

BOLLYWOOD-BUZZ

"Rom-coms are tougher than biopics"

Bollywood actor Ranbir Kapoor will be back in romantic-comedy films with Luv Ranjan's Tu Jhoothi Main Makkar, which co-stars Shraddha Kapoor. In the run up to the film's Mar 8 release, Ranbir speaks to Souvik Ghosh on his new film, his career graph, personal life and more.

Excerpts...

Q. Do you hesitate choosing scripts of rom-coms as such films are getting rare nowadays?



A. It's a very tough genre. The concept and conflict of love are changing with the world's growth at a rapid pace. We are also very influenced by the western culture when we make rom-coms. I think the true rom-com films are Jab We Met, Band Baaja Baaraat which we love because they are very seeped into our culture. The conflicts are very relatable. It's tough to be offered with scripts like Tu Jhoothi Main Makkaar, which is a very hilarious take on love and family. I didn't act in a rom-com for a long time because I was not offered such a script.

Q. Are rom-coms tougher than biopics to you?

A. I always feel the rom-com genre is very tough

because an actor does not have a character to hide behind. In a rom-com, one has to reflect a lot on his/her own personality. Moreover, an actor showing abs on-screen is a very sad person because he literally starves for three-four months (laughs).

Q. Do you think the concept of love has also changed over the years?

A. At this age being a married man with a child, I feel love keeps changing and evolving but its basic pillars-trust, respect and understanding- remain the same. Relationships, be it any kind, require a lot of hard work unlike in the movies where the kind of love shown is very aspirational but not realistic.

Q. How has life changed after the birth of your daughter Raha?

A. I don't feel like leaving home. It's truly the best feeling in the world. Her birth feels like a new understanding of love.

Q. You suffered both success and failure in the form of Brahmastra and Shamhera respectively last year. How do you decode it?

A. I think there have been both successful and failed films in my 15-year-old career. From the very early in my career, I am someone who is very detached from success and failure. I think failures, which have always taught me something about myself and life, are very important. It's very important to own failure and speak of it. I am very happy to speak about my failures rather than my successes.

Q. Several Bengali films had to sacrifice their shows when Pathaan was released in West Bengal. What's your take on that?

A. I am not aware of it. But I am very happy for the success of Pathaan. The film industry needed it. I think what Mr. Shah Rukh Khan and the entire team of Pathaan have given to the film industry is great. I have seen Mr. Shah Rukh Khan as an actor, had the opportunity to work with him for a couple of scenes and saw him only giving to the industry for 25-30 years. It's not easy to have that longevity. He deserves all the success and I am proud of what Pathaan has done for the Indian film industry.

Q. Recently Aditya Roy Kapur's acting in The Night Manager has created a buzz. Do you have any plans to venture into OTT?

A. I haven't been offered any work on OTT yet. So I have no plans right now. But for the last 25-30 years, there has not been one day gone by where I haven't consumed any content. I watch a movie a day. I am a big lover of global cinema as well as the ones made in our country. I have watched The Nightmanager and Farzi which were amazing. I have also been watching The Last of Us. So OTT content is very fun but it has to be extremely engaging to keep the audience glued to the screen.

Q. Any confirmation about you playing Sourav Ganguly on-screen?

A. I think Dada is a living legend, not just in India but around the world. A biopic on him will be very special. Unfortunately, I have not been offered the film. I think the makers are still writing the script. I have been working on the biopic of Kishor Kumar for 11 years and I am hoping that it will be my next biopic. But apart from that, I am not aware of the biopic on Dada. *(IBNS)*

BEAUTY TIPS



TIPS to play safe HOLI

Shahnaz Husain

The most awaited summer festival is upon us!

Holi is here and the excitement is at an all-time high because of all the fun that comes along with it. Holi holds a special place in everyone's heart.

The sacred festival brings an opportunity to connect, rejoice and rejuvenate. Down the ages, people have been delighted to splash colours on their near and dear ones to celebrate the occasion with gaiety and fun. The use of colours during Holi is not just for fun. The traditional Holi colours were extracted from plants like turmeric, neem and palash and therefore had several positive health benefits.

To make sure that Holi 2023 is the happiest for you, here are a few tips. Young babies have very delicate skin and immature immune systems. It is best not to put any colours on babies younger than six months because of their delicate skin. A red sandalwood tika should be enough to symbolically celebrate the festival. We often do not pay attention to the protection of our eyes while playing Holi.

