

OK!

PAKISTAN
FIRST FOR CELEBRITY NEWS

ISSUE 97, OCTOBER 2022

REESE
WITHERSPOON
REVELLING IN
HER NEW
ROLE

ENAAM
AHMED
FORMULA 3
CHAMPION

QATAR
A TOURIST
PARADISE

ON TOP OF THE WORLD
**MEHWISH
HAYAT**

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HUM Awards
The Kashmir 8th HUM Awards were a testament to the worldwide clout of Pakistan's entertainment industry & the popularity of HUM TV, one of the country's most established TV networks.

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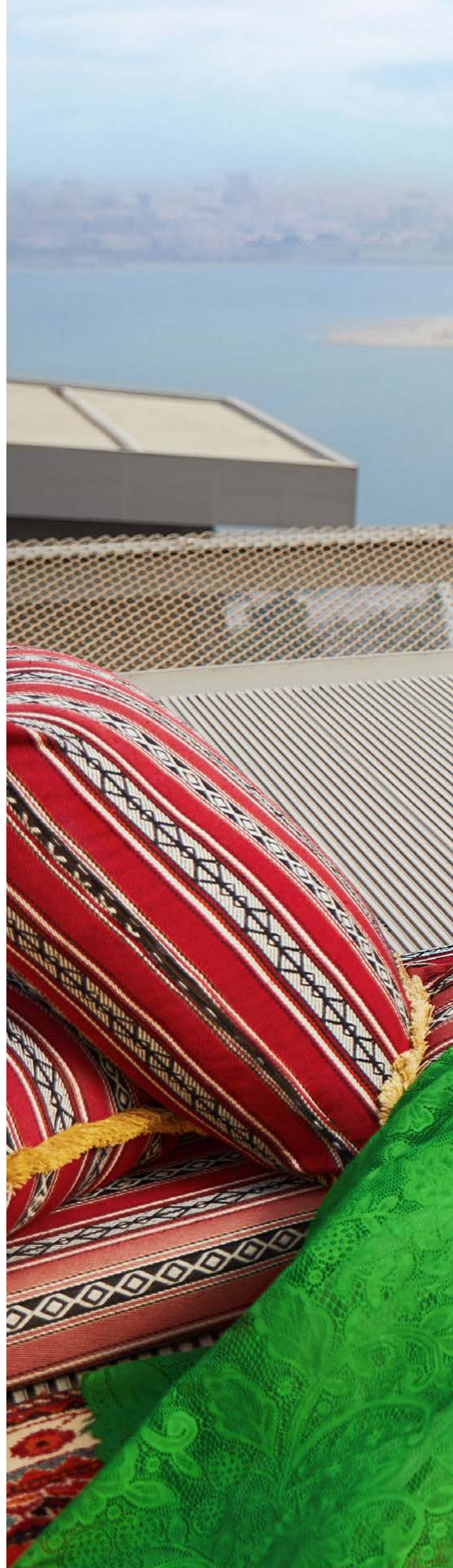


SONYA HUSSAIN

“There are so many stories from Pakistan that we need to be telling the world”

THE RENAISSANCE OF MEHWISH HAYAT

Mehwish Hayat, an actress and philanthropist, has always had a vision for Pakistani cinema. She hopes that our local industry's content can parallel the expectations of the global cinema business through better aesthetics and storytelling







Mehwish recently landed the role of Aisha in *Ms. Marvel*, a Disney+ production, that marked her debut in Hollywood. Helmed by Sharmeen Obaid-Chinoy, an award-winning Pakistani filmmaker, the project puts Pakistani artists on the forefront, affording them the opportunity to represent authentic Muslim culture to the world through a compelling story. Uncover more about Mehwish Hayat's experience working abroad as she unveils another exciting project to hit the shelves in the coming months!

Mehwish, what is the future direction of Pakistani cinema?

MEHWISH HAYAT: I think we as an industry find ourselves at a crossroads. I've been saying for so long that we should be looking beyond our borders and making films/TV series about Pakistan, rather than just for Pakistan. I am always hearing complaints that international media platforms are biased against our projects; that is simply not true. The real reason is that our projects may be great for domestic consumption, but let's accept that they are not good enough for the international market. We can and should be selling our projects, but we need to change our storytelling tactics and aesthetics. If a small country like South Korea can produce the most watched series on Netflix, why can't we?

You worked on the hit Disney+ series *Ms. Marvel*. What was your experience like?

MH: What can I say? Marvel is the biggest film franchise in the world and working with them was an amazing experience. The whole process was so professional, and all the artistes were so

well looked after. This meant that all I had to be bothered about was my performance. There were no last-minute hassles in trying to find an outfit or waiting for someone or something to turn up. Shoots were meticulously planned, starting on the dot and finishing on time.

What hit different about being on-set for an American production compared to Pakistan's?

MH: Of course, you can't compare the scale of a major Hollywood franchise to our local productions, even if our projects are helmed by the biggest producers. Yes, there was a lot working on Ms

“I am overwhelmed with the love from viewers around the world.”

Marvel that really opened my eyes to how slick and streamlined the production process was. A big budget really helped, too. But at the end of the day, once the director calls action, it doesn't matter whether it is a web series, a Pakistani film or a multimillion-dollar Hollywood project. My relationship is with the camera and that remains

the same regardless of the budget or where I am shooting.

How was your character in *Ms. Marvel* important to the storyline?

MH: I played the role of Aisha, who is Kamala's great-grandmother. Aisha is a djinn, a supernatural being who is key to Ms Marvel's origin story, and becomes more visible as the series develops. As Aisha says, “The world has a way of making people feel small. We are connected, each of us to those that came before.” Aisha's story unfolds in an episode that is set 75 years ago at the time of partition. At the heart of this episode is an amazing love story. What really appealed to me about Aisha was the sense of love that she felt for her family and the sacrifices she ended up making. For Aisha, nothing comes before family, not even her life.

Are you satisfied with your performance as Aisha?

MH: As an actress, I can only give each role my best. Ultimately, it is up to the viewers to decide whether I have succeeded or not. As far as Aisha is concerned, I am overwhelmed with the love that viewers around the world have expressed for her.

Seeing the success of the show, what lessons can Pakistan's TV/film industry learn from a unique project like *Ms. Marvel*?

MH: I think that the biggest lesson our industry can take from *Ms. Marvel* is that the global audience is ready to watch and enjoy stories about our world if they are well-written and produced. *Ms. Marvel* has got us a foot through the door. Our industry ►



“I knew that I was capable, but how does a girl from Karachi go to Hollywood?”





“ We should be looking beyond our borders and making films/TV series about Pakistan, rather than just for Pakistan. ”



“ I have definite aims in my career and in the philanthropic work I have undertaken. ”

should have made efforts to bash that door down all these years. There are so many stories from Pakistan we need to be telling the world!

How does *Ms. Marvel* promote Muslim culture?

MH: When a culture is portrayed in a particular manner, even though it may be fictitious, that narrative becomes the mainstream view. Muslims have been portrayed as people creating differences rather than building bridges and promoting mutual understanding. In this context, you can't begin to imagine what *Ms. Marvel* means to Pakistan! For once, there is a mainstream show that is depicting our country and people as we really are.

How did it feel to work with Sharmeen Obaid-Chinoy? What makes her a good storyteller?

MH: Sharmeen embodies the best qualities that one looks for in a director. Her journalistic background in documentary filmmaking makes her an amazing storyteller! Sharmeen knows how to make each frame count and ensures it is relevant to moving the story forward. It is often cliché to describe a director as an actor's director. In Sharmeen's case, it really holds true! Working with her was a collaborative process to find the heart of my character. Above all, what set her apart from other directors was her attention to detail to all the small nuances she brought to the scenes, making the series as authentic as possible!

Any fond memories working with Iman Vellani?

MH: I was totally blown away by Iman! She is such a bundle of energy who lights up the room the moment she enters. She is so charismatic both on and off-screen. I couldn't believe that *Ms. Marvel* was her first role! She was such a professional and brought so much to the role of Kamala. I really can't begin to think of anyone else in that part. Iman made the character her own. Take it from me, she really has the most amazing acting career ahead of her!

What new projects are you working on?

MH: For many years I went with the flow and let life take me wherever it wanted. I now have structured my life a little more and have a game plan of where I would like to go. I have definite aims in my career and in the philanthropic work I have undertaken. There are a lot of exciting things in the pipeline, and I don't want to jinx them by saying anything at this stage. That said, I've written a series of six children's books about *The Adventures of Penny the Prayer Bear*, which will be out in a couple of months. I think that just like *Ms. Marvel* fulfills our culture's void today, young Muslim children were crying for books that wanted themselves and their culture represented. So, when Penny Appeal, a major international charity, asked me to write these books, I jumped at the opportunity!

Do you feel that artists are channeling their social media power the right way to voice support for victims and/or social causes?

MH: I think that as celebrities, we have been



afforded a platform and are responsible for using it wisely. I will always use my social media channels to raise issues that I feel strongly about, even if it goes against popular belief.

However, my feeling is that in some instances, tweeting is not enough. That's why in the case of recent floods, I launched a global appeal to raise funds and appeared on many international channels to take our message to the world. I am so thrilled to say that we raised several hundred thousand pounds. I will ensure that these funds are put to good use because I am accountable for the money I raised.

Do you feel that social media is a platform to advocate or advertise?

MH: Why can't it be for both?

Any final thoughts before you conclude the interview?

