sister Rhea Kapoor.







Nargis Fakhri



I am a

diehard

Kareena Kapoor fan

“
I wouldn't call
myself a big
star, not yet
anyway

Alia Bhatt speaks to Subhash K Jha about her penchant for hard work, papa Mahesh Bhatt and how she is unfazed by criticism about her comments on Karan Johar's show.

One of my biggest drawbacks as an actor is that I think in English. I wish I could think in Hindi

From the innocent teenage girl to a big star, you have gone way ahead in your career. Is it tough coming to terms with stardom?

I wouldn't call myself a big star, not yet anyway. To be honest, I feel I have a very long way to go. Whenever I am tempted to take a break from my hectic schedules I end up working doubly hard. I feel I haven't earned myself a break as yet.

You mean you feel guilty when you are not working?

I have to admit I do. I don't have time for my friends and family but when I am with them, it's just fine. I did go on an eleven day holiday with my sister to Paris and London after the release of *2 States* so I'm not complaining. I am lucky to have a family that's part of the entertainment business. They understand my crazy schedules.

How was the holiday in Paris?

I was very irritated over there by the lack of work. My fingers were itching and I was restless but I was working out round the clock during my holiday. That's because we had to shoot a song for *Humpty Sharma Ki Dulhania*. I was also required to go on a diet because of the song, so I felt it was pointless going all the way to Paris to eat salads.

Are you heavily into dieting?

I don't like to be skinny, but if I have to shoot a song I need to look toned. Right now I do not have the time to work out but I do intend to tone up my muscles. I think I look too young.

The fact remains that you are the Indian entertainment industry's youngest workaholic.

I guess that's one of the things I've inherited from my parents. My father is a no-nonsense kind of person, who is uncompromising when it comes to work.

Your father is known to be a very frank and outspoken person, who hardly ever lies. Have you taken after him?

I am aware of the fact that my father is very frank but saying that he never lies may

be going a bit too far. We all have to lie at some point or the other. My father always calls a spade a spade and I'd like to believe that I have taken after him in this quality. One thing that I really admire about my father is his outstanding willpower. He gave up alcohol 25 years ago and never touched it again.

Was it easy for him to give up direction?

I guess he decided to quit directing films because he felt he was creatively burnt out, but giving up alcohol was really tough on him. He also gave up potatoes though he loved them. He would fast during Ramzan because he believed that abstaining from food would make him a stronger person.

Will we get to see you in a remake of *Daddy* with your dad directing once again?

I don't think that is likely to happen unless my sister Pooja convinces him. She's the strongest person in the family. If it's anybody who could convince my dad it's Pooja.

We are told that Kareena Kapoor is your favourite actress and you are totally in awe of her?

I am a diehard Kareena Kapoor fan. What I love about her is the fact that she has always given effortless performances in all her films right from her debut film *Refugee*. She doesn't try too hard to play a character. She's a natural actor and it is her eyes which do all the talking. She is one of a kind. I'd like people to say the same thing about me.

Coincidentally your role in *Student Of The Year* was a reminder of Kareena's character in *Kabhi Khushi Kabhi Gham*?

A lot of people seem to think so but I didn't see any similarities between Shanaya's character in *Student Of The Year* and Poo in *K3G*. If at all, the only similarity was that they both cared about clothes and looks. Besides comparing me to Kareena is not fair to either of us. She has been in the industry for a long time while I've just arrived. Such comparisons put a lot of pressure on me but they are inevitable. Even Varun Dhawan has also been compared with Govinda. I can only smile at these comparisons.



What according to you are your limitations in acting?

One of my biggest drawbacks as an actor is that I think in English. I wish I could think in Hindi. Varun thinks in Hindi and that makes a difference. When you think and interpret your role in keeping with your character, your entire personality changes with the character. I learnt the importance of thinking in the character's language from Revathy madam. When she played my mother in *2 States*, she'd confess that she was talking in Hindi but thinking in Tamil.

How do you go about choosing your film projects?

I go by my own instincts but I do take my father's help. Apart from him the one person I consult is Karan Johar. Usually Karan and I are on the same page about the kind of films I should opt for. I don't ever want to do films for the wrong reasons.

There were a whole lot of jokes about your Intelligence Quotient level after the way you answered a question on Karan Johar's show?

I don't get worked up by these comments. I don't take myself that seriously but I don't think I am stupid just because I got one answer wrong on Karan's show.

So how do you propose to change the wrong perception?

It's fine. Let them have fun. I'll change their opinion on my IQ with my performances. I swear to God I am not bothered.



The Oft
Overlooked
Island of

Malta



The spectacular vacation spot of Malta is often overlooked when considering the Mediterranean for a getaway. Read on to find out why Malta is the perfect location to soak in some art, culture, history and nightlife.

When one mentions the Mediterranean, most people think of the Greek Isles or Mallorca and Minorca or even those that surround the peninsula of Italy. Rarely, though, is the tiny outpost of Malta even considered. Still, it is a remarkable place full of history, art and most importantly, a culture devoted to the living life to the fullest. Here are some of the things to see:

Malta - Gozo - Comino

The country of Malta is actually comprised of three main islands, the largest, also named Malta, Gozo and Comino as well as dozens of smaller, uninhabited ones. All are united by a common history, heritage and language, Maltese - although English is also widely spoken. While relatively unknown to non-Europeans as a tourist destination, Malta sports a thriving tourist industry with some of the finest hotels and amenities in the world.