Avoid wearing contact lenses. The harsh chemicals can cause an infection by smearing your lens. Wear sunglasses/goggles to avoid any sort of optical injuries from any misfired water balloons and to prevent colours from coming in contact with the eyes. Avoid touching your eyes while playing Holi. Do not rub your eyes! Rubbing can aggravate the problems further.

Dress yourself and your kids in full-sleeved clothes to create one more barrier between your skin and the colours.

Moisturizing skin with a natural oil-based moisturizer before heading out to play with colours is very important for a smooth, supple and healthy skin. This creates a barrier between your skin and the colours. It also helps the colours to be taken off easily upon washing.

Remember to apply sunscreen 20 minutes before going out in the sun. Use a sunscreen of SPF 20 and above on the neck, arms, and whichever part of your body is exposed to the sun. If your skin is prone to pigmented patches, select a higher SPF. Most sunscreens have built-in moisturizers. If your skin is very dry, first apply the sunscreen, wait for a few minutes and then apply a moisturizer. Apply moisturising lotion or cream on the arms and exposed areas.

Apply leave-on conditioner or hair serum on hair before playing Holi. Oil your hair or wear a bandana/ scarf/ cap to cover your hair. Hair Cream containing sunscreen is also available in the market. Take very little, spread on both palms and massage light into the hair, or smooth palms over the hair. Or, apply pure coconut oil/ mustard oil and massage it lightly into the hair. Oil will make sure your hair doesn't get too dry and the colour also does not go deep into your hair, causing breakage and dryness. This also provides protection against colours.

You'll need to protect your nails too! Paint your nails with two coats of good quality nail paint to prevent your nails from getting

stained. This helps to protect the nails from absorbing Holi colours.

The real problem is the removal of colours after playing Holi. Rinse the face with plenty of plain water and then use a cleansing cream, or lotion. Apply and massage it on the face. Then wipe off with moist cotton wool. Remember to cleanse the area around the eyes too, using a light touch. A cleansing gel helps to dissolve the colours and facilitates their removal.

To make your own cleanser, take half a cup of cold milk and add one teaspoon of any vegetable oil, like "til," olive or sunflower oil. Mix well. Dip cotton wool into this mixture and use it to cleanse the skin.

Use ubtan, a pack made with gram flour, curd and turmeric to remove the colour from your skin gently. This pack will not only help to reduce the colour of your skin, but it will also nourish it in the process and keep the damage away.

Sesame seed (til) oil can be used to remove colours from the body, massaging it on the skin. This not only helps to remove the colours, but gives added protection to the skin. Sesame seed (til) oil actually helps to counteract sun-damage. While bathing, scrub the body gently with a loofah or wash cloth. Immediately after your bath, apply a moisturizer on the face and body, while the skin is still damp. This helps to seal in moisture.

If there is itching, add two tablespoons vinegar to a mug of water and use it as a last rinse. This helps to reduce itching. However, if the itching continues, and there is rash and redness, there may be an allergic reaction to the colour. Consult a doctor as soon as possible.

While washing the hair, first rinse with plenty of plain water to wash away the dry colours and tiny particles of mica. Then apply a mild herbal shampoo, working it into the hair with the fingers. Massage the scalp gently and rinse thoroughly with water again.

Beer can be used as a last rinse. In fact, it will soften and condition the hair. Add the juice of a lemon to the beer. Pour over the hair after shampooing. Leave on for a few minutes and rinse off with plain water.

The day after Holi, mix two tablespoons of honey with half a cup of curd. Add a pinch of turmeric. Apply this on the face, neck and arms. Leave it on for 20 minutes and wash it off with water. Helps to remove tan and soften the skin.

Within the next few days give your hair a nourishing treatment. Mix one tablespoon of pure coconut oil with one teaspoon of castor oil. Heat and apply on the hair. Then dip a towel in hot water, squeeze out the water and wrap the hot towel around the head, like a turban. Keep it on for 5 minutes. Repeat the hot towel wrap 3 or 4 times. This helps the hair and scalp absorb the oil better. Wash your hair after an hour.

Avoid travelling to overcrowded places if you have any chronic respiratory diseases, and celebrate safely at home.

(The author is a beauty expert)

ART & CULTURE

Eleven Jammu artists on show Mapping the Environment

Lalit Gupta

The ongoing exhibition of Jammu's eleven visual artists is a significant happening in the post-Pandemic cultural life of Jammuites. Aptly titled 'Mapping the Environment', the exhibited paintings, sculptures, and outdoor installations are creative artists' immersive reflections that reiterate the timeless aspects of nature, as well as draw attention to the parallel, transient ever-forming albeit unbridled man-made nature.