MH: Yes, I'd like to leave readers with a final thought. Believe in the power of your dreams and don't let anyone tell you otherwise. The idea that I'd be part of the Marvel Cinematic Universe was something I thought I wouldn't even dare to dream about! I knew that I was capable, but how does a girl from Karachi go to Hollywood? So, dreams, however outrageous, can come true as long as you believe. **OK!**

INTERVIEW: HAIDER RIFAAT
DESTINATION PARTNER: QATAR TOURISM @VISITQATAR
WARDROBE: FIFTY ONE EAST @FIFTY ONE EAST
LINE PRODUCTION: FAB ENTERTAINMENT
@FABENTERTAINMENTQ
STYLING: RAO ALI KHAN
PHOTOGRAPHY: NADEESHA
MAKE-UP: NABILA'S SALON
HAIR: KANY HAIRSTYLIST

"I WAS SO FRUSTRATED BY THE LACK OF GOOD ROLES FOR WOMEN, AND WATCHING SO MANY TALENTED WOMEN PLAYING WIVES OR GIRLFRIENDS OR STUPID WOMEN. THAT'S WHAT MOTIVATED ME TO GET *BIG LITTLE LIES* MADE"

REESE WITHERSPOON

Reese Witherspoon is revelling in her role as an executive producer. She currently has ten projects in the pipeline ranging from the upcoming series *Tiny Beautiful Things* to *Legally Blonde 3*, the latest instalment in the film franchise that turned her into an A-list star in 2001





Even though her Oscar triumph for *Walk the Line* in 2006 signalled her ascension to the ranks of Hollywood's top lead actresses, Witherspoon has always had a fierce sense of ambition to create more meaningful projects for women. That was what led her to *Big Little Lies*, the remarkable HBO series she developed and produced together with her good friend and series co-star Nicole Kidman.

Now the 46-year-old native of Nashville, Tennessee, an ebullient, effervescent force of nature in person, is back in the news as the producer of *Where the Crawdads Sing*. The film is already enjoying stellar box-office numbers in the US and could well be one of the year's biggest hits in the non-superhero category. The film is based on the eponymous novel by Delia Jones that currently sits atop the *New York Times* best-seller list and was first spotted by Witherspoon upon its 2018 release whereupon she put it on her widely followed book club list. Witherspoon fell in love with the story of Catherine "Kya" Clarke, a teenager who escapes from her abusive father and spends years fending for herself in the North Carolina marsh lands. After her boyfriend leaves to attend university, Kya goes on trial for murder after a local football hero who pursued her romantically is found dead in the swamp. Rising British actress Daisy Edgar-Jones delivers a

brilliant performance as Kya and is surrounded by an outstanding supporting cast including Taylor John Smith as her first love and David Straithairn as her lawyer.

Reese Witherspoon divides her time between Los Angeles and Nashville with her Hollywood agent/producer husband, Jim Toth, their eight-

“The main thing for me is to help bring stories to life that are meaningful.”

year-old boy Tennessee, and her two children, 21-year-daughter Ava and 17-year old son Deacon, from her previous marriage to actor Ryan Philippe.

Audiences will soon see Witherspoon return to the big screen in *Your Place or Mine*, a romantic

comedy in which she stars opposite Ashton Kutcher. She can also be seen in the Apple TV+ series, *The Morning Show*.

What made you want to turn Delia Jones's novel *Where the Crawdads Sing* into a movie?

REESE WITHERSPOON: It's a beautiful coming-of-age story mixed with a gorgeous romance and a murder mystery. I just loved it. Beyond that, it's an incredible story about a woman surviving and about women saving themselves, which happens every single day. You have to save yourself. I think it's important to see that in film and realise you can be the saviour or hero of your own story.

Daisy Edgar-Jones delivers an astonishing performance as Kya. How did you come across her?

RW: I saw Daisy's incredible audition tape and as a Southern woman my only concern was, "Is she going to be able to nail this (North Carolina) accent?" I'm pretty tough, and it was like, "Wow," before she even trained. She auditioned with that accent and it was amazing.

What was it like for you as a producer to be on the set in Louisiana where the film was shot and see this heartfelt story take shape?

RW: The first time I walked into Kya's house, which is so vivid in the book, I started to cry. I was so moved by every shell, every feather. ▶



**“You have to
save yourself.”**

and every picture and every corner of the house we built to capture what had been so beautifully described. Every artist on this production worked so hard to bring the book to life.

What was your reaction when Taylor Swift wrote a song “Carolina” for the film which you used to play over the closing credits?

RW: I freaked out. I couldn't believe it. She's one of my favourite singers of all time, and her songwriting is amazing...The fact that she read this book and loved it so much...and then was inspired to write a song, I was blown away. She was doing her “Folklore” album at the time and wrote the song with that whole team. Her song is so haunting and magical - it was the perfect way for us to end the movie.

Has becoming an active producer with your film company made a major difference in your life?

RW: I needed to become more involved in the creative side of the business. I was very discouraged for a time in my career where I was seeing very few serious projects being developed for women or where female characters were presented in a satisfying way. I can't tell you how many times I met with top studio executives who would tell me that they didn't have any projects they were developing for women in a given year. I couldn't believe it! And there was one time when an executive told me that they couldn't produce another film that was female-driven because they already had one in the works. It was that bad. That was a powerful motivation for me to go out and try to develop projects that told women's stories.

You seem to be a tireless producer with so many projects in the works?

RW: As a producer, I feel like I'm on a mission. It's my main goal to create more female driven projects and give more opportunities to women at every level. I started producing seven or eight years ago because I was so frustrated and infuriated by the lack of good roles for women and watching so many talented women playing wives or girlfriends or stupid women. That's what motivated me to get *Big Little Lies* made. That series showed how we can create powerful dramas where women are presented as complex and intelligent and active individuals.

Did you have any trepidation about becoming a producer?

RW: I wasn't sure at first if I wanted to get that deeply involved in the production side, but my husband (Jim Toth) gave me so much encouragement...He said, “You should produce movies. You read more books than anybody I know. You should just buy some of them and turn them into films.” And after working on *Gone Girl*, I wanted to keep finding similar kinds of projects.

My husband has supported me every step of the way and told me not to back down when it comes to asserting myself and fighting to get a project made. For years he's been telling me that I would make a good producer because I'm always reading books and that I would know how to find great material for a movie or a series. And I finally did it...



“As a producer, I feel like I’m on a mission.”

Is there a specific type of story you feel compelled to tell?

RW: The main thing for me is to help bring stories to life that are meaningful not just to me but which I hope will be meaningful to audiences. I want to produce movies that have a voice, that also enable women to have a voice, and which are in some way an extension of my own desire to engage in the world and do something which leaves its mark and which people will want to talk about.

What’s the most satisfying thing about being a producer as opposed to acting?

RW: I like being in a position to bring a project into being and be there on the set and be able to use my experience and judgement to help make the best possible film or TV series that I can. I remember working on *Big Little Lies* and having discussions with Nicole and Laura and Shailene and Zoe and how we were all thinking how beautiful it was as women to be so involved in that story and where women were so central to the story in a way that few of us had ever experienced before in our careers. It felt so good.

I’m also the type of person who enjoys getting involved and helping solve problems. I like being able to give advice and offer my thoughts on things to make a difference or have a positive impact on people’s lives and producing projects is a place where I feel I can make that kind of a difference on a creative and on a personal level.

You grew up in Tennessee, part of the American South and its distinctive culture. Raising your children in L.A., did you try to give them a sense of your Southern upbringing and roots?

RW: Southern women have a strong sense of humour, they laugh at themselves, and they don’t scream if they see a cockroach. The first thing I taught my eldest children was riding horses, getting to spend time with animals and playing outdoors. Also, when they were little, I didn’t allow them to watch TV. I didn’t want them sitting in front of the TV set all day and I tried to get them to play and do as many creative kinds of activities as possible.

What’s the most important piece of advice you’ve given to your children?

RW: Listen to your mother! But honestly, I’m like any other mother who thinks she’s messing up all the time. The other bit of good advice I’ve given them is when someone says no, think of another way. **OK!**

*The above comments by Reese Witherspoon were made via a July 7th Zoom chat during the course of her promotional work as a producer of the new film *Where the Crawdads Sing*. With additional comments she made on the occasion of the July 11th premiere of *Where The Crawdads Sing* at the Museum of Modern Art in New York City. Her comments have been condensed and edited for length and clarity.*

INTERVIEW: JAN JANSSEN (WENN.COM)
PHOTOGRAPHS: WENN, SHUTTERSTOCK



ENAAM AHMIED

In conversation with the Formula 3 Champion who is making Pakistan proud





OUTFIT: DIESEL

Enaam Ahmed is truly a force to be reckoned with. This racecar driver from Pakistan, at merely 17 years of age, was the youngest ever British Formula 3 champion. In addition to this, Enaam was the British Champion of go-karting at 12 and the World Champion at only 14. There's no stopping this truly inspiring young Pakistani, as he aims to become the World Champion of Formula One in the near future.

During his recent visit to Karachi, Ahmed has a tête-a-tête with *OK!* Pakistan, during which he discusses his proudest achievements, race-day rituals, experiences with racism, what keeps him motivated, and so much more...

You are a Formula 3 (F3) Champion driver who has broken several records. What is the biggest misconception that people have about what you do?

Enaam Ahmed: I think they think that most drivers are arrogant. There are actually quite a few arrogant drivers, but I've never actually been one and there's a difference between confidence and arrogance. I found that when you're a confident person in general, you tend to stay more quite. There's also a misconception that drivers have a wild lifestyle. Some do, but me definitely not. The only wild thing about me is how much I have to travel, which is all over the place.

You were only 14 when you started breaking

records and at 17 you became the youngest ever British F3 champion, how did it all begin? And what has been your proudest achievement to date?

EA: It started when I was eight years old and went

“I don't really celebrate wins that much to be honest because I always look at the next target.”

go-karting with my father. By the time I was 12, I was British Champion and when I was 14, I was World Champion. I think the two biggest achievements include the British Formula 3 Championship and winning the World Championship in karting, because not many people can say they're the world champion in something. Also, winning the most races in British Formula 3 history was a big achievement for me because it was a record that was held for 40 years.

What is the one piece of advice you would give your younger self?

EA: Calm down. You don't need to be as aggressive as you think.

What were some of the challenges that you have faced as a South Asian driver? Do you think you have it harder?

EA: In some ways, yes. We have had some minor racism problems, especially when I was growing up. In go-karting, especially, there were some incidents. Once I got beaten up and there were things like that, but the best way to handle it was the way my dad said to just beat them on the track and that's what we used to do.

Tell us about an incident in your career that you wish had gone differently.

