



EDITOR'S SPECS

WOMEN AT 25% HIGHER RISK OF HEART DISEASES

Indian women are at 25 higher risk of having heart diseases than men, say experts on the eve of World Heart Day. Over the last past two decades, prevalence of heart disease in women has increased by 300 per cent due to various factors. India accounts for 60 of the world's heart disease burden and according to cardiologists, the growing issue of heart disease among Indians is multifaceted. Cardiologists say that on the occasion of World Heart Day, everyone has an opportunity to stop and consider how best to use heart for humanity, for nature and for you. Beating cardiovascular diseases is something that matters to every beating heart. Use heart means to think differently, engage for important causes and learn few things about its potential to unite all of us. Heart is a vital organ that is responsible for pumping nutrient rich blood for the body. It also supplies oxygen while removing toxins and waste. Heart can weigh 289.6 grams for men and 284.7 grams for women that beats 60 -100 times per minute. Blood travel 12,000 miles throughout body each day and heart pumps 2,000 gallons of blood a day. According to studies, India's standardised CVD death rate is higher than the global average rate. Indians have been affected by high rates of diabetes, metabolic syndrome, hypertension and smoking which have increased the demographics of heart problems without prior warning. Achieving and maintaining a healthy weight is one of the best things you can do for your heart. For example, eating well, exercising regularly, staying motivated, being aware and mindful can contribute towards a healthy heart. Most of the women face challenges in accessing quality healthcare, such as cardiovascular screening, preventive care, timely treatment etc.

"Transitioning from Academic Pressure to Hope: Paving the Way for a Brighter Future for India's Youth"

Rubal Bansal

India, a nation celebrated for its dreams and aspirations, confronts a hidden crisis that threatens its future - the alarming rise in youth suicides. Beyond the stark statistics, these are stories of young lives cut short prematurely. In this extensive analysis, we explore compelling global case studies highlighting the crucial roles parents and educational institutions can play in preventing this distressing issue.

The Harsh Reality:
In 2020, India witnessed a staggering 1.53 lakh suicides, the highest in a decade, and the highest rate globally. However, it is the continuous surge in youth suicides that is most concerning - a shocking 21.2% increase compared to previous years. These numbers are not just statistics; they represent the dreams and ambitions of our youth aged 15 to 24, accounting for a staggering 35% of all documented suicides.

The Hidden Strain and Durkheim's Theory:
Beneath these figures lies the burden of relentless academic pressure, a modern manifestation of Emile Durkheim's concept of egoistic suicide - a phenomenon where individuals succumb to social isolation and the breakdown of social bonds. As our youth navigate the treacherous path of UPSC, NEET, JEE, and SSC examinations, they grapple with expectations that seem insurmountable, mirroring Durkheim's notion of anomic suicide in the face of societal disintegration. In August 2023, a parliamentary panel recommended counseling services for struggling exam-takers, recognizing the urgency of addressing the mental toll exacted by these exams.

UPSC Exam Addresses Youth Suicides:
A significant development occurred when the UPSC exam in 2023 included questions about the alarming increase in youth suicides, especially among young women. This acknowledgment of the issue's gravity in a prestigious national exam underscores its importance on the national agenda.

- Human Narratives:**
- Ravi's Desperation (2015):** In a tranquil town in Uttar Pradesh, 19-year-old Ravi, an aspiring engineer, faced overwhelming pressure to excel. His dreams crumbled under the weight of expectations, leading to a tragic demise in 2015. His story reflects the hidden crisis that demands our attention.
 - Priya's NEET Ordeal (2022):** Chennai, Tamil Nadu, witnessed the tragic saga of Priya, an 18-year-old with unwavering commitment to her NEET preparations. The fierce competition and escalating stress fractured her fragile mental state. In 2022, she left this world, leaving behind shattered dreams and grieving parents, emphasizing the urgent need for mental health support.
 - Jharkhand Teen's Heartache (September 2023):** In September 2023, a teenage student from Jharkhand allegedly took their own life in Kota, Rajasthan, while preparing for the NEET exam. This heart-wrenching incident underscores the pressing need for emotional support for students confronting the daunting challenges of competitive exams.
 - Raj's IIT Aspiration (2019):** In the bustling heart of Mumbai, a 21-year-old, Raj, relentlessly pursued a seat at an



Indian Institute of Technology (IIT). His unrelenting battle with anxiety and despair culminated in his tragic suicide in 2019, revealing the immense pressure within our educational system.