St. John's Co-Cathedral in Valletta, built by the Knights of Malta between 1573 and 1578.

The Capital - Valletta

Located halfway between Europe and Africa, Malta has always held a strategic interest for conquerors and other military leaders. Throughout its history, Malta has been controlled by the Phoenicians, the Romans, the Moors and the Normans as well as the Kingdoms of Aragon, Spain, and the Knights of St. John. In modern times, both the French and the British empires have claimed it. Each of these cultures has left a lasting legacy in the form of architecture throughout the country.

Some of the more interesting sites in the city include St. John's Co-Cathedral with its magnificent signed Carravagio, the Auberge de Castille et Leon and the Magisterial Palace built by the Knights of St. John.

Architecture

Malta is home to the megalithic temple Ggantija (Giant's Tower) and its six brothers,

the earliest free standing structures built by man, at over 5500 years of age. Outside the small town of Mdina in the center of the main island is a Roman "donus" or villa that is still being actively excavated. All of the country's lesser cities have quite a variety of Baroque, Renaissance and Neoclassic architecture - often in the same building! For more modern - and massive - structures, visit one of the newer cities like Mtarfa for a view of the massive limestone edifice that is St. Paul's Anglican Cathedral.

Culture

The generosity of the Maltese people is undisputed. In fact, a noted study found that 83% of the population contributed to charity on a regular basis - more than anywhere else in the world. It is also a deeply spiritual one with an emphasis on children and their care. Weddings, births and christenings all call for a celebration and there are dozens of saint's days celebrated every year.

Maltese food - almost all of it imported - has also been strongly influenced by outsiders. Still, the national dish, fenkata or stewed rabbit, is distinctly Maltese. For a true taste of what the locals eat, it is best to journey to Gozo where a strong regional cuisine has been established.

Nightlife

For better or worse, Malta has become identified as must-stop destination for the jetset and the extremely wealthy. Many arrive by plane but there are always several super-yachts anchored offshore of the major ports. This fact means that Valletta in particular and Malta in general can cater to almost any dining or entertainment demand. Restaurants are plentiful and serve everything from street food to the finest haute cuisine. The nightclubs are packed almost every night with music from late 1970s "legend" bands to the latest in techno from the most in-demand DJs.

What's on VISION ASIA



Rang Rasiya

The story follows a young, Rajasthani village girl Parvati played by Sanaya Irani and a Border Security Force officer Rudra played by Ashish Sharma. Their ideologies in life are completely opposite. While Parvati believes in love, Rudra hates anyone who invests in that emotion, and yet they get attracted to each other. How their paths cross and they fall in love forms the crux of the story. The show will portray Rudra and Parvati's strong, passionate and aggressive love story. Rang Rasiya is said to be based on the famous English drama Othello written by William Shakespeare and will be visually very appealing. Shot in the desert terrains in the Rann of Kutch, the show is a love story set along the borders of India.

Time: On Colors. TBC

Yeh Hai Mohabbatein

Ishita Iyer is a simple girl. She is a dentist by profession and is immensely good at what she does, yet has her feet firmly on the ground. She immerses herself in her work as a measure of rebuilding her life. She is a dutiful and loving daughter and her parents dote on her. Ishita is very fond of children, going out of her way to help any child in distress even if it means waking up at 4 AM and opening up her clinic to a boy with a toothache.

On the other hand, Raman Bhalla is an extremely successful man. He is rich, suave and self-made, becoming the CEO of his company in a very short period of time. He is father to the very adorable Ruhi. Being a workaholic, his life revolves around office meetings, parties and work. He has worked hard to reach such heights of success, but ends up neglecting Ruhi because he is always busy.

Ye Hai Mohabbatein is the story of Ishita, Raman and Ruhi. Two lives connected by their common love for little Ruhi. Moving away from the genre of a typical romance, Ye Hai Mohabbatein showcases mature love in a very unique manner and deals with societal issues that people are reluctant to face or discuss.

Time: On Star plus at 20:30AEST/17:30AWST





MARUTI SUZUKI
PRESENTS

INDIA'S GOT TALENT

India's Got Talent

India's Got Talent is the Indian franchise of the hugely successful Got Talent series. The show portrays a huge variety of talent ranging from the mundane to the bizarre, from heart-stopping feats to the seemingly impossible, giving Indians a platform to showcase their talents like no other. The show travels to different cities across India in search of interesting local talent. There is no age limit for contestants. Singing, music, dance, impersonation, puppetry and illusion are all common areas of talent; however, any talent is allowed to compete. Season 5 is starting soon with judges Karan Johar, Malaika Arora-Khan & Kirron Kher.

Time: On Colors TBC



Ekk Nayi Pehchaan

This is a story of a unique relationship between a mother-in-law and her daughter in law. Sharda, the mother-in-law and Sakshi, the daughter-in-law meet when they are complete strangers but they end up striking a great bond with each other, the bond grows stronger as they travel together in the journey of life.

Sharda is devoted to her family, she is helpful, nurturing and is still taken for granted all her life. It adds to her woes that she is illiterate. Ekk Nayi Pehchaan is a compelling and unique narrative of a woman's search for her identity. Essayed by Poonam Dhillon, Sharda, the central protagonist, is led down this journey by her daughter-in-law who sets the ball rolling by helping Sharda to first read and write and then urges her to get a degree. Sharda in turn dutifully shares with Sakshi her own life's lessons and helps Sakshi in making her marriage work. The role of Sakshi shall be played by popular Hindi Serial actress Krystle D' Souza.