EA: There's nothing really in my career that I wish would have gone differently because everything made me the person I am today. The determination I have is from all the hard times that I did have. If I didn't have those hard times, I would not have been the same person I am today and my mental fortitude wouldn't have been so strong.

Do you have any race-day rituals that you follow prior to your race? Any superstitions, or anything you prefer to avoid?

EA: I'm not a superstitious person. I don't believe in magic or anything like that. I'm a Muslim so I pray and I tend to pray before a race any way. Usually ►



Rapid Fire:

Favourite race to date?
Toronto Grand Prix

Favourite city?
Karachi.

Song that you are currently listening to on repeat in your car?
Believe it or not, *Pakistan Zindabad* - it really fires me up!

Who inspires you?
My dad.

Talent or hard work?
Hard work.

Your first car?
Mercedes AMG.

Celebrity dream date?
Miley Cyrus when she was Hannah Montana.

Last book you read?
The Holy Quran.

Favourite movie?
Top Gun.

If you weren't a racer, you would be a....?
Fighter pilot.

Best age to start a career as a racer?
Six.

SUIT: BAROOD

“I want to prove to the world that Pakistan can be the best in the world at anything that they choose...”

I fall asleep before a race and they wake me up just before I need to jump in the car. Falling asleep before a race calms me down actually and doesn't make me as aggressive, which is better usually for me.

How do you celebrate a win?

EA: I don't really celebrate wins that much to be honest because I always look at the next target. I'm probably happy for five minutes and then my mind immediately forgets about that and moves on.

This is your first time in the country. Why did it take so long? What memories will you take back?

EA: This is not my first time in the country but I did come here a long time ago when I was younger around the time when I was starting racing. When my racing career started, I lived all over the world, and to be honest, I haven't been home in general - even to my parents in like five to 10 years. I have hardly been home - no more than two weeks in the whole year. Before this I was living in Japan so I've been everywhere.

I will take back a lot of good memories. Definitely a relaxing feeling but probably the biggest memory will be the fact that I got sick within two to three days and I'm still struggling now, so I got the full Karachi experience. [Laughs] So it's been good.

Who always drives shotgun in your car?

EA: No one wants to ride shotgun with me because they're too scared to go in a car with me usually. So no one.

You managed to set the quickest time overall in qualifying for the Freedom 90 race in Indianapolis, while you were ill (going against doctors' orders). What is it that keeps you going?

EA: I want to prove to the world that Pakistan can be the best in the world at anything that they choose - any Pakistani can do it. So it doesn't matter if I've broken bones or I'm sick, I'll still jump in and get the job done, no matter what.

Where do you see yourself in the next ten years?

EA: I see myself being the World Champion in Formula One.

You are an inspiration to so many people around the world. What advice would you give them for achieving their dreams?

EA: The advice I'd give is winners never quit and quitters never win. That's the only thing that runs through my head when things are hard and it looks like there is no way out. 

INTERVIEW: MAIRA PAGGANWALA
PHOTOGRAPHS: MALIKA ABBAS & ALI BALOCH



OUTFIT: EMRAAN RAJPUT





**"I FELT THIS ENORMOUS
PRIDE IN BEING ABLE TO PLAY
A WOMAN WHO MAKES HER
OWN WAY IN LIFE..."**

DAISY EDGAR-JONES

It's always exciting to watch a young actor make their mark in what could well be their screen breakthrough. That would appear to be the case with Daisy Edgar-Jones who is attracting considerable attention for her work in the film, *Where the Crawdads Sing*



The 24-year-old London native stars as Kya Clarke, the intrepid heroine in a dramatic tale that also doubles as a love story and murder mystery. Based on the eponymous novel by Delia Owens - which has already sold 12 million copies and is currently the No. 1 best-seller in the US - *Where the Crawdads Sing* follows the extraordinary journey of Kya, a young woman who has fled an abusive father to fend for herself in the marshlands of North Carolina.

A self-taught naturalist who lives from the proceeds of selling mussels to the local grocer, Kya is regarded as an outsider by local townsfolk who refer to her derisively as the "marsh girl." She then finds herself accused of murder after a former high school football star and local playboy, Chase Andrews, who had once flirted with her, is found dead in the swamp. "Kya's story has a universal appeal and is very relatable even though her circumstances are quite unique," says Edgar-Jones. "There's a little bit of her in all of us and for me, when it came to playing her, obviously there was the slight added pressure of knowing that so many people had fallen in love with her in the novel."

"But also it felt like an honour to be a part of something that people already loved so much and being the one that gets the chance to have a go at bringing it to life."

Directed by Olivia Newman, the film has a distinct coming-of-age leitmotif and could well be the sleeper hit of a relatively humdrum summer movie season having already earned an impressive \$20 million (for a drama) in its first week of release in North America.

Where the Crawdads Sing co-stars Taylor John Smith (who plays Kya's first love, Tate Walker), Harris

Dickenson (as the doomed local Casanova), and distinguished actor David Strathairn, who plays Tom Milton, the lawyer who defends Kya at her trial.

Daisy Edgar-Jones is the daughter of Wendy Edgar, a former film editor, and Philip Jones, director of Sky Arts and head of entertainment at Sky TV. She first gained attention with her performance in *Normal People*, the 2020 Hulu miniseries about the topsy-turvy affair between two Trinity College students in Dublin.

Edgar-Jones is currently single following her break up with her boyfriend of two years, actor Tom Varey, early in 2021. Earlier this year, she co-starred opposite Andrew Garfield in the FX limited series, *Under the Banner of Heaven*, which was shot in Calgary, Alberta.

What is it about Kya's personality that stands out to you?

DAISY EDGAR-JONES: Her resilience, mainly. That's something about her which I found very admirable and a very human quality. I read the novel during the pandemic, a time when the entire world was experiencing hardship. I find the ability to bounce back and keep going very impressive and remarkable. The fact that Kya does experience so much hardship and despite that she's able to sort of survive in this hostile environment and also ultimately thrive — it's such an inspirational aspect about her as a character...I felt this enormous pride in being able to play a woman who makes her own way in life under very difficult circumstances,

Do you see something of yourself in Kya's spirit?

DJ: Her curiosity is something that I really chimed with because she wants to learn as much as she can about her environment. I think in the job I do, I've always been very curious about how other people feel and think about the world. It's fascinating to be able to sort of step inside other people's heads for a

while when I play characters.

What was the most difficult aspect of playing Kya?

DJ: It was keeping distinct the younger Kya whom we meet when she's 15 and then get to see again at age 20. It was important to capture the kind of youthful spirit she had when we first see her.

I also wanted to make sure that I tried adding some different elements to her when she's older, making her voice a bit deeper, and giving her a more reflective quality. I wanted her to appear less naive in some respects and show how she had evolved during that time.

One of the things which readers of the novel will want to know is what you saw as Kya's essence that draws us towards her?

DJ: I loved how she could be both incredibly strong and brave at times and also have this wonderful curiosity and gentleness to her. There's something very touching about her that I wanted to capture and also reveal these deeper layers to her.

What was also important for me to explore was how she had been so badly misunderstood by most people and that this feral side to her is simply something that has been projected onto her by the town. And at a certain point she embraces that perception of her even though her underlying nature is so gentle and caring.

Was it difficult to master her Southern accent?

DJ: I actually enjoyed that part of my preparation. I worked quite hard trying to get the accent right because it informs so much about who she is and her way of being in the world. There's something very special about that North Carolina way of speaking that has a wonderful lyricism to it and a melody ►



“I have a great appreciation for stories that feature heroic and independent women like Kya.”



"I'm a huge fan of Jane Austen's heroines."

that helped me find Kya and really go deeper inside her nature.

I also had to find the difference in tones between the voices of the younger and older Kya and also the voiceover that helps tell her story.

Was it more of a challenge to do a North Carolina accent as opposed to the more standard American accent you used in Fresh?

DJ: I found it easier to get the accent right for Kya than I did with my character in Fresh who spoke with this general East Coast accent. It's easier to do a real accent like a North Carolina one because it is so distinctive. But I'm very used to accents growing up in England...You walk 20 minutes up the road and you have an entirely different dialect.

Does it feel empowering to play a resilient young woman like Kya?

DJ: I have a great appreciation for stories that feature heroic and independent women like Kya. She's someone young women can truly admire and see aspects of themselves in her.

One of my favourite books is *Little Women* which has some beautifully written female characters that draw you to that family and the struggles they face. I'm also a huge fan of Jane Austen's heroines. I really enjoy their toughness and sense of determination.

You've been acting professionally for the past seven years. Do you have a better understanding today of how you approach playing different characters?

DJ: For a long time I've been very intrigued about everybody else's inner life. You get a funny realisation when you become an adult and you realise that it's not just you that has that whole world going on in your head — everyone does.

Audiences will now have had the chance to see you playing a wide variety of characters. Do you see any connection between them on any level?

DJ: I would say that all of those characters I've played are battling with their sense of self. With Marianne [in *Normal People*], her idea of herself is very different from how she comes across. It's the same with Molly in Fresh. All the characters grow up in a way. And I'm also really interested in how much a person can affect another person's life.

We really see that with Connell (played by Paul Mescal) and Marianne, they fundamentally change the path of each other's lives and bring such goodness to each other's lives in the end. And the same is true of Molly with Noah, and Kya with Tate [in *Where The Crawdads Sing*], that is something I'm always intrigued by.

But I also like how different they all are too. And as an actor, that's something I'm really keen on trying to do more of, is find characters that I haven't done before, that I can really stretch a muscle that I haven't yet stretched.

A lot of people fell in love with you in *Normal People*. Will there be a sequel?