- Identifying Causes and Crafting Solutions:**
- Academic Pressure:** The relentless pursuit of academic excellence takes a toll on students' emotional well-being, contributing to Durkheim's concepts of egoistic and anomic suicide. The way forward involves reevaluating curricula to prioritize comprehensive education and offering avenues for students to explore their passions.
 - Financial Strain:** The heart-wrenching account of a father's suicide in 2009 to secure his daughter's future underscores the financial burdens families endure. Expanding financial aid and scholarships can alleviate this burden.
 - Mental Health Support:** Integrating mental health counseling services within educational institutions is crucial. Students should be encouraged to seek help without fear of judgment.
 - Awareness and Education:** Society must unite to dismantle the stigma associated with mental health issues, a pivotal step in addressing egoistic and anomic suicide. Comprehensive awareness campaigns can foster open dialogues.
- Government Initiatives:**
- Counseling Services for Exam-Takers (August 2023):**
- A parliamentary panel recommended that the health ministry offer counseling services to students grappling with the emotional toll of exams like NEET, JEE, UPSC, and SSC, acknowledging the urgency of mental health support.
 - National Suicide Prevention Lifeline (800-273-TALK):**
- A 24/7 toll-free helpline providing confidential support to those in emotional distress or experiencing suicidal thoughts. Call 800-273-TALK (8255) for immediate assistance.
 - Indian Health Service (IHS) - Suicide Prevention and Care Program:**
- Offering TeleECHO Mental Health and Resiliency Training, this program provides mental health support and resilience training, especially in tribal communities.

- Bureau of Indian Education - Suicide Prevention Toolkit:**
- Tailored for Tribal Child Welfare Programs, this toolkit offers resources and guidance to develop culturally sensitive and effective suicide prevention plans.
- Suicide Prevention Resource Center (SPRC):**
- Supported by federal funding, SPRC advances the National Strategy for Suicide Prevention. Explore the Best Practices Registry for suicide prevention programs and culturally relevant interventions.
- The Vital Role of Parents:**
Parents must serve as pillars of support, nurturing an environment where their children's aspirations can flourish without overwhelming expectations. Open communication channels must remain accessible, aiding parents in understanding and addressing their children's anxieties.
- The Responsibilities of Educational Institutions:**
Educational institutions in India must prioritize the mental well-being of their students as a fundamental duty. This involves incorporating mental health education into the curriculum, equipping teachers and staff with the tools to recognize signs of emotional distress and suicidal ideation, and fostering a safe, inclusive environment free from discrimination and bullying. Moreover, drawing inspiration from global best practices can be transformative. Examples like the UK's "Mental Health First Aid" program, which trains teachers and staff to identify and support students facing mental health challenges, have fostered cultures of empathy and support while reducing youth suicides. Likewise, Australia's "Positive Education" movement, integrating well-being and character development into the curriculum, has decreased youth suicide rates and promoted holistic education. Norway's "Student Welfare Service" ensures that educational institutions offer counseling and mental health support, creating safer and more inclusive environments. By implementing similar initiatives tailored to the local context, Indian educational institutions can play a pivotal role in safeguarding the mental well-being of the nation's youth, ultimately shaping a brighter future.
- Global Lessons for India:**
Around the world, parents and educational institutions have been instrumental in supporting their children's mental well-being, as evidenced by global case studies. From Japan's parental involvement to Finland's nurturing approach to parenting and South Korea's initiatives in mental health education, these examples serve as beacons of hope, illuminating the path toward safeguarding the mental well-being of India's youth. As India grapples with this heart-rending epidemic of youth suicides, it becomes a clarion call for self-reflection and transformation. It's a plea for change, a demand for a brighter, more compassionate future. Our nation's destiny hinges on the mental well-being and aspirations of our youth. The time to act, to save lives, and to kindle the promise of our future generations is now.

international

MUSK'S X DISABLES FEATURE TO REPORT MISINFORMATION ABOUT ELECTIONS

San Francisco | Agencies
Tech billionaire Elon Musk has disabled a feature on X that let users report misinformation about elections, the media reported on Thursday -- a move which has created furore as several countries like the US, Australia and India gear up for key elections in the next months. The tool, available in the US, Australia and South Korea since 2021, was expanded to other countries last year. According to digital research group Reset.Tech Australia, the move is "extremely concerning", as the country is set to hold a key referendum next month to give Indigenous people more rights as well as the 2024 US presidential elections. "A recent change to your reporting process appears to have left



