



**ANIL KAPOOR**  
(inset) in a  
throwback picture  
with his wife Sunita

**'I want to be part of films like Kantara that are rooted in Indian culture'**  
Over forty years after his Kannada debut in *Pallavi Anu Pallavi*, Anil Kapoor sees a new era dawning for cinema in the region. Ask him if he plans to return to the Kannada film industry, he said, "I think now is the right time. You have films like *KGF* and *Toxic* being made and these kind of films are ones which can resonate, all over the world." He added, "I always want to be part of films that make an attempt and are rooted in Indian culture, stories, and values. Like *Kantara*, which resonated everywhere."

## AN ACTOR'S SUCCESS HINGES ON THE DIRECTORS THEY WORK WITH: ANIL

**Anna Fernandes**  
Some actors truly shine under specific directors," says Anil Kapoor in a conversation with us. He adds, "An actor's success hinges on the directors they work with. We essentially become mediums for a director's vision. When the right director and actor collaborate, it's a lethal combination. Recent record-breaking films demonstrate this."  
From Kannada cinema's global success, the need for cinema to move beyond the genre of action to the importance of actors having the right instinct for career transitions, the actor took a deep dive into these topics and more.

CONTINUED ON P 5



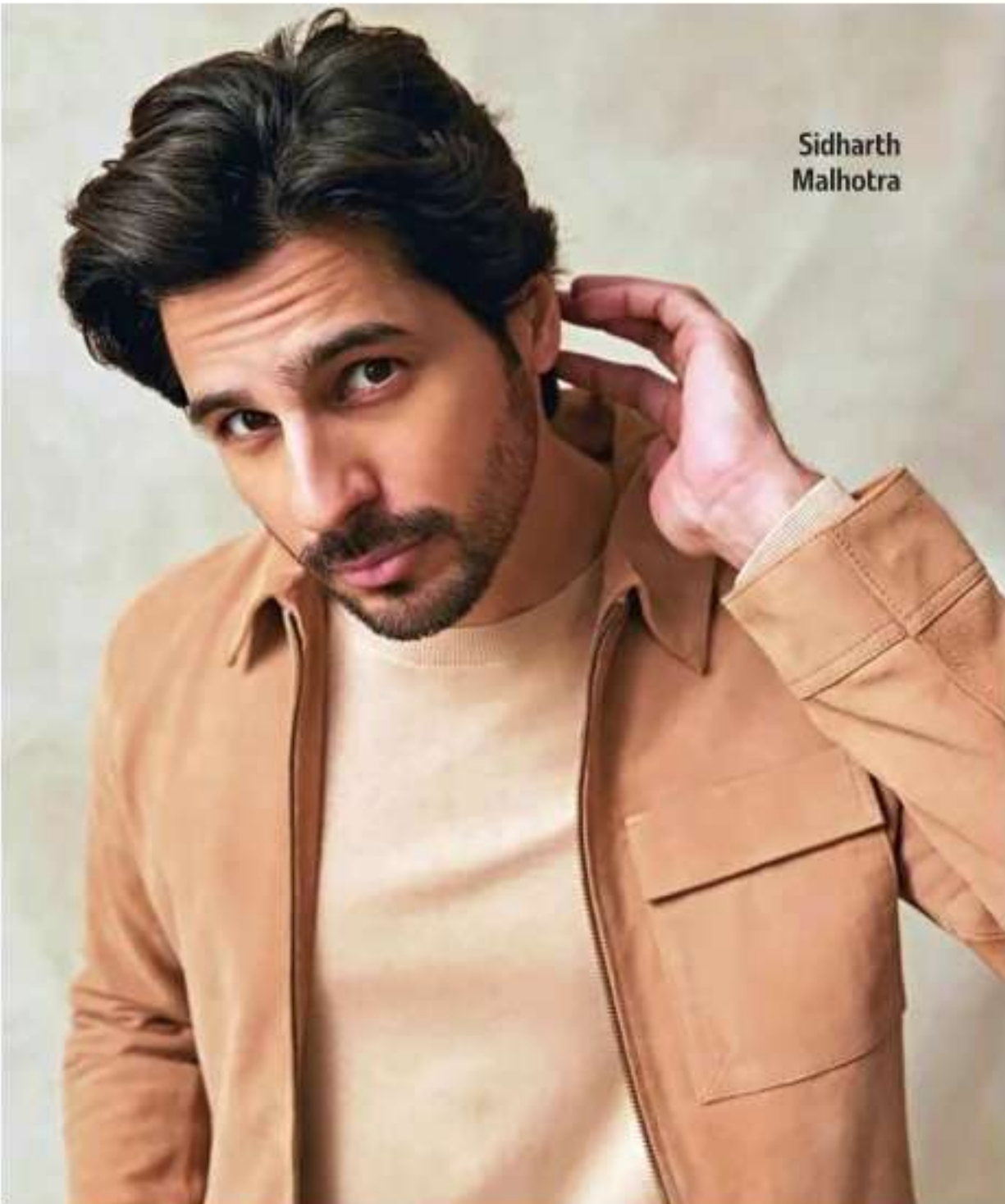
## Get your boys in check: Sidharth

**S**idharth Malhotra and Kiara Advani recently announced that they're expecting their first child. In a recent podcast episode, Sidharth opened up about parenting. "Get your boys in check and that would be my intent whenever in life that a point would come, be it a girl or a boy. (Instilling) values, ethics and being a kinder and more sensitive human being is important. I read somewhere recently, being a male is by birth but being a man is by choice," the actor told Lilly Singh.

When asked what does it mean to be a man, Sidharth said, "Exact-

**Growing up, my father used to travel a lot, months and months, and we were pretty much raised by my mom, my elder brother and I. She was a rockstar, playing the role of both the parents at times. I think she's been a major influence in both mine and my brother's life**

ly this that you start taking responsibility for your own action. You start being more accountable and sensitive towards what you are saying to your family members, to your partner, that's what I wish and hope."



Sidharth Malhotra

## DEEPIKA'S VINTAGE CHARM AT PARIS FASHION WEEK



At Paris Fashion Week, Deepika Padukone served vintage glam in a crisp white blazer, a matching statement hat, and sleek black leggings. For more celeb sightings at the Fashion Week, turn to

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### Buzzstop

#### HEMANSH & RAKUL'S YAARIYAN SET FOR A RE-RELEASE

Coming-of-age film *Yaariyan*, which marked the Bollywood debut of actors Hemansh Kohli and Rakul Preet Singh, is returning to the big screen. The film will be re-released on March 21.