Time: On Sony at 19:30AEST/16:30AWST



Main Naa Bhoolungi

Main Naa Bhoolungi is the journey of Shikha Gupta, a 25 year old beautiful and independent girl from middle class family in Nasik. She believes in building a career before getting married. She is unafraid of facing life's challenges and always fights back. Shikha's family is approached by Sameer Verma, a 29 year old successful businessman, who seems to be the perfect guy for her. There is however, a dark side and a secret past to Sameer's character. Shikha falls in love with him, gets married and they have a baby. But all is not what it looks like and soon Shikha embarks on a journey where reality and illusions mingle and she has to find her way through a maze of love, deception, hate, revenge as well as death in her quest to discover the truth!

The role of Shikha is being essayed by Aishwarya Sakhuja. Aishwarya is highly popular for her lead role as Toasty in the hit TV show Saas Bina Sasural. Sameer is being portrayed by Vikas Manaktala. Vikas was previously seen in the SAB TV show 'Left Right Left' as Hooda.

Time: On Sony at 21:19:00AEST/16:00AWST



Salman is not the kind to talk about his feelings. For him to say something like this, means a lot to me

I can never say no to **Salman**

With his directorial debut *Kick* rocking the box-office and his three other productions released in the year proving to be big successes, filmmaker Sajid Nadiadwala is in a jubilant mood. He tells Subhash K Jha about the success of his film and the relationship he shares with Salman Khan.



I wouldn't have turned director if my dear friend Salman had not persuaded me to direct Kick

Kick has proved to be a roaring success at the box-office. Did you expect this kind of response to the film?

I guess the credit goes entirely to Salman. He is one of a kind. You can't question his stardom. The trade experts are looking at a box-office figure of Rs 250 crores and that seems quite realistic. Salman's last Eid release *Ek Tha Tiger* had done a business of about 190 crores when they had one holiday. Anything above what Salman's last Eid release did is good enough for me as a debutant director.

Do you feel releasing a film during the festive period of Eid makes a difference to its box-office response?

I think films released during festive periods invariably fare well at the box-office but this trend was not prevalent a few years ago. I remember Salman and I had released *Judwaa* 17 years ago. At that time the trade paid little attention to festive releases. In fact, there was a time when distributors would refuse to release films during Christmas because it was too cold in North India. In contrast, there is a clamour for Christmas releases today. Likewise during Eid filmmakers were afraid to release films because of Ramzan. Times have changed.

Apparently you were under pressure to deliver a film that could beat the record of Salman's earlier Eid releases.

I wasn't thinking about the numbers, collections and profits while directing the film. I was only concerned about making a film that could connect with the audiences. I was the producer and the director. But I was more concerned about getting it right



as the director. The producer already knew his job. It was only after the first promo was released that I felt that *Kick* was being seen as something more than a Salman-Eid film. I was told that the film had an international feel to it. I wanted it to be judged favourably against action films abroad and I am glad I have succeeded on that front.

There was also talk that you had a tough time wrapping the film in six months and you were undecided about readying the film for an Eid release.

Frankly both I and Salman were not sure that we could make it by the Eid deadline. But we decided to try our best on the condition that we would postpone the film if couldn't make it on time. We just continued with our work. We even shot a song ten days before the release and proceeded with the mixing of the film when we had only three days till release date. That's how close we cut it.

Was it entirely at Salman's behest that you decided to direct *Kick*?

I wouldn't have turned director if my dear

friend Salman had not persuaded me to direct *Kick*. He didn't suggest or ask me. He just told me to do it. Once I had made up my mind, it was very important for me to live up to Salman's and my own expectations. I was like a child who had to prove himself in his examination. Luckily the producer in me was very supportive.

After 27 years in the movie business, I had to be up at 5 a.m. to deal with an international crew for the stunts in the film



Established actresses have turned me **down**



"I am comfortable working with new heroines, like Urvashi Rautela. These girls do not ration dates and I don't have to deal with my heroine's tantrums"

In a candid interview with Subhash K. Jha, Sunny Deol spills the beans about why he prefers to work with rank newcomers half his age, instead of established actresses. He also voices his disapproval on the kind of films that are being made today.



Now that Anil Sharma's Singh Saab the Great has opened to encouraging reports, Sunny Deol who plays the angry Sardar for the sixth time in his career, is in no mood to mince words about way the film industry functions these days. Sighs Sunny, "About time a film of mine was well-received. I am tired of the long non-happening phase. Unfortunately I haven't had too many releases lately. There are some of my films that are on hold. Hopefully they'll be released soon."

There has been a lot of curiosity about why the senior actor chose to work with a co-star half his age in Singh Saab The Great?

Sunny is amused when you mention this to him, "Look we are acting. We are not really husband and wife. If she's younger to me, that's fine. A lot of wives are much younger than their husbands. Besides, Urvashi is not a 19-year old novice either."

Sunny adds that he intends to continue working with new heroines in the future. He surprises you with his honesty when he discloses the real reasons why he prefers to work with rank newcomers, "I've had problems with established heroines. For reasons best known to them, they don't want to work with me. It's a fact that top heroines turn me down whenever I ask them to work with me. They are open to working with Shah Rukh, Salman and Hrithik. It's fine with me. I am comfortable working with new heroines, like Urvashi Rautela. These girls do not ration dates and I don't have to deal with my heroine's tantrums. Also, I get a chance to give new talent to the film industry. In fact, I'll be seen with newer co-stars in the future. Trust me these new girls won't look mismatched with me. I am open to adapting myself to the changes around me."