Australian users unable to report electoral misinformation. This is because the categories for reporting in Australia offer no option to report electoral misinformation," Reset.Tech Australia said in an open letter. "Users are offered inappropriate categories such as hate speech, abuse, spam, imitation etc. Previously Australian users could select 'It's misleading' about the 'Politics' category. This may leave violative content subject to an inappropriate review process and not labelled or removed in compliance with your policies," the letter added. Australian

authorities say the spread of electoral misinformation is the worst it has seen yet, reports the BBC. "There now appears to be no channel to report electoral misinformation when discovered on your platform," the research group said. Musk or X were yet to comment on the report. The move could also affect voters' ability to report misinformation ahead of the 2024 US presidential elections. According to Reset.Tech Australia, the feature remains available in the European Union (EU). A recent EU study claimed that X had the largest "ratio of discoverability" of disinformation. "My message for X is: you have to comply with the hard law. We'll be watching what you're doing," said Vera Jourova, EU's Values and Transparency Commissioner.

On behalf of Canada, Trudeau apologises for honouring Nazi veteran

Ottawa | Agencies
On behalf of Canada, Prime Minister Justin Trudeau has apologised for honoring a Ukrainian man in Parliament who fought for a Nazi unit during the Second World War. In a statement on Wednesday, Trudeau said: "This is a mistake that deeply embarrassed parliament and Canada," the BBC reported. "All of us who were in this House on Friday regret deeply having stood and clapped even though we did so unaware of the context... It was a horrendous violation of the memory of the millions of people who died in the Holocaust." He said what happened was "deeply, deeply painful" to Jewish people and the many millions who were targeted by the Nazi genocide. Trudeau also apologised directly to Ukrainian President Volodymyr Zelensky, who was visiting Canada and present in Parliament at the time of the incident on September 22, saying: "Canada is deeply sorry." Zelensky was among those pictured applauding the 98-year-old Yaroslav Hunka, who had served in the 14th Waffen-SS Grenadier Division, a voluntary unit made up mostly of ethnic Ukrainians under Nazi command.



The Division members have been accused of killing Polish and Jewish civilians, although the unit has not been found guilty of any war crimes by a tribunal. In the Canadian Parliament, Hunka got a standing ovation and was praised as a Ukrainian and Canadian "hero". Trudeau's apology comes a day after Parliament Speaker Anthony Rota, who has assumed responsi-

bility for inviting the veteran, resigned, saying he was not aware of Hunka's Nazi ties. "The Speaker was solely responsible for the invitation and recognition of this man, and has wholly accepted that responsibility and stepped down," the BBC quoted the Prime Minister as saying in his statement on Wednesday. The incident has drawn widespread condemnation. Pierre Poilievre, leader of Canada's opposition Conservative Party, called the incident the "biggest single diplomatic embarrassment" in Canada's history. Canadian Jewish Organisation Friends of Simon Wiesenthal Center for Holocaust Studies has said "questions remain as to how this debacle occurred". The debacle has also played into Russia's accusations that Ukraine is run by neo-Nazis, even though Zelensky is himself Jewish. Kremlin spokesperson Dmitry Peskov expressed outrage about the Canadian honour and said: "Many Western countries, including Canada, have raised a young generation that does not know who fought whom or what happened during the Second World War."

Over 50 poisoned at wedding in Iraq

Baghdad | Agencies
More than 50 people were poisoned at a wedding in Iraq's northern province of Kirkuk due to spoiled food, media reported. The official Iraqi News Agency (INA) quoted the provincial health chief Ziyad Khalaf as saying on Wednesday that the incident occurred in the town of Hawija, west of Kirkuk, the capital city of the cognominal province, as quoted by Xinhua news agency report. Khalaf said the cases of poisoning ranged from mild to moderate, and all the patients received the necessary medical treatment in the hospital, according to the INA. The incident came a day after a deadly fire ripped through a wedding hall in a predominantly Christian town in Iraq's northern province of Nineveh, killing 114 people and injuring more than 200.