DJ: I don't know. I mean, we finished the book at the end of the series, so I guess it's really up to Sally [Rooney, the author] if she wants to revisit those characters. I wonder if it would be cool to come back to them maybe in their 30s at a whole different stage of their life.... **OK!**

*The above comments by Daisy Edgar-Jones were made during the course of a July 7th Zoom chat while she was promoting her new film, *Where the Crawdads Sing*. Her comments have been condensed and edited for length and clarity.*

INTERVIEW: JAN JANSSEN (WENN.COM)
PHOTOGRAPHS: WENN, SHUTTERSTOCK





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OK! FASHIONISTA

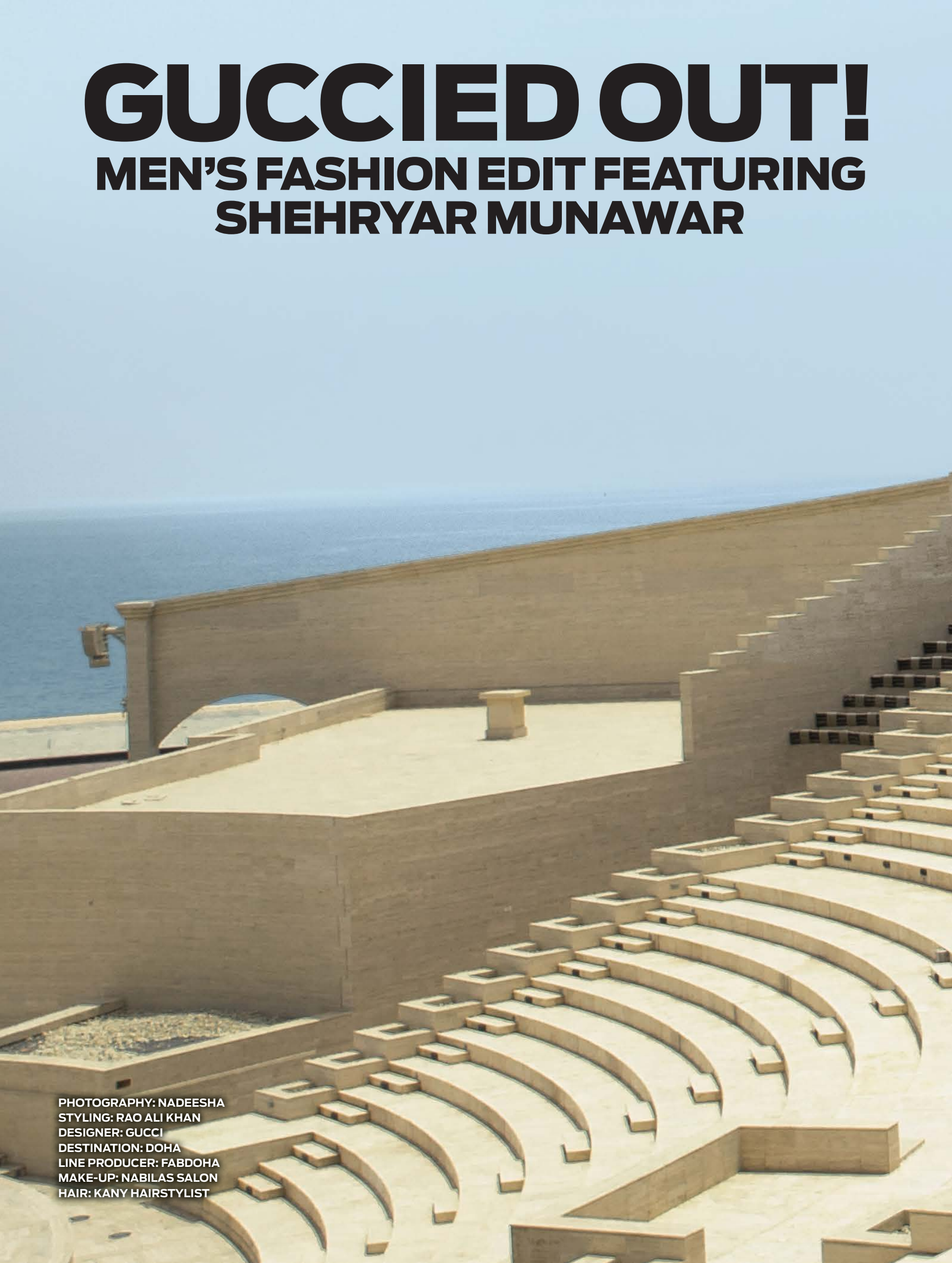
OK! SPOTLIGHT
NISHA GHUMRO
KALWAR &
AZAR KALWAR

GUCCIED OUT!

MEN'S FASHION EDIT FEATURING
SHEHERYAR MUNAWAR

GUCCIED OUT!

MEN'S FASHION EDIT FEATURING SHEHRYAR MUNAWAR



PHOTOGRAPHY: NADEESHA
STYLING: RAO ALI KHAN
DESIGNER: GUCCI
DESTINATION: DOHA
LINE PRODUCER: FABDOHA
MAKE-UP: NABILAS SALON
HAIR: KANY HAIRSTYLIST



SHEHERYAR IN A MONOCHROME TROUSERS
WITH BLACK SHIRT FROM FIFTY ONE EAST



MATCHING SEPARATES - CREAM
SHORTS AND JACKET BY GUCCI
AND BROWN SNEAKERS BY GUCCI



SHEHERYAR IN A BRIGHT ORANGE SHIRT
PAIRED WITH WHITE EMBROIDERED
JACKET AND SILVER METALLIC
TROUSERS BY FIFTY ONE EAST



**MATCHING SEPARATES: TRACK SUIT
WITH WHITE SNEAKERS, PAIRED
WITH GOLD FRAMED SUNGLASSES.
THE WHOLE LOOK BY GUCCI**



RETRO JACKET WITH WHITE
TROUSERS BY GUCCI



HOODIE WITH PYJAMAS BY FIFTY ONE EAST



OK! *Red* CARPET



Kate Hudson ups the gam quotient in Oscar de la Renta at the Mona Lisa and the Blood Moon premiere.



Jessica Biel steps out in a tiered Giambattista Valli gown at the Children's Hospital Gala in Los Angeles.



Gemma Chan is anything but basic in Louis Vuitton at the British Vogue x LV dinner in London.

ROCKSTARS



Florence Pugh dons a sheer Rodarte maxi for The Wonder press event.



Deepika Padukone makes a statement in Louis Vuitton at the label's Parisian S_S 2023 show.



Amal Clooney dazzles in Atelier Versace at the Albie Awards in New York City.

PHOTOGRAPHS: GETTY



SONA RAFIQ MEMON

& OTHER STORIES
Tweed Jacket,
PKR 35,000 stories.com



COS
Pleated Mini
Skirt,
PKR 21,000



BALENCIAGA
Le Cagole XS Bag,
PKR 300,000



PREP SCHOOL BUT COOL!

Think clueless, think 90s but throw in a mix of 2022 and you've nailed it. From low-rise, wide legged jeans, cargo pants to midi and mini pleated skirts at the bottom to vests, blazers and obviously shoulder bags reminiscent of the 90s with chunky loafer or mary-jane shoes.

H&M
Jacquard
Shacket,
PKR 8,300



FRANKIE SHOP
Maesa Cargo
Pants,
PKR 35,000



FENDI
O'Lock
Leather Bag,
PKR 380,000



JACQUEMUS
Cropped Top,
PKR 40,000



FRANKIE SHOP
Gelso Vest,
PKR 40,000



JOHN LEWIS
Harrietta Mary Jane
Pumps,
PKR 12,000



GUCCI
Attache Shoulder Bag,
PKR 600,000



PAUL SMITH
Check Tie,
PKR 11,000



RIVER ISLAND
Wide Leg Trousers,
PKR 10,000



MANGO
Printed T-Shirt,
PKR 5,990



OFF-WHITE
Cargo Jeans,
PKR 170,000



PRADA
Venice Mary Jane,
PKR 210,000



LOEWE
Gate Mini Shoulder Bag,
PKR 260,000



VIVIENNE WESTWOOD
Everest Bomber Jacket,
PKR 280,000



ZARA
Pleated Skirt,
PKR 9,000

RAG & BONE
Maxine Shirt,
PKR 30,000 neta



ROTATE BIRGER CHRISTENSEN
Miranda Shirt,
PKR 25,000



ROGER VIVIER
Viv' Rangers Strass Buckle Loafers,
PKR 230,000



KIRAN MALIK

PHOTOGRAPH: WENN

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AMAL CLOONEY

Amal Clooney's successful career as a human rights lawyer and a powerful style to match makes her a living example of a woman of style and substance. She effortlessly combines chic, polished elegance with a modernist edge and always manages to look perfect for every occasion. Here are some of Amal's dazzlingly sophisticated looks.

GET THE LOOK



GIAMBATTISTA VALLI
Black leather printed
"floflo" bag,
PKR 332,800



PRADA
Virgin wool
blazer,
PKR 442,520

GRAFF
Diamond
Earrings,
POR



LEVI'S
Ribcage Straight
Ankle Jeans,
PKR 19,000

ALEXANDRA
Silver cowl neck
sequin chain crop
top,
PKR 15,000



GIANVITO ROSSI
Silver-tone
leather 'plexi'
pumps,
PKR 147,620

NEUTRALS

Dapper in neutrals, Chris Pine makes a strong case for all things earthy this month!



BURBERRY
Javier Cargo
Trousers,
PKR 130,000



GUCCI
Jordaan
Suede
Loafers,
PKR 130,000

H&M
Oversized
T-Shirt,
PKR 3,400



H&M
Slim Fit
Joggers,
PKR 4,500



TOD'S
Woven Suede Belt,
PKR 60,000



**RIVER
ISLAND**
Chelsea
Boots,
PKR 16,000



LOEWE
Wool Jacket,
PKR 320,000
mrporter.com



ZARA
Jogger Pants,
PKR 11,000



ZARA
Pleated Pants,
PKR 14,000



VEJA
V-12 Sneakers,
PKR 29,000



RAG & BONE
Cliffe Trousers,
PKR 35,000



RIVER ISLAND
Cotton Blazer,
PKR 28,000

Diamond & Multistone Necklace

Diamond, Emerald & Mosaic Ring

Precious Stones, Diamonds & Mosaic Ring

Diamond, Precious Stone & Mosaic Necklace

AN ODE TO GUCCI

Gucci's third high jewellery collection, Hortus Deliciarum, is a dazzling course in Roman History & a sight for sore eyes. We couldn't stop swooning over these beauties & hence dedicated our September jewellery edit just to the collection.