The conversation veers towards how his latest release is different from other modern-day films. According to Sunny, Singh Saab The Great marks the return of Indian values on screen after a long period of time. "It is after

a long time that we have witnessed the loving relationship between a husband and wife or a brother doting on his little sister. For some reason, the concept of family values has gone missing in our films."

Sunny is of the opinion that modern-day directors have lost touch with Indian values. "They are far too urbanized and have no concern for family values in films. Unko pataa



"Nowadays love stories have couples looking for sex. But I am of the opinion that a love story cannot work if there is no innocence in the relationship."

hi nahin parivar kya hota hai. If we don't have cinema propagating the correct values, we'd soon be left with cinema that is built entirely on marketing hype," he rues.

The forthright actor goes on to clarify that he is not hitting out at any particular cinema. "I don't have anything against anyone but the teeny-bopper love stories and the stuff that we lately witness in films, are reducing the impact of our cinema. Our filmmakers owe a responsibility to society. They've a commitment

to portray the right values to our younger generations. Why are we copying Western films?"

According to Sunny, several films were appreciated for their cinematography and artwork, but that did not make them outstanding for the audiences. "A visually appealing film may not always appeal to the audiences. How can a film without a soul be considered good cinema?" he asks.

Sunny also has reservations about the content of modern-day love stories and their "definition" of love, "Nowadays love stories have couples looking for sex. But I am of the opinion that a love story cannot work if there is no innocence in the relationship."

When you remind Sunny that times have changed and real-life couples are no longer content looking innocently into one another's eyes, he retorts, "You're talking about a small fraction of people in high-society. Our cinema is cut off from the reality of the majority. We are selling a small section's lifestyle as representative of the entire country."

Sunny has an interesting line-up of films in the offing. He describes his next release I Love New Year as a sweet film. "It took me out of my comfort zone. Such films are called rom-coms now. I am sure I did them earlier when they were called something else. I also have Chandraprakash Dwivedi's Mohalla Assi where I play a Sanskrit teacher and Neeraj Pathak's Bhaiyyaji Superhit. Both are strong subjects. There's also J P Dutta's Border 2. I am hoping I love New Year releases during the New Year. That's the film's flavour. After that I'll ask my producers to release the other two films. The beauty of these films is they won't get dated."

Sunny is also set to do another family film with his father Dharmendra and brother Bobby. "It is a very interesting film called Ishq De Maare being made by Subhash Ghai. It's a story about three people from different age-groups and the problems they go through."

However the actor is in no mood to talk about his home productions. "I have a couple of films lined up but I do not want to talk about them yet. Kisi ki nazar lag jaaati hai. I am not superstitious. But when things go repeatedly wrong I am forced to be," he quips.

"Our cinema is cut off from the reality of the majority. We are selling a small section's lifestyle as representative of the entire country."



Telly Tattle

Renuka Shahane to make a comeback on television



Ace actress Renuka Shahane who was last seen in the dance reality show, *Jhalak Dikhhla Jaa 4* and the fiction show, *Kora Kagaz*, is all set to return to the small screen with Rajshri Productions' upcoming show *Mere Rang Main Rangne Wali*. Renuka is excited about her role, though she will be making a cameo appearance on the show, "I wouldn't call it a full-fledged come back as I will be seen only in the first few episodes. I play the role of a mother to a 20-year old girl. My daughter is a friend of the lead protagonist essayed by a newcomer Pranali, who will be taking my legal advice in the show," she reveals.

The actress was apparently offered an important role in the serial but she was not open to the idea of shooting for 25 days in a month, after which she was offered a cameo instead.

Salman to turn pilot for next season of Bigg Boss



It is now certain that Salman Khan is set to host Season 8 of *Bigg Boss*, with the first look and the teaser officially released. The superstar's new avatar in the role of a pilot has already generated a great buzz in the trade. In the teaser Salman is seen playing a flight captain who gives a salute before readying for take-off. His Firoza bracelet is also seen prominently on his hand. Sources reveal that Salman's get-up has been specially been planned in keeping with the fact that the Bigg Boss house will be shaped like an aircraft this time. It may be recalled that the last season of the show had the angel-devil theme with Salman playing a double role of a pious angel and a mischievous devil. According to sources, the aircraft-shaped Bigg Boss house is likely to raise the curiosity quotient about the show, which is scheduled to go on air in September or October. The actor, who was planning to opt out of the show, has reportedly been offered a hefty remuneration of Rs 5-6 crores per week, for hosting the show on Colors. The shooting of the promos is said to have taken place in Bangkok.



Shivin Narang is delighted about his similarity to Shashank

Actors Shivin Narang of *Ek Veer Ki Ardaas* fame and Shashank Vyas of *Balika Vadhu* fame may never have worked together but the two handsome actors have a striking similarity with each other and are often considered lookalikes. Says Shivin, "For some reason, people seem to think that we are lookalikes. I am told that our height and face patterns are also on the same line. My friends tell me that the two of us also have similar voices."

Shivin is actually quite happy with the comparisons, "I consider myself privileged to be compared to Shashank. I have seen his work in *Balika Vadhu* and he is too good in the show."

Interestingly the two actors recently bumped into each other on the street. Shivin recalls the experience, "I had parked my car and was walking across the street when I saw Shashank getting down from his car. He got down and shook hands with me. It felt great when someone like him got off the car to speak to me."