Organized by Amar Mahal Museum & Library, as part of the maiden Tawi Festival, the exhibition curated by Rajinder Tikku and Suman Gupta is open from 10 am to 5 pm, till March 6, 2023.

Soliciting an empathetic state of mind of the viewers', the exhibited works-comprising of a repertoire of visual elements that range from representational (realistic) to semi-abstract and abstract-reveal themselves as intense narratives that stimulate an emotional intent into the viewer's realm of imagination. The exhibited works in different media and techniques are part of the artist's creative universe comprising his/her worldview and chosen visual language of expression.

Milan Sharma's paintings in mixed media are intimate and emotional responses to her cherished esoteric world and beyond it. According to her, "especially female form serves as the protagonist of my interwoven visual format". In her recent works, the choice of colors such as predominantly mauve, a combination of warm and cool, symbolizes grace, calm, and above all the serenity of the female world.

Hearing and speech-impaired Bhusan Kesar is an artist with special abilities. His works, full of energetic and gestural strokes created through drip and splatter are abstract chromatic landscapes teeming with islands of poetic silences and the riotous rumble of elements.

Kamal Nain Bhan, also a painter with special abilities, creates works that are lyrical and vibrant renderings of panoramic landscapes and seasons, places seen and imagined. His artistic process consists of a free application of color techniques like drip and blow, swap and splash, tilt, and tumble.

Rakesh Kumar's spontaneous and gestural colorful forms lead to a distinctive painterly world within the canvas. Not contingent on any extraneous references, his ensembles have a life of their own and invite viewers to perceive, activate and halt at what the artist terms 'as the points of contentions'. His works thus a voyage into the novel visual constructs as well as the artist's process of visualization.

Sat Pal Deol's paintings are poetic configurations that emerge from his constant engagement with visual references in mundane life. Contemplated through 'layers of perceptions', such references acquire a corporeality that

ranges from the airy lightness of a symbol to the brooding somberness of metaphor.

Suman Gupta's representational paintings are contemplations on the real and the tangible that surround us. His detailed treatment of the local landscape with self-absorbed figures, invest a kind of ethereality that 'evokes revisitation and new recognitions, breaking the seemingly familiar with unexpected surrealism'.

Manoj Chopra's paintings lie at the junction of art versus fact, between representation versus documentation. His canvases offer a subtle interaction between the creative and objective and are social documents of everyday human activities and environs with a photographic rendering of details.

Rajinder Tikku, the master artist-craftsman, is well known for his poetic ingenuity to select and transform an array of elements drawn from everyday objects, especially those with imprints of time and passage of rituals to create semi-abstract metaphorical sculptures. His bronze and thread sculpture on show, titled 'Nabhaha Sapparsha Diptam /'Touch the Sky in Glory', is a visionary transformation/

arrangement of materials to denote nature's generative energy that renders a tender shoot of great frailty into a powerful resplendent tree. His perceptive colored drawings allude to the beauty of human awe and wonder while encountering the subtle forces of nature.

Ravinder Singh Jamwal's installation in recycled material is a satire on contemporary human society captivated by its own anti-nature credo of the so-called progress and development and feeling subjugated and helpless.

Jasleen Singh's mixed media sculpture of black marble and brass titled 'Buildings Manufacturing Sky' is a visual play of material and shapes that reflect upon the way skyscrapers and high-rise buildings are clouding the skylines of urban spaces.

Vikas Sharma's sculptures and drawings are an act of transformation of ordinary day-to-day objects and shapes, into a fusion of formal elements, texture, and design to evoke associations and memories of the lost heritage of traditions, rituals, icons et al.

With headless and defunct Kala Kendra, and J&K Cultural Academy floundering after its post-Union Territory restructuring under the babus on transit postings, the worst sufferers have been the visual artists. For the last six years, not only the seven-decade-old practice of holding annual art exhibitions has been put on hold but rubbing salt to the wounds, the works submitted for the 2017 annual art exhibition by artists in 2016, (including the awarded works) are also held hostage by the Academy.

Under such a dismal scenario, the art show at Amar Mahal Museum and Library, Jammu, (to be a regular event as part of the annual Tawi Festival) has opened a welcome window for Jammuites to experience and savor the creative paintings and sculptures by select practicing artists, the cultural capital, of the winter capital of Jammu and Kashmir.