Diamond, Emerald & Ruby Earrings

Gold, Diamond & Amethyst Ring

Gold, Diamond & Blue Topaz Earrings

Diamond & Multitone earrings

Diamond & Emerald Necklace

Diamond, Sapphire & Mosaic Necklace

Gold, Diamond & Opal Ring

Diamond, Emerald & Mosaic Necklace

Diamond & Precious Stone Necklace

Multi Stone Earrings

Diamond & Precious Stone Earrings



What's IN HER BAG?

The supermodel who needs no introduction, Mushk Kaleem, spills the deets of what's in her bag!



Gold Earrings - a finishing touch to any look.



Ralph Bag - the smaller the better!

Burberry Perfume - I like to always smell good.



Escobar Vape - an essential for most these days.



Off Mosquito Repellent - always keep a repellent on you and distribute it as much as you can!



Vaseline - I use the flavour Kiss of Apple to keep chapped lips at bay.



Prada Sunglasses - these are definitely a keeper!



Zero Makeup Palette - I use the shade Creme and I always have an on-the-go compact with me.



Mac Lipstick - Retro Matte Runway Hit is an every day favourite!

Mini Speaker - music keeps some of us going.



OK! Beauty EDIT

THINK PINK

SUPPORT BREAST CANCER AWARENESS MONTH WITH THESE PRETTY PAMPERING TREATS THAT LOOK GOOD – AND DO GOOD

ASDA CANDLE, PKR 630

The supermarket has been supporting breast cancer charities through its Tickled Pink campaign for 24 years. Ten per cent of each purchase from the range will go to the fight against the disease.

ORIGINS BLOOMING LIP BUNDLE, PKR 7,660

This month when you buy the Blooming Shine Nourishing Lip Glaze and the Blooming Sheer Lip Balm together, Origins will donate all profits to the Breast Cancer Campaign.

ESTÉE LAUDER LIMITED EDITION ADVANCED NIGHT REPAIR SYNCHRONIZED MULTIRECOVERY COMPLEX, PKR 17,000

This much-loved serum has been re-vamped with a hot pink exterior and 20 per cent of the price will be donated to the Breast Cancer Research Foundation.

AVON LOVE, AVON CANCER CARE PACK, PKR 5,200

Avon teamed up with breast cancer survivors to put together this trio for patients undergoing treatment – with 100 per cent of profits donated.

ELEMIS LIMITED EDITION PRO-COLLAGEN MARINE CREAM, PKR 23,900

A supersize version of Elemis' best-selling anti-ageing cream, this comes in appropriately pink packaging, with £10 from each purchase going to Breast Cancer Now.





SO COOL

I know it's frozen cocktail season when I'll wear any lip colour as long as it's the shade of a poolside slushie. Fenty Beauty is serving that vibe up perfectly with its new Poutsicle Hydrating Lip Stain, PKR 4,400, which leaves lips glistening with such delicious options as Strawberry Sangria and Berry Banger. Cheers for this one, RiRi!



THINK PINK

October may typically be seen as Breast Cancer Awareness Month, but the disease doesn't stop its devastating effect during the other 11 months of the year. ghd is drumming home the message with its Take Control Now campaign, encouraging people to check themselves whenever they style their hair – all year round. Along with selling some of its bestselling hair tools in a limited-edition bright pink shade, from PKR 41,000, ghd is donating PKR 64,427,820 to breast cancer charities and has information about how to self-check on ghdhair.com.

VICIOUS CIRCLE

Don't take it personally, dark circles, but nobody likes you. If you hadn't got the message by now, Huda Beauty is hammering it home with its new #Fauxfilter Luminous Matte Liquid Concealer, £24, which is certainly pigmented enough to prevent any peep-through. StriVectin, meanwhile, is tackling what lies beneath with Super-C Dark Circle Brightening Eye Serum, PKR 134,000. This one takes no prisoners, going after both blue-based discolouration (often caused by thinning skin, stress and tiredness) and brown-based dark circles, which can be down to anything from genetics to over-vigorous eye rubbing. In tests, 93% saw brighter under-eyes, and 90% had the bonus of firmer skin.



BEAUTY *Essentials*

TAKE COVER

About a year ago I tried "injectable concealer", an under-eye tweakment that temporarily sent my eye bags packing. Alas, they've now made themselves at home again on my face, so while I save up to go back to the clinic, a good concealer is my everyday essential. And Dior Backstage Face & Body Flash Perfector Concealer, PKR 5,900 and in 22 shades, is just that. It's full coverage, colour correcting and completely natural-looking with a subtle light-reflecting finish. And after falling in love with its neat little brush applicator, I'm never going back to a doe-foot one again.



prices are approximate

SWEET SCENT-SATION

Lancôme's Idôle fragrance was a trailblazer in many ways. Not only was the smartphone-shaped bottle the thinnest ever made, it was also one of the first mainstream perfumes to be refillable. Now, Lancôme is breaking new ground again with a whole new scent family – Neo-Gourmand – for Idôle's latest iteration, Nectar Eau de Parfum, from PKR 134,000. Think mouthwatering notes of popcorn, cereal and caramel blended with a classic rose accord to give a sweet yet sophisticated scent.



THE LIFE OF ALYANA SHAMSI

The newest influencer on the block shares all her favourites with *OK! Pakistan*



Favourite travel destination?

That's honestly tough to narrow down! There are so many beautiful places in the world. However, my sister and I went to Prague together and we had the best time so I would have to say it was one of my favourites. Otherwise I love islands and I love the city - it's just too hard to choose!



Signature scent?

My favourites are Jo Malone English Pear and Freesia, Chanel N5, Victoria's Secret body sprays and ouds! I also love men's colognes; I'm always stealing my dad's because I'm obsessed.

Last thing you splurged on?

The last thing I splurged on would have to be a pair of shoes that I really wanted.

Guilty pleasure?

Netflix, instant noodles and snacks.

NETFLIX

Current song on repeat?

Play For Keeps by Runzo, *Paxe* and *Jay Biz*, and *Free Mind* by Tems.



All-time favourite film?

I'm a sucker for chick flicks and my all-time favourites have to be *13 Going On 30*, *The Devil Wears Prada*, *She's The Man*, *The Princess Diaries* and so many more - I could go on forever!



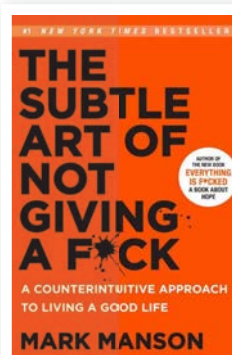
Most exciting celebrity encounters?

I met Katrina Kaif when I was really young and was majorly starstruck.



Last book you read?

I just started reading *The Subtle Art Of Not Giving A F*ck*.

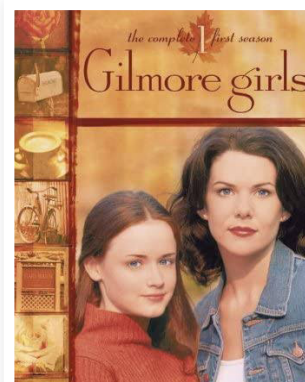


Favourite restaurant?

That's tough, but in Karachi it's Totoro at the moment! Anyone who knows me knows I can eat hotpot every single day literally!

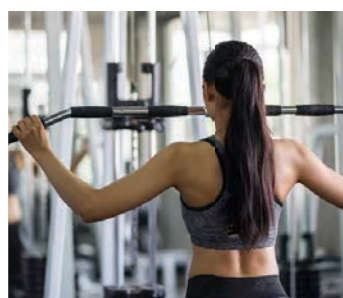
Skincare essentials?

Moisturiser and sunblock always!



Last show you binge watched?

I'm obsessed with reality shows and anything Bravo. Recently I binge-watched the second season of *The Fabulous Lives Of Bollywood Wives* and I'm re-watching *Gilmore Girls* - probably for the eighth time now. Obsessed is an understatement.



Getting in shape or couch potato?

Getting in shape!

What's your instant mood lifter?

Music and going to the gym.

Three things you can't live without?

My family (includes my pets), phone, friends and the gym. Oh and lip liner always!

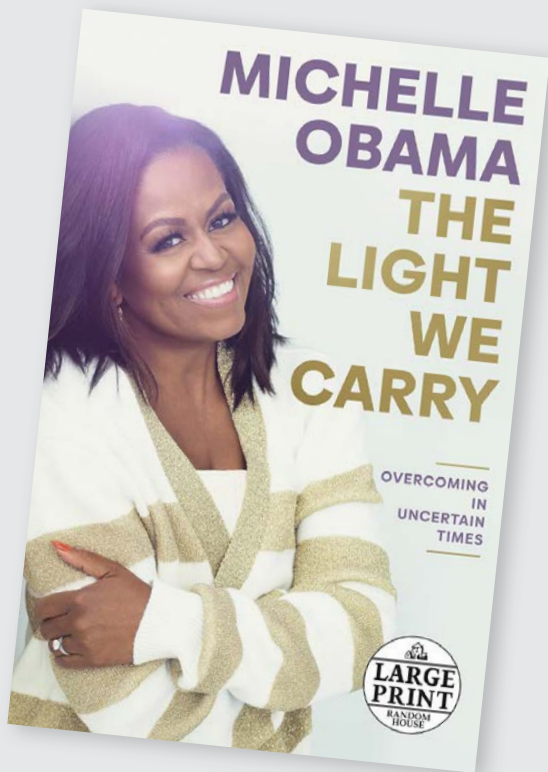
ENTERTAINMENT



MOVIE

THE LEGEND OF MAULA JATT

The blockbuster Pakistani Punjabi language film stars Fawad Khan, Hamza Ali Abbasi, Mahira Khan and Humaima Mallick. Maula Jatt, a fierce prizefighter with a tortured past seeks vengeance against his arch nemesis Noori Nath, the most feared warrior in the land of Punjab.



LITERATURE

THE LIGHT WE CARRY: OVERCOMING IN UNCERTAIN TIMES

In an inspiring follow-up to her critically acclaimed, #1 bestselling memoir *Becoming*, former First Lady Michelle Obama shares practical wisdom and powerful strategies for staying hopeful and balanced in today's highly uncertain world.