Divyanka believes in getting under the skin of her character



Divyanka Tripathi is one actress who has always been praised for her performances, whether it was her debut show *Banoo Main Teri Dulhann* or the currently popular show, *Yeh Hai Mohabbatein*, where she plays the role of Ishita. While Divyanka is humbled by the huge fan-mail she keeps getting week after week, she admits that her inspiration in acting is the legendary actress Madhubala, whose films she has closely watched, "I am a big fan of Madhubala- ji. She was so effortless in her expressions that you couldn't make out when she transformed her emotions on screen. She is a role model for me. On my part, I try to get deep into my characters and make them look as realistic as possible."

The actress recalls the time when she played the role of Vidya, the submissive village girl in *Banoo Main Teri Dulhann*, who is harassed by her aunt, uncle and cousin and does not utter a word, "People actually began to think that I was equally illiterate and submissive in my real life. They used to sympathise with me when they would meet me on public platforms and I would allow them to think so. Now they prefer to interact with me in English. That's how I associate with my roles."

Gurmeet Choudhary has a forte for action



Handsome hunk Gurmeet Choudhary, who was last seen in *Fear Factor-Khatron Ke Khiladi*, loves doing stunts whenever he gets an opportunity to do so. Few are aware that Gurmeet is a black belt champion in martial arts and is eager to showcase his skills on screen. Says Gurmeet, "I love to perform stunts whenever the opportunity arises. It gives me a great high. People have seen me performing stunts on the small screen because dare-devilry is my passion."

Gurmeet who has signed a three-film deal with Mahesh Bhatt's production house Vishesh Films, is now learning the nuances of gymnastics for his debut film, *Khamoshiyaan-When Silence Speaks*. "I am a great follower of deadly action stunts, so I am excited about being associated with an action film. I am currently polishing my action skills so that I will be able to do all my stunts myself," says the actor. With the rate at which he is going, Gurmeet is likely to give other action stars a run for their money.



I am far
too lazy
for

**SIX
PACKS**

Arshad Warsi is back and how. The actor has shed a lot of weight and is looking fitter and slimmer. Moreover Arshad is currently on a career high with some of the best films in the offing, starting with Mr. Joe B. Carvalho, Dedh Ishkiya, Chambal Safari, Bhaiyaji Superhit and Legend of Michael Mishra. In a frank interview, the actor talks about his films and his life in general.



You have to invest a lot into marriage to keep it going or else your relationship will go for a toss.

Tell us something about your forthcoming film, *Joe B. Carvalho*.

Joe B. Carvalho is a comedy of errors that erupts due to a mistaken identity between a detective and the villain who is his namesake, played by Javed Jaffrey. I play the detective in the film while Soha plays a police officer. The film is a satire and both I and Soha had a fun time shooting for it.

Reportedly the film also marks your return as a choreographer.

I have choreographed one song in the film at the insistence of the director. I have always been passionate about choreography. If anyone wants me to choreograph I will certainly do it for them, it gives me good money (laughs).

You have given up dancing completely, wouldn't you like to do an item number?

I am not too keen on dancing anymore. I don't think I can do an item number either. I think young men with six packs can certainly present a better picture while dancing. I dance in the films that I am doing and that's about it. Yes I would certainly love to choreograph a hero in an item number. Aamir has done one in *Delhi Belly* and I enjoyed it. I would love to do an item number based on Playboy or Chippen-dale. Why should the women get all the item numbers? For a change, I want to see the men dancing and the women ogling at them.

Aren't you looking at developing six packs like most other heroes in the industry?

I am far too lazy for six packs. I did try all that in my younger days. I'd rather spend my precious time relaxing with my family. I cycle for fitness and I do it for exercise and fun. I go cycling every day from my house to Bandra. That also gives me an opportunity to interact with people who greet me on the way.

There's a positive buzz about your new lean and fit look. Did you achieve it for any particular role?

I had taken two months off to work on my body for a film titled *Chambal Safari*. The director Samir Tewari wanted me to lose up to twenty pounds for the role. I worked on my physique in order to get the desired weight.

What is the film all about?

Chambal Safari is a lovely satire on the dacoits of the notorious Chambal valley. They are a dwindling lot these days and are left with no food and no bullets. In the film, the government



It was a pleasure working with Madhuri. She is an extremely professional actress, who never complains about anything.

announces Chambal as a tourist spot and asks them to become guides. I play a dacoit who goes to surrender to the police. Unfortunately, there are no police on duty so he is asked to go back and return the next day. There is also

a romantic angle to the story but I cannot talk about it right now.

You have also been shooting for the second installment of *Ishkiya*, *Dedh Ishkiya*. How was the experience shooting with Madhuri Dixit and Naseruddin Shah?

It was a pleasure working with Madhuri. She is an extremely professional actress, who never complains about anything. I remember we were shooting in the heat and dust and she would come all dressed up on the sets, unperturbed by the surroundings. She would bring that charming freshness on the sets and change the entire atmosphere. I also shared a great equation with Naseruddin Shah. He is a very shayarana (poetic) and serious kind; but with me around he was always witty. We had done the first part together too and we are more of friends now.

Your other film *Bhaiyaji Superhit* is said to be stuck up and lying in the cans. What went wrong with the film?

I am not aware about the latest position of the film but I feel sad that it could not be completed and released. There were too many actors in the film and the dates of the actors couldn't be adjusted. No one can be really blamed for it.