N. Korea stipulates nuclear force-building policy in constitution

Seoul | Agencies
North Korea has stipulated the policy of strengthening its nuclear force in the constitution at a key parliamentary meeting, as leader Kim Jong-un said trilateral security cooperation between South Korea, the US, and Japan poses "the worst actual threat", state media reported on Thursday. The decision was made at the ninth session of the 14th Supreme People's Assembly (SPA) held on Tuesday and Wednesday, with Kim's attendance, according to the North's official Korean Central News Agency (KCNA). At the session, the North unanimously decided to "supplement Article 58 of Chapter 4 of the Socialist Constitution" to ensure the country's right to existence and development, deter war and protect region-



al and global peace by rapidly developing nuclear weapons to a higher level, Kim said. At an SPA meeting in September last year, North Korea enacted a new nuclear law authorizing the preemptive use of nuclear arms, calling its status of a nuclear state "irreversible", reports Yonhap News Agency. Kim also stressed the need to "exponentially" bolster the country's nuclear arsenal and diversify its nuclear strike capability as well as deployment with different branches and units of the armed forces. He also vowed to strengthen solidarity with countries standing against the US. His message came as North Korea has been seeking to bolster its ties with China and Russia vis-a-vis the strengthening of security cooperation among Seoul, Washington and Tokyo. Earlier this month, Kim also traveled to Russia on his armored train for talks with Vladimir Putin amid concerns about a possible arms deal between the two nations.

Travis King in US custody after expulsion by N. Korea: Washington officials

Washington/Seoul | Agencies
Pvt. Travis King, an American soldier who crossed the inter-Korean border into North Korea in July, is in US custody after his release by the reclusive nation, capping an intense diplomatic operation facilitated by Sweden and China, senior administration officials in Washington have confirmed. Addressing a press conference on Wednesday, the officials said Pvt. King has been transferred out of North Korea across the border with China, and that he appears to be "in good health and good spirits" ahead of his return home, reports Yonhap News Agency. The announcement on his release came shortly after the North's official Korean Central News Agency (KCNA) reported Pyongyang decided to "expel" him following a probe, during which the outlet said he confessed to having "illegally intruded" into the North's territory. King crossed the military demarcation line separating Korea during a tour to the Joint Security Area in the Demilitarized Zone (DMZ) on July 18 -- a rare unauthorized trip that led to his detention in the North. "We are very pleased to announce this morning... the US government has successfully facilitated Pvt. Travis King's departure from the DPRK," a senior official said. DPRK stands for the North's official name, the Democratic People's Republic of Korea. "We are grateful to the Swedish government for its diplomatic role in serving as the protecting power for the US in the DPRK and to the government of the People's Republic of



China for its assistance in facilitating the safe transit of Pvt. King," the official added. Having left the North, King arrived in the Chinese border city of Dandong and flew to another Chinese city, Shenyang, and then to Osan Air Base in South Korea, where he was transferred to the Department of Defense, before departing for the US, according to the Department of State. Hours earlier, KCNA said North Korean authorities conducted an investigation, where he said he had "ill feelings" about the US military and society. "Travis King confessed that he illegally intruded into the territory of the DPRK as he harbored ill feeling against inhuman maltreatment and racial discrimination within the US army and was disillusioned about the unequal US society," KCNA said in its report. "The relevant organ of the DPRK decided to expel Travis King."



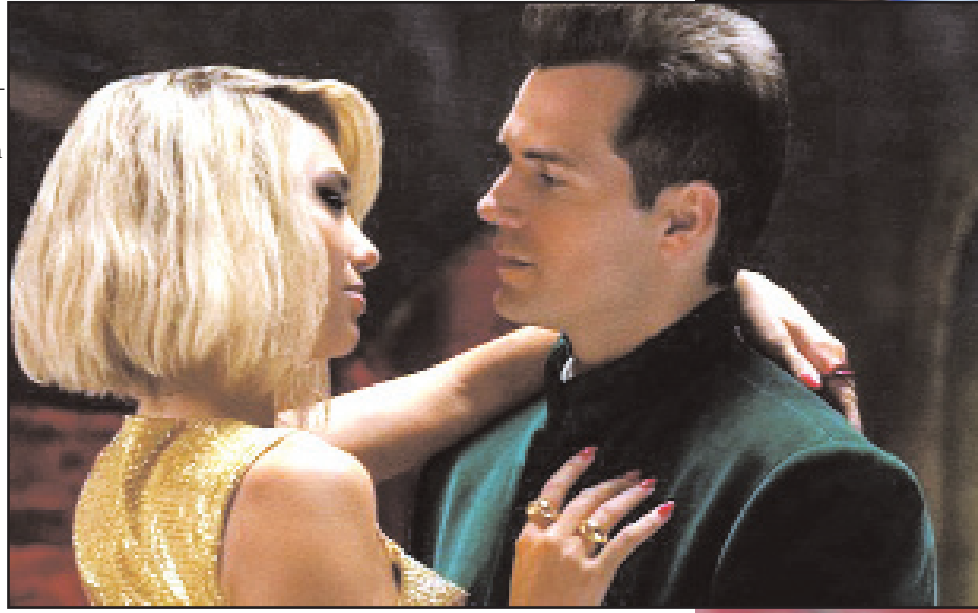
'Argylle' trailer presents Henry Cavill, Dua Lipa in an actioner with twist

Los Angeles | Agencies

The trailer of the upcoming film 'Argylle', which was unveiled on Thursday, is as dynamic and wacky as it could get. The trailer begins with a dance-off between Henry Cavill and Dua Lipa before they're thrown into fierce action with gunshots, chase, explosions, crash and pretty much everything that makes up the genre of action but, there's a twist.