TV SHOW

THE EMPRESS

A historical drama Netflix original series on the life of Empress Elisabeth of Austria starring Devrim Lingnau in the title role along with Philip Froissant as Emperor Franz Joseph. When rebellious Elisabeth falls for Emperor Franz and becomes his unlikely bride, she enters a world of tension and intrigue at the Viennese court.

OK! SPOTLIGHT



NISHA GHUMRO KALWAR & AZAR KALWAR

The duo behind Sceptre College and The Royal Colosseum share it all with OK! Pakistan



Nisha Ghumro Kalwar and Azar Kalwar are the dream team responsible for Sceptre College and The Royal Colosseum - two highly commendable additions to Karachi's education sector. The couple and work partners share all the details of their educational institutions with OK! Pakistan, and what they hope to achieve.

Could you tell us a little about yourself?

Nisha Ghumro Kalwar & Azar Kalwar: We are Nisha Ghumro Kalwar and Azar Kalwar and together we are heading two educational institutes: Sceptre College for Advanced Studies (an A Level college affiliated with British Council and Cambridge/CAIE) and The Royal Colosseum Institute for International Studies (an external degree program/TNE institute offering Foundation Programs and Bachelor Degree Programs affiliated with The Northern Consortium United Kingdom/NCUK, College de Paris and various other European and UK universities).

From Sceptre to The Royal Colosseum - what were your thoughts and inspiration behind it?

NGK: I always wanted to establish world class institutes for higher education in our country, particularly because my higher educational experience in the UK was life changing and I wanted to provide an experience as great or even better for the students of our country. Sceptre was inspired by the A Level college I attended in London, MPW. The Royal Colosseum is inspired by the UK universities I attended, City University London for BSC (Hons) Mathematics and Queen Mary University London for MSc (Hons) Investment and Finance. My vision is to provide students with courses and degree programs that have international openness and offer degrees that are not only internationally

recognised but also extremely updated in terms of their teaching material and content.

AK: Sceptre enabled us to establish first hand interactions with thousands of aspiring university students and the key problems we highlighted were that most students want to go abroad for university but due to the rising rate of the Dollar or Pound Sterling, it's becoming increasingly difficult for parents to afford three or four full years of educating their children abroad. Furthermore, many students want to have an edge in international job markets to secure the option of shifting abroad and earning in Dollars/foreign currencies to send back home to their families and hence want degrees that are recognised and accepted world over. Lastly, Covid was an eye opener for a lot of parents who couldn't see their children studying abroad for a very long time and would now prefer for their children to attain international degrees from the comfort of their own homes. Hence, we felt that the need of the hour was to provide a solution for all these problems and that solution is The Royal Colosseum.

Tell us about your institute and what makes it unique.

NGK & AK: The Royal Colosseum is an Institute that is offering bachelor degree programs from all across Europe. UK external programs have always been readily available in Pakistan before but we strive to give our students more options in terms of course selection as well as options from the UK that vary in price to cater to the financial requirements of all. But what makes our institute truly unique is our collaboration with College de Paris where you could study in any of the 32 study centers all over the globe, be it France or the Middle East, in the exact same price that they are paying at The Royal Colosseum so now students can go and fulfil their

dream to study abroad under 1 million PKR per year which is a first in its own regard.

What made you think of the name The Royal Colosseum?

NGK: Our philosophy is to provide the best experience to our students, be it the esteemed faculty, the beautiful one-of-a-kind campus or the world-renowned degrees. In other words, our students are royalty for us, the future kings and queens, and we want to create leaders hence the word 'Royal' constantly kept popping up in our discussions when finalising the name of the institute.

AK: The Colosseum, because in today's day and age it is imperative for students to have a mindset similar to a gladiator. With a myriad of challenges faced when developing one's career, it is essential to be focused, train more and practice in order to bleed less in battle. Our aim is to produce quality human resources which are desirable by the job market locally, regionally and internationally with the correct guidance, counselling, internship program and mentorship.

What do you look for in successful applicants?

AK: A well balanced profile along with a spark and a drive or hunger for excellence.

NGK: English Proficiency is key for being academically successful in the range of degree programs that we are providing. Furthermore, you need good grades in your O and A Level Examinations.

How do you support your students to leverage them into a career after graduation?

NGK: University is a vital time to build industry ►



“ Our philosophy is to provide the best experience to our students, be it the esteemed faculty, the beautiful one-of-a-kind campus or the world-renowned degrees. ”

“A huge part of our mission is to instill values of compassion and empathy within our student body.”

linkages and gain opportunities for job placements. Our institute has signed MOUs with 50 plus leading local and foreign companies in various fields relevant to each degree program in order for our students to gain the right practical experience and make the much-needed industry connections to be ahead of the game. Each and every student of The Royal Colosseum will be given a guaranteed placement in one of these companies and we are sure they would be able to convert them into long term jobs with the training provided by The Royal Colosseum and its affiliate consortiums.

AK: Close supervision and monitoring of their academic performance and regular mandatory university/career counselling sessions. We also have a vibrant student internship program. Last but not the least, we also have mental health counselling to ensure the emotional well being of our student body preparing to start their careers.

Is there anything going on within your business education community that you are particularly excited about?

NGK & AK: Other than the launch of The Royal Colosseum we are excited about other transnational institutions and degree programs coming to Pakistan. The world is a global village and what better international trade or exchange than education?

How would you describe yourself as the Heads of The Royal Colosseum?

NGK & AK: Passionate, determined, hardworking, focused, easily accessible for our student body, tolerant and progressive.

What can you tell us about your offerings?

NGK & AK: We have launched a very ambitious degree program where we are offering foundation programs from NCUK and College de Paris as pathway courses to reach their desired undergraduate programs with us at The Royal Colosseum or in the UK via NCUK Foundation program or the international year one or any other universities they wish to attend.

We are offering foundations and bachelors programs varying from law (LLB), fashion, textile, action sports marketing, computer science, information technology, business administration, media communications, film business and production, digital marketing and social media management, certificates in culinary arts and many more that are in the pipeline.

You mentioned College De Paris and NCUK. Can you tell our readers more about that?

NGK & AK: College de Paris is a university consortium of 25 French universities providing three years external degree programs to be completed in Pakistan with the option of attending their affiliate university programs at 31 other study centers around the globe for the same price as they are paying at The Royal Colosseum. We believe this is a huge ►





opportunity to gain the experience of international education for Pakistani students at reasonable rates.

NCUK is a university consortium established 35 years ago which provides pathway programs from established UK, New Zealand, Australia, US and Canada universities where students can pursue their International Foundation Year, International Year One and International Year Two in Pakistan while attending and gaining their university degree from UK for their third year from 45 plus universities which are part of the consortium.

What values and ethos does the university stand for?

NGK & AK: At The Royal Colosseum we envision a culture of success and excellence. Our mission is to strive for brilliance and raise the standard of education in Pakistan through learning, understanding, innovating and sharing. Together with outstanding courses and a renowned faculty, the institute is built on the ethos of providing quality education on par with international standards.

Bachelors of Luxury Marketing really caught our eye - could you walk us through that? What kind of career opportunities would the students have?

NGK & AK: Fashion, beauty and other luxury items are multi-billion-dollar global industries. With the advent of social media, there are new fields of career opportunities opening up for fashion bloggers, influencers, etc. Luxury Marketing as a degree can help you be a part of this current booming industry and contribute with skill sets that are not only limited to marketing and sales of luxury products but also explore business, fashion, textile, social media and other contributing factors of this

industry.

What is The Royal Colosseum's strategy to produce socially responsible leaders and managers of tomorrow?

NGK & AK: A huge part of our mission is to instill values of compassion and empathy within our student body. We are an organisation that believes in having a positive impact on society therefore we have numerous student-led societies which are involved in social welfare work, promotion of sports in the youth of Pakistan, conducting philanthropic events, and teamwork exercises and workshops that will help prepare them to be the leaders of tomorrow. Furthermore, a lot of practical work experience will be provided to the students as part of the curriculum to prepare them for what lies ahead of them.

What are your latest accomplishments in adaptive learning methods and how are you also equipping your students with the necessary skills to lead the ongoing technological transformation of corporations?

NGK & AK: One of the most attractive things about our courses is that they have been updated less than two years ago, hence all the teaching tools and techniques have been applied keeping in mind latest requirements and technological advancements. For instance, our fashion degree program teaches digital drawing which is the latest way to create your designs and a preferred skill required by the current fashion job market, however some of the most reputable local fashion schools are still focusing on students to draw by hand and have no classes that teach designing on tablets or computers. We aim to make all our students comfortable with working with machines and computers and hence will be

providing our students with the latest computing devices, tablets, learning managing systems, cameras and other latest media equipment. All our classrooms are equipped with smart boards, high quality projectors, and an extremely user-friendly app that will make learning through technology a lot easier for our student body.

In your opinion, what is the sweet-spot or "perfect equilibrium" between theory and real-life business?

NGK & AK: Technical learning can only take one to a certain extent of understanding business. No books or exams ever prepare you for the practical issues that arrive in the daily running of a business, for example, things such as being cheated by a business partner, how to deal with smear campaigns, how to deal with deadlines not being met due to unforeseen circumstances, or how to manage and motivate the human resource, etc. The sweet spot can only be found when students are inserted in real life businesses and workplaces in order to apply their theoretical knowledge.

If you could choose anyone from history as your mentor, who would you choose and why?

NGK: Michelangelo. I love the history of art and not only have I been a fan of every piece of work created by Michelangelo but also of the fact that he was a painter, sculptor, architect and engineer all in one and he excelled at all four fields by producing marvels that are a source of amazement even today. He defied the norms of invention and used his mind to its full potential during the entirety of his life.

AK: Alexander The Great, as he proved that a lot can be achieved at a young age if one firmly believes in their destiny and diligently works towards their goals.

What are the five things that you would want your students to remember that might help them become better graduates or even better human beings?

NGK & AK: Hard work, perseverance, belief, tolerance, and the drive for excellence.