You are also doing *The Legend Of Michael Mishra* and another film, *68 Carat*. Can you tell us something about these films?

The Legend of Michael Mishra is a crazy love story directed by Manish Jha, with whom I had worked earlier for the Voltas commercial. The film is unique in its stylization and execution. It's an unusual film and that's what got me excited about it. I play the title role of this fictitious guy who never exists. On the other hand, *68 Carat* is based on the Angadia tribe. Umesh Shukhla of *Oh My God* fame has written the script. I am listening to two more scripts.

What is the status of your two other films *Munnabhai Chale Amerika* and *Peekay*?

The director Subhash Kapoor is working on *Munnabhai Chale Amerika*. I am sure he will come up with something political. He is good at it and has immense knowledge. As for *Peekay*, I had to give up the film because of date issues. I was shooting for *Dedh Ishkiya* at that time.



I am not having a

blast

in my life





Dhoom 3 has been one of the most anticipated films of 2013 and Katrina Kaif is eagerly looking forward to her moment of reckoning. Once known as the lucky mascot of the industry who worked her way to the top, the actress was offended when the focus recently shifted from her professional life to her personal life. At a joint media interaction for the pre-release campaign of Dhoom 3, the actress spoke her heart out on various issues.

Now that Dhoom 3 is being released, tell us about the Dhoom (blast) that you had in real life?

Right now, I am not having a blast in my life as my focus is on the film. That is the only Dhoom in my life. It's been a long time and long wait for the release and I am looking forward to it.

How was it romancing Aamir on screen? How would you rate his performance?

I will give him nine out of ten. In terms of acting I was worried because he is a method actor but on the first day of the shoot he put me at ease. I found him very spontaneous. I remember there was this song where I had to dance and then put my legs on his shoulder. During the rehearsals he asked me not to worry but when it came to the real shoot he asked me not to put too much weight on his shoulder as he had had an injury. I think he is quite chilled out.

Was there any scary moment while shooting for the film?

I remember there was one particular sequence that we shot for a song in the film, when Aamir and I were suspended from a hoop, with no harness. We were 30 to 40 feet above the ground. It was an extremely difficult act. On the day the song was shot, Aamir and I got up on the hoop and were lifted high. We had to bend backwards together. We realised that if we did not hold on to each other, we would fall and break our bones. It was probably the scariest moment of the shoot.

“I was worried because Aamir is a method actor but on the first day of the shoot he put me at ease.”





Salman is the easy-going kind and I don't feel self-conscious while working with him. He doesn't judge you.

I want to be clear on this. It's my original quote and I am saying it again. I am single till I get married.

The title song of *Dhoom 3* was earlier picturised on Esha Deol and then Aishwarya Rai. Was there any pressure on you to outdo the other two?

The song is done in an international format. There is a sense of responsibility when you perform on the song because two actors have already done their best in the same song. But then the song is also a lot about the film and the scenes. It's everyone's video. The making of the song was hard work and I took it as a challenge. I don't think I have trained so much for any film. It's a very stylish song and as long as I am given the opportunity to do something different, I love doing it. I don't think anyone has done such a song in Hindi cinema.

You seem to have got over your Barbie Doll image with the film. How do you manage to keep yourself so fit?

I guess I overdid my Barbie doll image so much, that I had to run away from my trainer Yasmin Karachiwala. I had to do functional training for two and a half hours every day for my role in the film. This had nothing to do with the looks; it was for the fitness quotient that I needed to achieve for the acrobatic stunts and songs. I needed to have strong shoulders.

You have worked with the three Khans, Salman, Shah Rukh and now Aamir Khan. How different was the experience working with them?

I would say that Salman, Shah Rukh and Aamir have been legends of the industry for the longest time and I have been fortunate enough to get an opportunity to work with them. I have known Salman for a long time and we are very comfortable with each other. Salman is the easy-going kind and I don't feel self-conscious while working with him. He doesn't judge you. I was a little nervous while working with Shah Rukh. I would happily chat with him behind the scenes but once the director called for action, I would start fumbling. As for Aamir, his personality is very charming. He made me very comfortable from day one.

Tell us about your forthcoming films?

I am doing *Bang Bang* with Hrithik Roshan and the film is being directed by Siddharth Raj Anand. It's inspired by the Hollywood film *Knight and Day*, but adapted to the tastes of

the Indian audiences. It's an action comedy, something which I haven't done for a long time. I am excited about the film as it's an edge of the seat thriller unlike all the love stories I have done before. This film too has a love angle but with a twist. I am also doing Kabir Khan's next opposite Saif Ali Khan. Again I am excited to work with Kabir Khan whom I have already worked with earlier in *New York*. Here I play a secret agent.

Coming to your personal life, are you still upset with the media for splashing your holiday pictures with Ranbir Kapoor while in Spain?

I was deeply hurt by the pictures because it was an encroachment of my personal space. As a public personality, I am open to doing interviews, press meets on the sets but this was an unguarded private moment. I have been acting in films for the last nine years and this is the first time that I experienced something like this. No one has ever clicked pictures of me when I go with my sisters on the beach. I felt something like this shouldn't be done. Then I decided that you have to live your life and move on as there are worse things happening in the world. I don't hold grudges any longer.

Do you feel the paparazzi have become a threat to the privacy of stars?

I think it has become easier for people these days to click pictures with the advent of smart phones. With social networking sites and Twitter invading our lives, this has become even more complex.

There was news that you are planning to get engaged in 2014?