Agencies



### TRENDY DRINKS FOR HOLI PARTY

Curate the best drinks for your Holi party that are flavourful, creamy and refreshing!

P6

## Celebs deliver soulful performances at Attukal



Jayaram was the first mela pramani at a grand percussion event held at Attukal temple as part of the annual festivities recently while Padmapriya and Miya staged elaborate dance performances on the temple premises





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**Obesity – Silent Strain on Kidneys**

In the global fight against obesity, one often overlooked aspect is the impact obesity can have on kidney health. Obesity is not merely a cosmetic concern; it's a systemic issue that extends its grasp into the realm of overall health, with a significant impact on vital organs such as the kidneys.

Excessive body weight, particularly in the form of visceral fat, can lead to a range of metabolic disturbances, including insulin resistance, inflammation, and, in turn, contribute to the development and progression of chronic kidney disease (CKD). The kidneys, responsible for filtering waste and excess fluids from the blood, face an increased burden when obesity is present, potentially leading to long-term damage.

Obesity-related conditions, such as Type 2 diabetes and hypertension, further elevate the risk of kidney problems. Elevated blood sugar levels and high blood

## Understanding Autosomal Dominant

**A**PKD is a genetic disease characterized by the development of fluid-filled cysts within the kidneys. It is caused by a defective gene that is passed down from one generation to the next. There are two types of the gene called genes: in autosomal dominant (AD) and autosomal recessive (AR). AD is the most common type of the gene which instructs the kidneys to fluid cysts. These cysts grow and multiply, eventually enlarging the kidneys. While AR is much less common, it's the most common genetic kidney disease, affecting roughly 1 in 500 people.

**ADPKD often starts silent for years. Children might have it without knowing it.** It's usually asymptomatic between 30 and 40, but it can cause the following symptoms:

- Pain in the abdomen or flank
- Frequent urination
- High blood pressure
- Frequent fatigue

**As the cysts take up space, the bladder gets irritated causing you to pee more often.**

The progressive nature of ADPKD means that cysts can eventually lead to kidney failure. However, there are ways to slow down the progression of the disease:

- There's no cure yet, but research is finding ways to slow down cyst growth and manage symptoms. There are some key points to know:
- Medication can control blood pressure, manage pain, and slow down cyst growth. Lifestyle changes like staying hydrated, eating a healthy low-sodium diet, staying active, and controlling blood pressure are important.
- Regular clinic patient examinations, blood pressure monitoring and imaging are necessary.
- Joining patient communities can empower you on your journey.