All this is happening inside a book written by its lead character of Elly Conway - an author by profession. As Elly, played by Bryce Dallas Howard, boards a train, she meets a detective who happens to be her fan but this is where the real game starts as Conway learns that she is the hot target of assassins because of what she has been writing, and it's majorly because whatever she pens down, comes to life. So now the assassins are on a hot pursuit of her with her fan/detective played by Sam Rockwell coming to her and her pet cat's rescue, and the viewers are again thrown into a heady mix of action which consists of jumping from heights, high speed chase and also a reference to the Inglourious Basterds or rather the 'Bomb Theory' of Alfred Hitchcock as the assassins led by the 'Breaking Bad' star Bryan Cranston search for Elly and the detective hiding underneath a wooden floor but the cat gives it away.

Elly finally learns of her prophecy in her writing as she is introduced to the real agent Argylle - drum rolls - Henry Cavill. The other members of the star-studded cast includes Catherine O'Hara, John Cena, Ariana DeBose and Samuel L. Jackson. The film has been directed and produced by Matthew Vaughn, and written by Jason Fuchs. The film will bow in theatres on February 2, next year.



Angelina Jolie was 'saved' by her children

Los Angeles | Agencies

Hollywood star Angelina Jolie feels she would have "gone under" if she didn't have her children to live for. She told America's Vogue magazine: "I was 26 when I became a mother. My entire life changed." The actress said that her "entire life changed" when she adopted her eldest son and believes now she would have "gone under" if she didn't have her family to keep her going, reports femalefirst.co.uk. She told America's Vogue magazine: "I was 26 when I became a mother. My entire life changed. Having children saved me-and taught me to be in this world differently. I think, recently, I would've gone under in a much darker way had I not wanted to live for them." The 48-year-old actress is proud of the people her children have grown to become, particularly the roles they have taken on in their family. Angelina said: "They're better than me, because you want your children to be. Of course I'm the mother, and hopefully that safe place for them and that stability. "But I'm also the one that they laugh at-and I see them taking over so many different aspects of our family." Angelina herself was "quite dark" as a teenager and didn't care what other people thought of her "punk" style.

Idris Elba thinks video games can help make the world a better place

Los Angeles | Agencies

Hollywood star Idris Elba thinks video games have the power to change the world. The 51-year-old actor, who stars as Solomon Reed in 'Cyberpunk 2077: Phantom Liberty', a new spy-thriller game, thinks the industry actually has the potential to shine a light on humanitarian issues, reports aceshowbiz.com. "Games have exactly the same tool sets, if not more, to engage people in things they don't understand. If you want to use gaming as a portal to education, to interface between one culture and another, it's a really interesting place to do this. I'm sure there are companies that are looking at it, but anyone who can get that right ... and educate cultures about other cultures is a winner," the movie star told the BBC. Elba actually found shooting his part for the game to be surprisingly challenging. The London-born star said, "It was different and it's multifaceted. There was a component of real performance in CGI and motion capture, and that was the beginning ... of this journey. Then there was obviously the voice component."

"My character is very central to the storyline ... so their approach to me was, 'Listen, this is not going to be easy. This is a big game for us and a big character so we want someone that has a certain type of gravitas.'" Elba is a life-long gaming enthusiast and he's now keen to play 'Cyberpunk 2077: Phantom Liberty' after putting "so much work into it." He shared, "I play video games a lot and have done for most of my life. I had an Amstrad back in the day and pretty much every other console. I'm not one to watch my own performances, but I will play this game. I put so much work into it for years."



Hailey Bieber scolded by restaurant employee over parking

Los Angeles | Agencies

Model Hailey Bieber got into another controversy with her parking habit. In a viral TikTok video, the model could be seen getting yelled at by a restaurant employee for parking her car in the wrong spot in Paris, reports aceshowbiz.com. The clip saw Hailey, wife of Justin Bieber, getting out of her car, which was parked in a handicap spot during a night outing.