I want to be clear on this. It's my original quote and I am saying it again. I am single till I get married. I have no marriage plans for now. I want to focus on my career.

Do you fear anyone or anything in real life?

I am not afraid of anyone or anything. I believe that fear is a state of mind when you anticipate the worst. Once you start going after what you are afraid of in life, you lose all your fear. Life goes on and things are not really bad. The theme of *Dhoom 3* says just that. When you set out to do what you want, you can let go of all the fear.



MOVIE TIME

Vision Asia previews films to watch out for in the months ahead.

FINDING FANNY



Finding Fanny is an unconventional comical satire about five dysfunctional characters from a quaint village in Goa, who venture out to find Stephanie Fernandes. The journey begins after an old postman Ferdie, played by Naseeruddin Shah, receives a letter that he had written 46 years ago to Stephanie, asking for her hand in marriage. Ferdie realizes that the letter had never been delivered to Stephanie, while he lived a melancholy life all this time believing that she had rejected him. He decides to find his beloved Fanny and tell her the truth. He is joined in his mission by four colorful characters, who are eager to get out of the routine of their mundane lives. Among them are a young virgin widow (Deepika Padukone), a bitter mechanic (Arjun Kapoor), a belligerent artist (Pankaj Kapur) and an obnoxious self-appointed "Lady" of Pocolim (Dimple Kapadia).

Produced by Dinesh Vijan under Maddock Films, presented by Fox Star Studios and written and directed by Homi Adajania, the film stars Naseeruddin Shah, Dimple Kapadia, Pankaj Kapur, Deepika Padukone, Arjun Kapoor and Ranveer Singh (in a cameo). The film is scheduled for a worldwide release on September 12, 2014.

DAAWAT-E-ISHQ



A sales girl hailing from Hyderabad is disillusioned in love due to her encounters with dowry-seeking men and goes out in search of Mr. Right. She comes across a Lucknowi chef, who can charm anybody with the aroma and flavours of his biryani and kebabs. The two come face to face in the clash of diametrically opposite but equally spicy cultures of Hyderabad and Lucknow. Produced by Aditya Chopra and written and directed by Habib Faisal, Yash Raj Films' *Daawat-e-Ishq*, stars Aditya Roy Kapur and Parineeti Chopra in the lead, besides Anupam Kher and television actor, Karan Wahi, who makes his debut with the film. The romantic comedy is scheduled for a September 19 release.



MARY KOM

Produced by Sanjay Leela Bhansali and directed by Omung Kumar, *Mary Kom* traces the journey of the five-time World Amateur Boxing champion and her success story from a small town Manipuri woman to one of the most celebrated boxing champions in the world. The biopic tells the story of her trials and tribulations in life from pursuing her boxing dreams, her hard work, love, marriage, the birth of her two kids and how she makes it to the top. The role of the boxing genius has been essayed by Priyanka Chopra, who put in unprecedented efforts to get into the skin of the character and totally transformed herself for the role. The actress underwent extensive physical training to get the right physique for the role, besides going on a rigorous diet. The film will be premiered at the 39th Toronto International Film Festival that will take place between from September 4 to 14 and is scheduled to release worldwide on September 5.



Paneer Capsicum Stir-fry

Paneer capsicum stir-fry, a great combination of paneer and capsicum stir fried with other vegetables and Indian herbs to give that special taste. Worth a try!



Preparation Time: 10 mins

Cooking Time: 6 mins

Makes 3 servings

INGREDIENTS

- 2 cups paneer (cottage cheese) cubes
- 1/2 cup capsicum, cut into thin strips
- 1 tbsp oil
- 1 tsp garlic (lehsun) paste
- 1/2 tsp chilli paste
- 1 tsp coriander (dhania) seeds, coarsely crushed
- 1 tsp finely chopped green chillies
- 1/2 tsp chopped ginger (adrak)
- 3/4 cup finely chopped tomatoes
- 1/4 tsp dried fenugreek leaves (kasuri methi)
- Salt to taste

FOR THE GARNISH

- 1 tbsp finely chopped coriander (dhania)

METHOD

1. Heat the oil in a broad non-stick pan, add the garlic paste and sauté on a slow flame for a few seconds.
2. Add the capsicum, chilli paste and coriander seeds and sauté on a slow flame for 1 minute.
3. Add the green chillies and ginger and sauté again for a few seconds.
4. Add the tomatoes, mix well and cook on a medium flame for 2 minutes, while stirring occasionally.
5. Add the kasuri methi and salt mix well and cook on a medium flame for 1 minute.
6. Finally, add the paneer, mix gently and cook on a medium flame for 1 minute.
7. Serve hot garnished with coriander.



Crunchy Mini Potato Pancake

Easy methods, common ingredients, fast preparation, perfect texture, great taste, enough nutrients – the Crunchy Mini Potato Pancake has all that it takes to make your morning! With potatoes and peanuts for energy, and coriander and chillies for taste, these pancakes are great for breakfast but can be served as a snack any time. Cook these Crunchy Mini Potato Pancakes as soon as you prepare the mixture, to prevent the potatoes from getting discoloured.