Understanding ADPKD is the first step towards proactive management. Early diagnosis, regular testing, treatment possibilities, and ongoing research are hope for individuals with this genetic kidney disease.

### Sugar, Caffeine and Heart health

**E**xcessive sugar intake poses significant risks to cardiovascular health, increasing the likelihood of premature heart disease and stroke. In the average Indian diet, sugar accounts for at least 10% of daily calories, with many consuming two to three times the recommended amount. Common sources include oily junk food, sugary beverages, flavoured dairy products, and processed foods. High sugar

## The Impact of Kidney Cancer on Mental Health

**Dr. Ravichandran**  
Medical Oncologist  
Chemical

disruptions caused by insulin resistance and hyperinsulinemia. These disturbances lead to imbalances in urine composition, promoting the accumulation of calcium, oxalate, and uric acid, which form kidney stones. Insulin resistance increases calcium excretion, while elevated insulin levels acidify urine, increasing the likelihood of calcium and uric acid stones. Additional factors, such as high protein, sugar, and sodium intake, obesity, and certain medications, also contribute. Managing these risks through lifestyle changes and medical interventions is crucial for promoting kidney health in T2DM patients.







**ENTE**

**ANIL KAPOOR**

The actor in his

"Of course, there are mental demands also that come with acting, but those only arise if you don't know how to attach and detach. For me, having a good family, good people around you, and leading a positive, healthy life helps. My friends, my wife, these are my psychiatrists, my go-to people," he added.

[illegible]

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CHUG, CHILL, CELEBRATE:

# ELEVATE YOUR HOLI PARTY WITH FESTIVE DRINKS

Kathakali Dutta

Holi is not just about splashes of bright colours on your face and clothes — it's a celebration that comes alive with bright hues in every corner, including your drink glass! The festival of colours is incomplete without a colourful drink alley to match the playful spirit in the air. From creamy lassis to colourful mocktails, these refreshing beverages are more than just thirst-quenchers.

## Coconut coolers for the tropical kick

**Coconut and pineapple fizz:** Blend coconut water, pineapple juice, and a dash of lime. Add soda water for a fizzy finish.

**Minty coconut refresher:** Combine coconut milk, fresh mint leaves, sugar syrup, and ice. Garnish with a sprig of mint.

**Presentation tip:** Serve in hollowed-out coconuts for a show-stopping centerpiece.

These colourful, fun, and customisable drinks work for any crowd and are perfect for staying cool after hours of colour play. Plus, their visual appeal adds that extra festive charm to your celebration

- Mahi Jain, a Chennai-based home chef and Holi event organiser

## Bhaang-beverages:

A quintessential Holi drink for many includes bhaang mixed into milk, yogurt, or thandai.

**Herbal and fruit infusions:** Before modern mocktails, Holi celebrations featured drinks made from seasonal fruits and herbs. These included tamarind sherbet, bael (wood apple) juice, and mint-infused coolers.

**Why it's made:** These drinks are refreshing and also packed with nutrients to combat the heat. Their bright colours and flavours make them perfect for Holi.

## Mocktails to keep the energy high

**Holi spritzer:** Mix orange juice, cranberry juice, and soda water. Add a splash of lime and garnish with fresh mint leaves.

**Berry burst cooler:** Combine mixed berry juice, a splash of lemonade, and ice. Top with frozen berries for extra flair.

**Presentation tip:** Serve in clear glasses to showcase the bright hues.

## The classic lassi twist

While plain lassi is a Holi staple, why not give it a modern twist? Try these variations:

**Rose lassi:** Blend thick yogurt, rose syrup, a hint of cardamom, and crushed ice. Garnish with dried rose petals.

**Mango lassi:** Add ripe mango pulp, yogurt, a dash of honey, and ice. Top it with a sprinkle of saffron for that festive touch.

**Paan lassi:** Blending yogurt, gulkaand (rose petal preserve), betel leaves, sugar, and cardamom powder. Garnish with crushed betel leaves.

**Presentation tip:** Serve in earthen pots for a rustic, authentic vibe.

Holi is deeply rooted in Indian traditions, and the beverages associated with it reflect the season, the agricultural calendar, and the festival's joyous spirit

- Chef Rabindra Kar

## Traditional Holi beverages that have historically been on the menu:

**Lassi:** A staple in many north Indian households, this creamy yogurt-based drink is a favourite during Holi and is traditionally flavoured with sugar, cardamom, or saffron.