Followed by a bodyguard, the 26-year-old supermodel could be seen making her way when someone was heard calling out the star. "Go ahead, I'll call the cops right away. You shouldn't do this," the employee said in French. "Even the President of France doesn't do this. No, no, no, it's not classy. What is this mess." Despite that, the Rhode Skin founder appeared to ignore the employee. Upon watching the video, fans were quick to criticise Hailey. "The entitlement is insane for those saying they should get mad at the driver, that driver driving her around is on her payroll so she definitely has a say and responsibility of the driver," one internet user said. "Mean girl behaviour as usual," another added.

Someone else criticised, "Are we surprised? She parks in spots for people with disabilities along with Kendall while they go for yoga. Being in Paris does not mean you have decorum." One other noted, "This woman has no sense at all. All she wants is attention, so sad to see this."

Another comment read, "Hailey Bieber has been copying people and doing whatever she wants to for years and she thinks the world belongs to her." This wasn't the first time Hailey faced backlash for her bad habit of parking. Back in February 2022, Hailey and her fellow model Kendall Jenner caught heat when they parked their expensive cars in handicap spots at Pilates.



Arnold Schwarzenegger says his 'abusive' dad helped to inspire his success

Los Angeles | Agencies

Hollywood star Arnold Schwarzenegger grew up in a small town in Austria, and the actor said his difficult childhood actually helped to shape his personality. In his new motivational book, 'Be Useful: Seven Tools for Life', excerpts of which have been shared with People, Arnold explains: "My mother was very loving. My father was strict, and he could be physically abusive, but I loved him very much. It was complicated."

He shared that he thinks a lot about how different his life could have been if he "wasn't a positive person, if I'd responded differently to my upbringing in Thal. I didn't have a hot shower or regular meat in my diet until I left for the army as a teenager," reports femalefirst.co.uk.

The actor said: "My daily morning routine involved fetching water and chopping firewood, which was brutal in the wintertime and earned me exactly zero sympathy from my father, who'd been through much worse when he was a kid. There were no free passes in Gustav Schwarzenegger's house. No free meals either. I had to do two hundred knee bends every morning just to 'earn' my breakfast." Arnold learned some important life lessons from his childhood struggles. The actor, who moved to the US in the 1960s, shared:

"Even with the undeniably bad things, I choose to remember that they were a big part of what drove me to escape, to achieve, to become the person I am today."

"If my childhood was just a little bit better, you might not be holding this book right now. And if it was a little bit worse, you might not be holding it either, because I could have fallen down the same rabbit hole of alcoholism that my brother fell down, which eventually cost him his life in a drunk-driving accident in 1971. I owe a lot to my upbringing. I was made for it and made by it."



ABSOLUTE PIC OF THE DAY



Ashley Roberts



Breshna Khan to play lead in Santosh Sivan's period drama set in Kashmir



Team Absolute | Mumbai

Actress Breshna Khan, who is known for her work in the Raveena Tandon-starrer 'Aranyak', and the streaming shows 'Escapade Live', and 'The Freelancer', will now be seen in Santosh Sivan's untitled project. The actress has already shot for her first schedule and will soon be starting the shoot for the next. The film is a period drama and consists of three acts, Breshna will play the lead in the first act and will continue to have an overarching presence throughout the film. Talking about the film, the actress said, "It's a periodic film based 500 years back in Kashmir, directed by Santosh Sivan. The story is divided into three acts and I'm playing one of the leads in the first act who's going to remain a key character throughout the film and appear in flashbacks and dream sequences after the first act." Breshna further mentioned, "This is something completely different from what I've done before, from the way I'm presented by Santosh sir (which is a dream come true) to the genre." Santosh Sivan is one of the most celebrated Indian cinematographers with 12 National Film Awards, 4 Kerala State Film Awards and 3 Tamil Nadu State Film Awards to his credit. He has directed the Shah Rukh Khan-starrer 'Asoka' and most recently the Vijay Sethupathi-starrer 'Mumbaikar', and has worked in Malayalam, Tamil and Hindi cinema.

Rajkumar Hirani hilariously asks SRK to come out of the bathroom to watch trailer

Team Absolute | Mumbai

Filmmaker Rajkumar Hirani jokingly asked Shah Rukh Khan to come out of the bathroom during the superstar's #AskSRK session.