Preparation Time: 10 mins

Cooking Time: 8 mins

Makes 14 servings

INGREDIENTS

- 1 cup peeled and grated potatoes (raw)
- 1/2 cup rice flour (chawal ka atta)
- 1/4 cup finely chopped coriander (dhania)
- 2 tsp finely chopped green chillies
- 2 tbsp coarsely crushed roasted peanuts
- Salt to taste
- Oil for greasing and cooking

FOR SERVING

- Green chutney
- Tomato ketchup

METHOD

1. Combine all the ingredients along with 1 cup of water in a bowl and mix well.
2. Heat a pan and grease it lightly using a little oil.
3. Pour 2 tbsp of the batter in the pan and spread into a circular motion to make a 75 mm. (3") diameter round.
4. Cook them, using a little oil, till they turn golden brown in colour from both the sides.
5. Repeat steps 3 and 4 to make more pancakes.
6. Serve immediately with green chutney and tomato ketchup.



Tarla Dalal

Noted Indian food writer, chef, best-selling cookbook author, Padma Shri awardee and host of cooking shows like "Tarla Dalal Show" and "Cook It Up With Tarla Dalal".

She has written over 170 titles, several of which have been translated into various languages and sold around the world.



Tofu

truly amazing
health benefits!

More and more people are moving away from the bad cholesterol associated with eating other foods, and have moved to the protein benefits of soy that tofu is made from.

It contains all essential amino acids that are the building blocks of protein. It is used as a substitute for meat and can be grilled, but also, as you will see from my recipe this month, baked in desserts!

As little as 25 grams of soy protein in tofu may have positive heart benefits. Tofu contains substances that are believed to assist in prevention of hormone-related cancers, and help reverse bone density loss and “hot flushes” in menopausal women. Add to that, tofu is low in fat, low in calories & high in calcium!

Tofu is very versatile, providing texture and protein whilst taking on the flavour of whatever it is added to. It's available in different varieties and consistencies, and can be sliced, stir-fried, seasoned, pureed as a cheese substitute, mashed, blended, & used in dips and toppings. Wow!

Here's a quick guide to the types of tofu available and how they can be used:

- **Firm (or regular) tofu**

This is an all-purpose tofu. It is drained and pressed, but still has a lot of moisture. It has a softer texture, not as smooth as silken tofu or as grainy as extra-firm. Not the best tofu for grilling, but it absorbs marinades well so it's a good option for stir-fries. When fried, it is creamy on the inside. Use it as a topping on pizza, or in tacos.

- **Silken tofu**

As the name suggests, silken tofu is smooth. It's an un-drained, un-pressed tofu, with a high moisture content & a custard-like texture. Silken tofu is often used as a fat substitute in desserts, and replaces cheese in some dishes. Use it in salad dressings, pie fillings, puddings and smoothies.

- **Extra-Firm tofu**

This is tofu has the least moisture since most of the liquid has been pressed out; it won't fall apart during cooking. If you want to try grilled or seared tofu, this is the right choice.

My chocolate tofu cake is easy-to-make, moist, flavoursome, and full of benefits for your health. It helps with dietary needs and is a wonderful addition to your baking/dessert arsenal. The Tofu Gingerine is a quick recipe for you to enjoy a savoury version of tofu. Bon appétit!





Chocolate Tofu Cake

Preparation time: 25-30 min

Serves: 6-8 people

INGREDIENTS

- 2 cups flour
- 3/4 cup dark coco powder
- 1 tsp salt
- 1 tsp baking powder
- 2 tsp baking soda
- 2 cup brown sugar
- 1 cup coconut oil / vegetable oil
- 1 cup water
- 1 1/4 tsp coffee
- 1/2 cup tofu / cottage cheese
- 1 cup almond milk / regular milk
- 1 tsp vanilla essence

METHOD

1. Preheat oven to 160° C.
2. Grease the mould with oil spray or coco powder.
3. Dissolve coffee powder in hot water.
4. Sift flour, combine with salt, baking powder, baking soda, coco powder and sugar.
5. In another mixing bowl mix milk, hot coffee decoction.
6. Puree tofu and mix it with all the liquids. Add vanilla essence.
7. Combine all the wet ingredients with dry ingredients, beat the batter for 2-3 min
8. Pour the batter in mould and bake for 25-30 min until the wooden pick inserted in the middle of cake comes out clean.
9. Let the cake completely cool before removing from the pan.

Tofu Gingerine

Preparation time: 5- 10 min

Serves: 4-6 people

INGREDIENTS

- 400 gm tofu
- 1/4 cup ginger
- 1/4 cup garlic
- 1/8 cup sesame seeds
- 1 tbl spoon red chilli chopped
- 2 tbl spoon of oil
- 2 tbl spoon soy sauce
- 2 tbl spoon chopped scallion for garnish
- 2 tsp orange zest

METHOD

1. Heat oil in a pan and add ginger, garlic and chilli. Cook until fragrant.
2. Add tofu and cook till its firm.
3. Add soy sauce and sesame seeds.
4. Garnish with chopped scallions and orange zest



Chef Jasbir Kaur

Jasbir (or Jazz, as she prefers) has caused ripples around the world with her unique approach to cooking, encompassing every nationality. The zest and joy Jazz brings to her work is something quite special. Jazz has worked in the UK and in many top US hotels, gaining experience and insight along the way. She's a guest speaker on radio and also writes for specialist food blogs. Recently, she has been the guest chef on Good Morning on TV One, and has completed 50 shows detailing seasonal, fresh, and healthy produce. She has an extensive knowledge of herbs and spices, their healing properties and a passion for French cuisine. Her recipes and simplicity in food creation have gained her a broad cross-section of followers.

If you have any special vegetarian recipes you'd like to request from Chef Jasbir, please write to us at feedback@visionasia.com.au and we'll feature them in the magazine.



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