**Why it's made:** Lassi is believed to aid digestion and cool the body after indulging in festive snacks like somas and pakoras

**Kanji:** This tangy and slightly spicy drink is made with fermented black carrots, mustard seeds, and water

**Why it's made:** Kanji is valued for its probiotic qualities. Its purple hue also adds a natural splash of colour to the festive table

- inputs from Mahi Jain, a Chennai-based home chef and Holi event organiser

# Celebs add glam to Paris Fashion Week

Keira Knightley wore a strapless black velvet dress for the Le Grand Diner Du Louvre

Chappell Roan turned heads in a princess ball couture gown

Jessica Alba made a powerful statement with her all-black ensemble

Cameron Diaz, who returned to the fashion week scene after 12 years, made a statement in a bold red midi dress paired with flat-toe pumps

Emma Stone donned a slipdress with lace inserts and a drawstring waistband

Sophie Turner opted for a black leather minidress with spiked silver buttons and knee-high boots

The recently concluded Paris Fashion Week featured 72 runway shows and 37 presentations

# My wife bawled for four hours after watching Avatar 3: James Cameron



James Cameron said his wife Suzy had an intense emotional reaction when she first watched his latest Avatar instalment. The filmmaker told Empire that when he first showed his wife an early cut of Avatar: Fire and Ash, she could not stop herself from crying. "My wife watched the whole thing from end to end. She had kept herself away from it (before) and I wasn't showing her bits and pieces as we went along," Cameron said, adding, "She bawled for four hours. She kept trying to get her s\*\*\* back together so she could tell me specific reactions, and then she'd just tear up and start crying again. Finally, I'm like, 'Honey, I've got to go to bed. Sorry, we'll talk about it some other time.'"



James Cameron with his wife Suzy Amis Cameron, (left) a still from Avatar 2

**TRIPPIN'**

TRIPTI DIMRI's visit to TRIMBAKESHWAR JYOTIRLINGA TEMPLE, NASHIK is 'one for the soul'. The actress shared a few pictures from her experience

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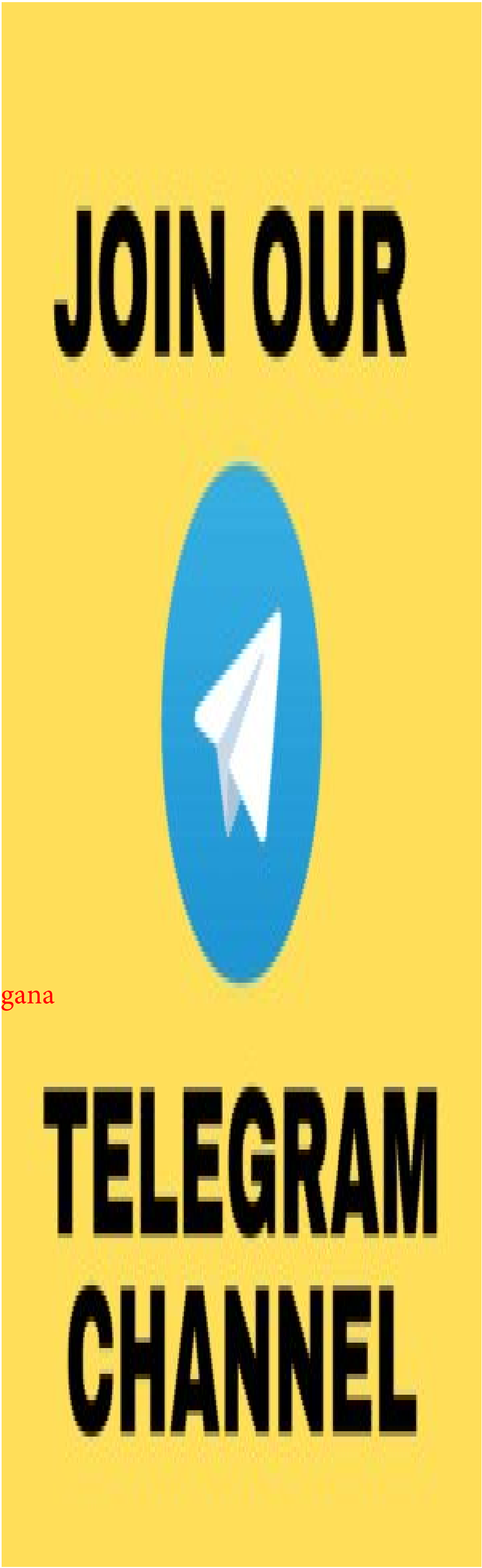
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