SRK was doing a question and answer session on X (formerly Twitter), where Hirani hilariously asked: "Sirji ab bathroom se bahar aa jao. Kya kar rahe ho? Trailer dikhana hain. #AskSRK"

To which, SRK, who is known for his wit and humour, replied: "Oh Shh%. Coming sir...doston se baat kar raha tha!!! Sorry boys and girls have to rush now. Varna #Dunki se nikaal denge!!! Thanks for ur time boys and girls. See u in the theatres



very very soon. Love u all. So much to do less time to talk to you....Muah." Shah Rukh has currently delivered back-to-back blockbusters with 'Pathaan' and 'Jawan'. He now awaits the release of his next 'Dunki', by Hirani.

SRK confirmed that 'Dunki' which stars Taapsee Pannu oppo-

site him, is all set to bow in the theatres this Christmas.

With this, SRK has become the only star in the history of Bollywood to bring his film on national events like the Republic Day with 'Pathaan', on Janmashtami with 'Jawan' and now on Christmas with 'Dunki'.

'Dunki', the details of which are currently under the wraps, is directed by superstar director Rajkumar Hirani, who is known for the 'Munna Bhai' franchise, '3 Idiots', 'PK' and 'Sanju'.

'Dunki' marks first collaboration between SRK and Raju Hirani, the latter has otherwise collaborated more with superstar Aamir Khan on '3 Idiots' and 'PK'.

Nikki Sharma: Acting is my passion, but singing is a part of my soul

Team Absolute | Mumbai

Actress Nikki Sharma, who has been making waves with her portrayal of the character Shakti in the show 'Pyaar Ka Pehla Adhyaya ShivShakti', is also a gifted singer as well.

'Pyaar Ka Pehla Adhyaya ShivShakti' explores the healing power of love in a contemporary take on the Shiv-Shakti dynamic. Produced by Studio LSD Productions, with a stellar cast led by Arjun Bijlani as Shiv and Nikki as Shakti, the show has been a huge success since its debut, keeping audiences glued to their screens.

Amidst all the applause, Nikki has quietly been shining both on and off-screen - with her acting and singing talent. The set of 'ShivShakti' has become a witness to her melodious tunes, as she often entertains the cast and crew with her beautiful voice.

The revelation of Nikki's singing prowess came as a delightful surprise to her co-stars and the production team when they heard her sing for the first time. And now during breaks, and free time, it has become a ritual that Nikki sings with her people on set and everyone ends up having a nice jamming session.

Talking about the same, Nikki said: "I've always had a deep love for music and I'm grateful to share that passion with my 'Pyaar Ka Pehla Adhyaya ShivShakti' family. Acting has been my passion, but singing has always been a part of my soul."

"I feel that practising music gives me inner peace and makes me feel satiated. Singing on set has been a wonderful way to unwind and bring smiles to the faces of the cast and crew when we have our impromptu jamming sessions. It's a beautiful way for all of us to bond and create some unforgettable memories together," she added.

In the upcoming episodes, the viewers will witness how Mandira will plot Ranjan (Darsh Modi) in Shakti's life so that she can keep her away from Shiv.



Rakul Preet Singh, Neena Gupta come together for comedy film

Team Absolute | Mumbai

Actresses Rakul Preet Singh and Neena Gupta are teaming up for an upcoming film which will be helmed by Ashish Shukla.

Ashish is known for his work on the Hindi-language crime thriller streaming series 'Undekhi'.

A well placed source has shared that the cameras will start rolling on the film during the end leg of October and the film will be shot in Mumbai and neighbouring areas. Talking about the same, the source informed, "It is a very differently set comedy and it is super exciting since both are good performers. The film will be going on floors in October end. They will be shooting for it in and around Mumbai. The film will be directed by Ashish Shukla, whose recent



work 'Undekhi' received much praise." The source further mentioned, "Rakul has been doing some great work headlining good projects and this film too will be a treat for her fans. Apart from this, the sequel of 'De De

Pyaar De' with Ajay Devgn is also in pipeline for her." On the other hand, Neena Gupta has been doing very interesting work, one of her shows released today itself. Even otherwise, she has been making headlines with her

opinions and anecdotes. The details with regards to the story of the yet-to-be-titled film are currently under the wraps and the makers will soon make a formal announcement with regards to the same.

'YOU MAKE IT ALL MAGICAL'

Alia Bhatt drops unseen pics with b'day boy Ranbir Kapoor

Team Absolute | Mumbai

Actress Alia Bhatt on Thursday showered birthday love on husband and actor Ranbir Kapoor, as the latter has turned 41, saying he makes everything magical.

Alia took to Instagram, and shared a string of unseen pictures with Ranbir. In the first photo, which is a little blurred, Alia can be seen giving a kiss on Ranbir's cheek.