As a result of the pandemic, we have seen the potential of e-learning, and technology is offering truly revolutionary horizons such as virtual reality or the famous metaverse. Have you started experimenting with them?

NGK & AK: Yes, we were one of the first educational institutes which incorporated Virtual Reality headsets into the learning processes. We made a successful switch to online, hybrid and physical classes with the help and utilisation of e-learning, zoom classes and Microsoft teams. Majority of our degree programs/curriculums were updated in 2020 (European standards) being the latest in the country such as our computer science degree offering bachelors in artificial intelligence, bachelors of digital marketing and social media management along with built-in certifications covered in each semester so that our graduates are ready to join the work force right after graduating rather than joining other institutes to complete their certifications such as Microsoft, AWS etc. in order to get a job.

Numerous companies today offer training that allow workers to improve their skills. What are the differences between these types of training courses and those that The Royal Colosseum offers? And what can universities do to remain relevant in this scenario?

NGK & AK: We firmly believe in enhancing the capacity of our human resource and student body. Our courses are more case study based and encourage gaining work experience in order to bridge the gap between theory and practice while instilling critical thinking and problem solving at the heart of our learning processes. For example, our students are competing in an international case study competition in France, our law department just hosted our first national moot competition, we have a Virtual Reality session coming up with a guest speaking session from a renowned international IT/fin tech company Managing Director. Furthermore, we would love to see other universities incorporate such methods of learning, including the upgradation of their curriculum and internship programs which instill critical thinking and problem solving rather than the mundane method of rote.

What do you look forward to in your first year?

NGK & AK: We look forward to creating an environment of academic excellence along with practical learning. The amalgamation of technical skills with life skills is something we look forward to. We cannot wait to have our student body on campus diving into their higher education and making the most of every opportunity of learning that comes their way. And we most certainly look forward to making a life time of memories that our students will cherish forever.

What are some of your goals for The Royal Colosseum?

NGK & AK: As mentioned before, we want to provide international standards of higher education, mentorship, guidance and counseling, internship programs to provide work experience and industry connectivity, to bridge the gap between theory and practical, and to produce high quality human



resource which are desired by the job market locally, regionally and internationally. Ultimately our goal is to produce well balanced, well rounded and socially responsible graduates/citizens. We believe our academic program will instill critical thinking, problem solving and a hunger/drive for excellence.

The Royal Colosseum in one word?

NGK: Opportunity.

AK: Excellence.

School life or university life?

NGK: Both are extremely special in their own way.

AK: University life.

If you could be anywhere in the world where would it be?

NGK: Pakistan, our country needs us!

AK: The moon.

IOS or Anroid?

NGK & AK: IOS.

Favourite Book?

NGK: *The Forty Rules of Love* by Elif Shafak.

AK: *The Prince* by Nicollo Machiavelli.

Last song on your playlist?

NGK: The Weekend on repeat.

AK: *MotorSport*.

What is that one thing you can't live without?**NGK:** Family.

AK: Can't live without a purpose.

Morning person or night owl?

NGK: I'm at my best at all times.

AK: Both, based on the need of the hour.

Dogs or cats?

NGK: Tough to say!

AK: Dogs. 

INTERVIEW: MEHR KASSIM
PHOTOGRAPHS COURTESY OF NISHA GHUMRO KALWAR
& AZAR KALWAR



HAPPY MEALS

ACTOR AND TELEVISION PRESENTER **JOE SWASH** SHARES THE FAMILY FAVOURITES THAT PUT A SMILE ON HIS FACE

Carbonara with added greens

SERVES 4

INGREDIENTS

- 500g spaghetti or linguine
- 200g peas (fresh or frozen)
- 100g rocket or spinach
- 1 tbsp olive oil
- 150g pancetta or bacon, diced
- 4 eggs
- 100g Parmesan, finely grated, plus extra to serve
- Salt and black pepper

1. First, bring a large saucepan of water to the boil and add 2 teaspoons of salt. Add the pasta and cook until just al dente. When it is almost ready (after 10 minutes, test every minute), add the peas and the rocket or spinach, just to heat through and wilt down.

2. While the pasta is cooking, heat the olive oil in a frying pan and fry the pancetta or bacon until crisp. Beat the eggs and Parmesan together in a bowl.

3. Drain the pasta, reserving a couple of ladles of the cooking

liquid. Tip the pasta back into the saucepan and leave for a minute to let the steam subside.

4. Pour in the egg and cheese mixture and stir to combine. If the mixture looks as though it is curdling as it cooks in the heat of the pasta, add 75-100ml of the cooking liquid and keep tossing the pasta until the sauce looks smooth.

5. Stir in the bacon or pancetta and serve immediately with plenty of black pepper and more Parmesan grated over the top.



Grilled prawns

SERVES 4

INGREDIENTS

- 24 large peeled, headless prawns
- Lime wedges, for serving
- Salt and black pepper
- 4-6 skewers, soaked for 30 minutes if wood or bamboo

For the marinade

- 2 garlic cloves, crushed
- 1 red or green chilli, finely chopped
- Zest and juice of 1 lemon or lime
- 2 tbsp olive oil

For the garlic mayonnaise

- 2 egg yolks
- 2 garlic cloves, crushed
- ½ tsp garlic powder
- Pinch of curry powder (optional)
- 1 tsp Dijon mustard
- 300ml sunflower, rapeseed or groundnut oil
- Squeeze of lemon or lime juice

1. First, marinate the prawns. Put the garlic, chilli, lemon or lime zest and juice and olive oil in a bowl and whisk in plenty of salt and pepper. Add the prawns and stir to coat. Put in the fridge for at least 30 minutes.

2. Make the mayonnaise. Put the egg yolks in a bowl with the garlic, garlic powder, curry powder, if using, the mustard and a generous pinch of salt. Whisk until well combined.

3. Drizzle in the oil, just a few drops at a time to start with, whisking constantly until the mixture thickens. When it is clear that everything is combining nicely, you can start drizzling in the oil at a steadier rate but keep it fairly slow. Keep going until you have added

all the oil. If it starts to look too oily – as if it is about to split – add a few drops of hot water and whisk thoroughly to get the mayonnaise back on track before continuing with the oil.

4. Whisk in a squeeze of lemon or lime juice and taste, then add more salt, pepper and juice as you like. Cover the bowl and store in the fridge – give the mayo another quick whisk before serving.

5. When you are ready to grill the prawns, thread them onto the skewers. Arrange the skewers directly over the hot coals of a barbecue and cook for 2-3 minutes on each side until pink and starting to char. Serve with lime wedges and garlic mayonnaise. ▸



Tottenham cake

MAKES 16-20 SLICES

INGREDIENTS

- 250g unsalted butter, softened, plus extra for greasing
- 250g self-raising flour
- 2 tsp baking powder
- Pinch of salt
- 250g caster sugar
- 4 eggs
- 2 tsp vanilla extract
- Up to 50ml milk
- 150g raspberries (optional)

Icing

- 75g raspberries (frozen work best)
- 250g icing sugar

To decorate

- Hundreds and thousands

1. Preheat your oven to 180°C/fan 160°C/gas mark 4. Grease a 30 x 20cm rectangular tin with butter and line it with baking paper.

2. Put the flour and baking powder into a bowl with a pinch of salt and whisk together to get rid of any lumps.

3. Put the butter and sugar into a bowl and beat with electric beaters until very soft, pale and fluffy.

4. Add the eggs one at a time, with a couple of tablespoons of the flour mixture, mixing between each addition until you have added them all. Add any remaining flour, then stir in the vanilla extract. Add the milk a tablespoon at a time until you have a dropping consistency – this means the mixture will fall quite easily off a spoon.

5. Scrape the mixture into the prepared tin and smooth over

the top with a spatula. If using the raspberries, sprinkle them on top and press them in very lightly.

6. Bake in the preheated oven for about 25 minutes or until the cake is lightly golden brown, springy to touch and has very slightly shrunk away from the sides. Leave to cool in the tin.

7. To make the icing, put the raspberries in a small saucepan with 2 tablespoons of water. Heat gently until the raspberries collapse, then press them through a sieve into a small jug.

8. Sieve the icing sugar into a bowl. Add the raspberry juice a tablespoon at a time until you have a bright, pourable pink icing. It needs to be the texture that will run very slowly off a spoon.

9. When the cake is cool, pour over the icing. Sprinkle

with the hundreds and thousands and leave the icing to set. Remove the cake from the tin, peel off the baking paper and cut into squares. **OK!**

RECIPES FROM JOE'S KITCHEN: *HOMEMADE MEALS FOR A HAPPY FAMILY* BY JOE SWASH (PAVILION BOOKS, £22). PHOTOGRAPHY: DAN JONES



Steak and mushroom pie

SERVES 6

INGREDIENTS

- 1 tbsp beef dripping or olive oil
- 800g stewing or braising steak, trimmed of fat and diced
- Salt and black pepper
- 30g butter
- 2 onions, finely chopped
- 4 garlic cloves, finely chopped
- 2 tbsp plain flour
- 150ml red wine
- 1 tbsp tomato purée
- 1 tsp Worcestershire sauce
- 400ml beef stock
- 1 large sprig of thyme
- 1 bay leaf
- 400g chestnut mushrooms, quartered
- 1 x 500g portion of shortcrust pastry
- Plain flour, for dusting
- 1 egg, beaten, for brushing

1. First, make the filling and allow it to completely cool before using. Heat the beef dripping or olive oil in a large frying pan. Season the steak with salt and pepper, then fry until well browned. Do this in batches so you don't overcrowd the pan – if you try to cook too much at once, the meat will steam and not brown. Set aside.

2. Heat half the butter in a large flameproof casserole dish. Add the onions and cook them over a gentle heat until soft and translucent, stirring regularly. Add half the garlic and cook for 2 minutes. Sprinkle in the flour and stir until it looks like a paste has formed around the onions.

3. Pour in the red wine and continue to stir until well combined with the onions, then stir in the tomato purée. Add the Worcestershire sauce, beef stock and browned steak. Tuck in the herbs and season with salt and pepper. Bring to the boil, then cover the casserole dish with a lid and turn the heat down to a simmer.