HEALTHLINES

Dr Mubashar Mashqoor Mir

As we age, our skin undergoes numerous changes that affect its appearance and function. The skin becomes thinner, drier, and less elastic, and it may also develop wrinkles, age spots, and other blemishes. These changes make proper skin care especially important for the elderly population. **general measures for skin care in elderly.**

Cleanse your skin gently

The first step in maintaining healthy skin is to cleanse it gently. Use a mild, fragrance-free cleanser that does not strip the skin of its natural oils. Avoid harsh soaps and hot water, as they can cause dryness and irritation. If you have sensitive skin, look for a cleanser that is specifically formulated for sensitive skin.

Moisturize regularly

As we age, our skin becomes drier and loses its natural moisture. To combat this, it's important to moisturize regularly. Use a moisturizer that is specifically formulated for your skin type, and apply it immediately after showering or bathing to help lock in moisture. Use a good moisturizer that preferably contains ingredients such as hyaluronic acid, ceramides, and glycerin, which help to hydrate the skin and restore the natural barrier function of the skin.

Protect your skin from the sun

One of the most important steps in maintaining healthy skin is to protect it from the sun's harmful UV rays. The sun can cause wrinkles, age spots, and other blemishes, as well as increase the risk of skin cancer. To protect your skin, use a broad-spectrum sunscreen with an SPF of 30 or higher, and apply it regularly throughout the day. Wear protective clothing, such as long-sleeved shirts and wide-brimmed hats, and avoid being outside during peak sun hours (between 10 am and 4 pm).

Stay hydrated

Drinking plenty of water is important for overall health, but it's especially important for maintaining healthy skin. When we are dehydrated, our skin can become dry and dull-looking. Aim to drink good amount of water a day, and consider adding more water-rich foods to your diet, such as fruits and vegetables.

Quit smoking

Smoking can cause numerous health problems, including cancer and heart disease, but it can also have a negative impact on your skin. Smoking can cause wrinkles, age spots, and other blemishes, as well as decrease the skin's ability to heal. If you are a smoker, consider quitting to improve your overall health and the health of your skin.

Get enough sleep

Getting enough sleep is important for overall health, but it's also important for maintaining healthy skin. When we don't get enough sleep, our skin can become dull-looking and we may develop dark circles or bags under our eyes. Aim to get at least 7-8 hours of sleep a night to help keep your skin looking its best.

Manage stress

Stress can have a negative impact on your skin; it can even help in precipitating acne, eczema, and other skin problems. To manage stress, consider practising relaxation techniques, such as deep breathing, meditation, or yoga. Make time for hobbies and activities that you enjoy, and try



to maintain a positive outlook on life.

Use products with gentle ingredients

As we age, our skin becomes more sensitive and may react to harsh ingredients that it used to tolerate. Look for products with gentle ingredients such as aloe vera, chamomile, and oatmeal. Avoid products that contain alcohol or fragrances, which can irritate the skin.

Don't forget about the neck and chest

When it comes to skin care, many people focus only on their face, but the neck and chest can also show signs of aging. Make sure to apply moisturizer and sunscreen to these areas as well, and consider using products specifically formulated for the neck and chest.

Stay active

Regular exercise is important for overall health, but it can also have a positive impact on your skin. Exercise increases blood flow to the skin, which can help nourish and rejuvenate it. Just be sure to shower and cleanse your skin after exercising to remove any sweat and bacteria.

Consider using a humidifier

As we age, our skin becomes drier and may benefit from additional moisture in the air. Consider using a humidifier in your home, especially during the winter months when the air tends to be drier.

Stay up-to-date on vaccinations

Certain infections, such as shingles, can have a negative impact on your skin and overall health. Stay up-to-date on your vaccinations to help protect your skin and immune system.

Take care of your nails

As we age, our nails may become more brittle and prone to breaking. Keep your nails trimmed and moisturized, and avoid using harsh nail products that can damage the nail bed.

Get regular skin checks

Regular skin checks are important for detecting any potential skin problems, including skin cancer. Talk to your doctor or dermatologist about how often you should have a skin check, and be sure to report any changes or abnormalities in your skin.

Overall, taking care of your skin in later life requires a combination of prevention, protection, and treatment. By following these tips and being proactive about your skin care, you can help keep your skin healthy, vibrant, and youthful-looking as you age.

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