The couple seems to be sitting in a balcony on a high rise building. The selfie is being clicked by Ranbir.

The second picture shows the lovebirds enjoying a game at a stadium.

Both are facing backwards towards the camera, with Alia holding onto Ranbir tightly.

Wearing a matching cap with Ranbir, Alia sports a braided ponytail, and is donning a white tee shirt. While Ranbir is wearing a blue checkered shirt.

The next photo shows Alia flaunting her beautiful smile in a selfie, while she poses with a big figure of numeric 8 in the background. "Eight" is Ranbir's lucky number, and Alia follows it religiously.



Then there is a solo black and white picture of Ranbir from their wedding. There is also a candid photo from their mehendi ceremony, and the series ends with a closeup picture of Ranbir.

Alia captioned the post as: "my love.. my best friend.. my happiest place.. as you read this caption from your secret account sitting right next to me.. all I'd like to say is... happy birthday baby... you make it ALL magical".

Gauahar Khan commented: "Happy Birthday Ranbir", P V Sindhu wrote: "Happy birthday Ranbir!! Love the Yankees support".

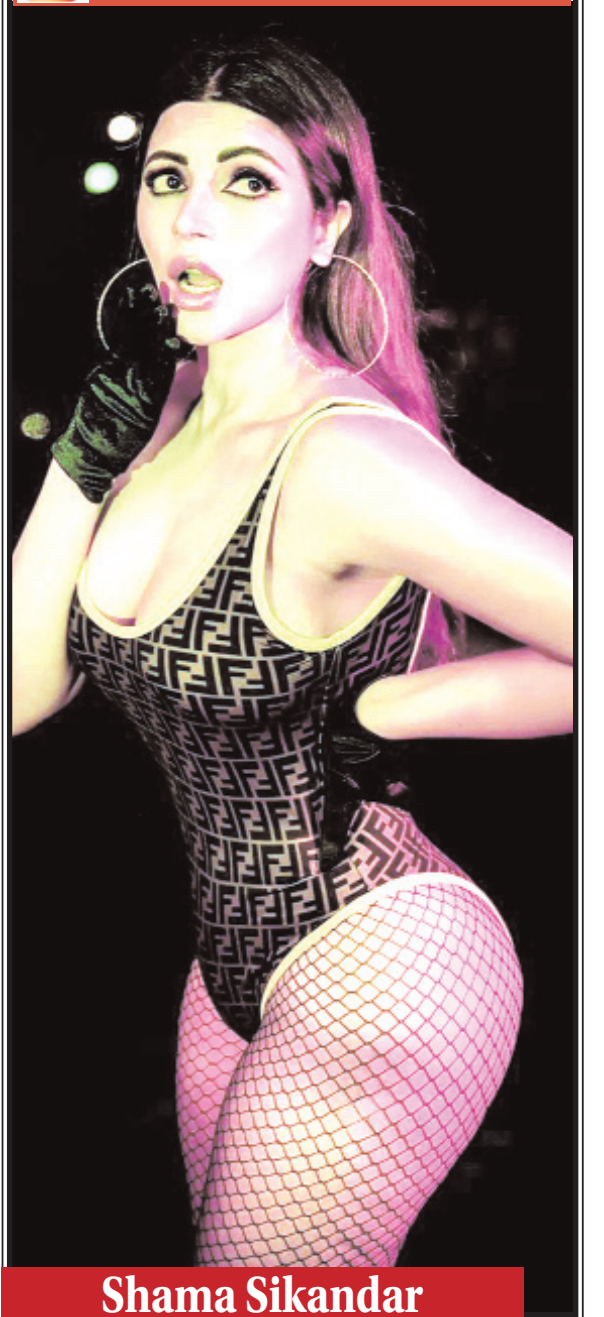
Bipasha Basu, Riddhima Kapoor Sahni, Zoya Akhtar dropped heart emojis, and birthday wishes on the post.

Alia married Ranbir in April 2022, and the couple have a baby daughter Raha. Meanwhile, on the work front, Alia was recently seen as Rani Chatterjee in romantic comedy drama 'Rocky Aur Rani Kii Prem Kahaani', alongside Ranveer Singh.

She was also seen in American spy action thriller 'Heart of Stone'. The film stars Gal Gadot.

While, Ranbir was last seen in 'Tu Jhoothi Main Makkaar'. He next has 'Animal' in the pipeline.

INSTAGRAM PIC OF THE DAY



Shama Sikandar