4. Cook for about 1 hour or until the beef is tender.

5. Heat the remaining butter in a frying pan. Add the mushrooms and season with salt and pepper. Fry over a medium-high heat until lightly browned, then add the rest of the garlic and continue to cook until any liquid given out by the mushrooms has evaporated.

6. Add the mushrooms to the beef.

Remove the casserole dish from the heat and leave the mixture to cool completely.

7. When you are ready to assemble and bake your pie, preheat your oven to 200°C/180°C fan/gas mark 6.

8. Take two-thirds of the pastry and roll it out on a floured surface to fit your pie dish. Line the dish with the pastry, pile in the filling, then brush the pastry border with beaten egg.

9. Roll out the remaining pastry and form a lid. Trim the pie and crimp the edges together. Brush with beaten egg and cut a couple of slits in the top to allow steam to escape. Bake for 35-40 minutes until the filling is piping hot and the pastry is crisp and golden brown. ▸



THE POWER OF YOGA

FROM HEADACHES AND CRAMPS TO INSOMNIA AND A SLUGGISH GUT, YOGA CAN HELP EASE OUR MOST COMMON HEALTH NIGGLES

A nagging headache or grumbling tummy usually has us reaching for the medicine cabinet. But holistic yoga tools can be the answer, according to Hannah Barrett, a yoga and meditation teacher (on Instagram as @hannahbarrettyoga) who has helped celebrities such as Ellie Goulding and Binky Felstead.

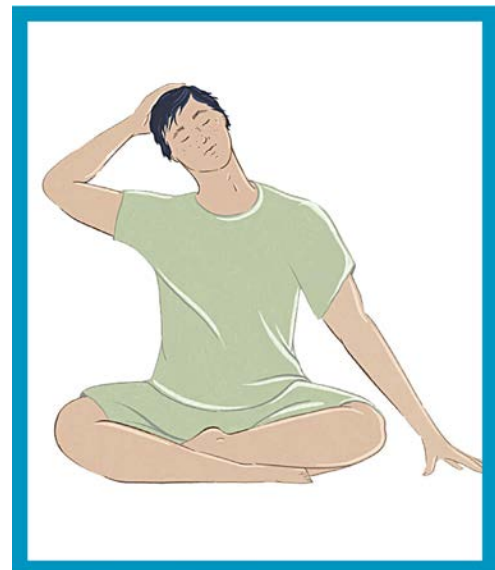
Headaches

Move slowly and mindfully through these exercises. Skip any poses that don't feel good. If you're concerned about your headache or experience an aura, speak to a medical professional.

Seated neck stretch

To release neck and shoulder tension.

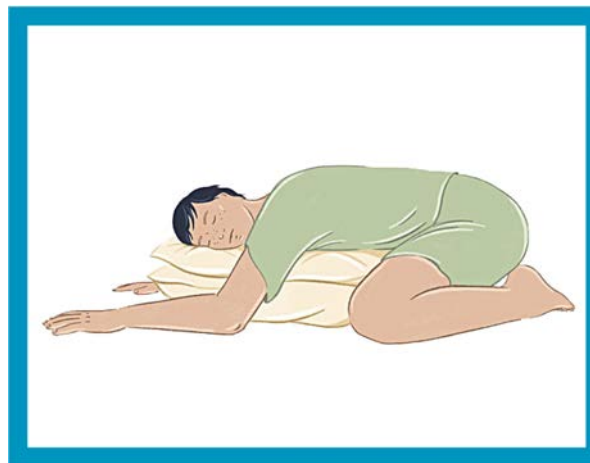
From a seated position, inhale through the nose as you place the right hand onto the crown of the head and the left onto the floor beside the left hip. Exhale and slowly bring the right ear towards the right shoulder using the hand as a guide. Stay for three to five breaths, then repeat on the opposite side.



Supported child's pose

To calm the mind.

Kneel with toes together and knees hip-width apart. Place a pillow or two between the thighs. As you exhale, melt the torso over the pillow, keeping the spine long and eyes closed. Stay here for five to 10 breaths.



to the base of your stomach; feel the belly expand into your hand. Send the inhale up into your ribs; feel them move to the front, sides and back. Send the inhale to the collarbones. Exhale through the nose, gently releasing, all the way back. Try 10 rounds, daily. Notice if you tend to hold tension in the belly area, then gently let it go.

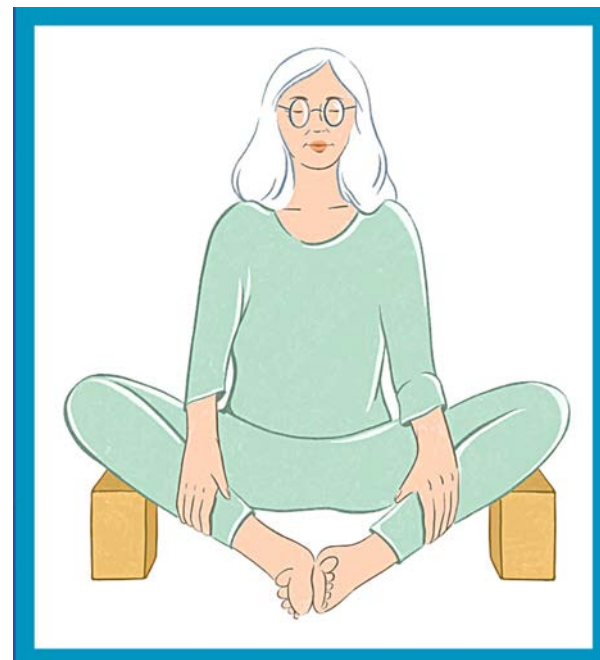
Insomnia

Difficulty sleeping can impact our daily life. A body scan grounds you in the present using the sensations of the body as an anchor.

Body scan meditation

Close your eyes, take a few slow breaths in through the nose and out through the mouth. Bring your attention to your body, starting at the toes, tracing up through the feet. Notice any sensations on the skin and from within. Let your feet be soft and release.

Trace your awareness up through the body, piece by piece in the same way – the legs, pelvis, torso, shoulders, arms, hands, neck and up to the crown of the head. At each

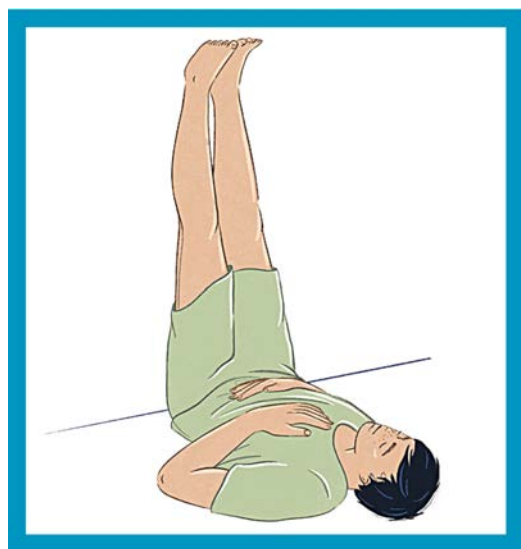


knees and bring the soles of the feet together, letting the knees and thighs gently open (you can use blocks to support the knees). The feet can be close to the body or further away, whatever feels better. Interlace fingers

Legs up the wall

To help balance the nervous system.

Bring your hips to the wall, with upper body flat, and sit with your bones as close to the wall as comfortable. Gently raise the legs straight up to rest against the wall. A pillow placed under the sacrum can ease discomfort. Stay like this for up to 20 minutes.



Poor Digestion

Under stress, our nervous system can get stuck in "fight or flight" mode. In reaction, blood flow and energy is redirected from the digestive system to our limbs (so we can run or fight). The result? Disrupted digestion. This technique readdresses the balance and activates the "rest-and-digest" response.

Three-part breath

Place one hand on the belly, one on the heart. Inhale deeply through the nose

point, notice any sensations that arise. Let each part of your body be soft and release. Once at the crown of the head, soften and release the body. Focus on the sensations of the breath and drift into a peaceful sleep.

Period Pain

These two postures create calm, open the hips and groin, stretch the lower back and ease tenderness. Move slowly and breathe softly into the belly to soothe the nervous system and reset.

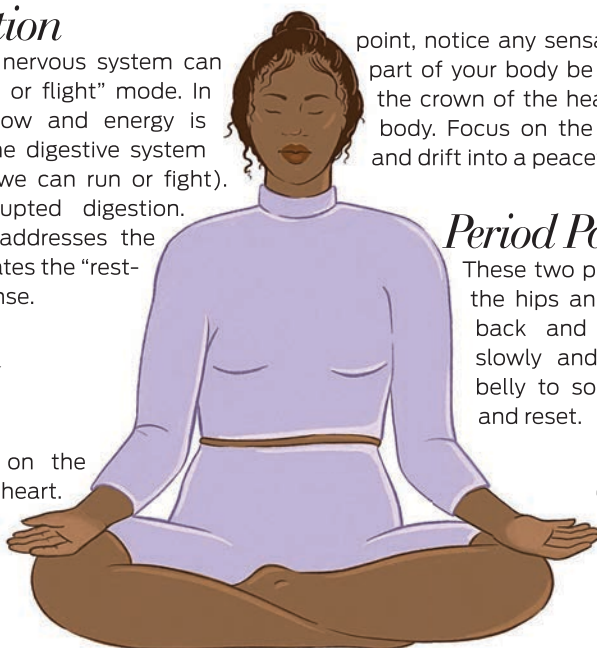
Cobbler's pose

From a seated position, bend the

around the feet or hold on to the ankles. Inhale as you lengthen the spine. Exhale as you fold forward from the hips and gently press your thighs towards the mat. Hold for five breaths and release.

Reclined pigeon

Lie on your back, bend the right knee and place the sole of the foot on the floor. Place the left ankle over the right thigh, just below the knee, keeping the foot flexed. Take your hands around the right thigh and gently pull the leg towards you as you reach the left knee away. Hold for five slow breaths. Release and repeat on the other side. **OK!**

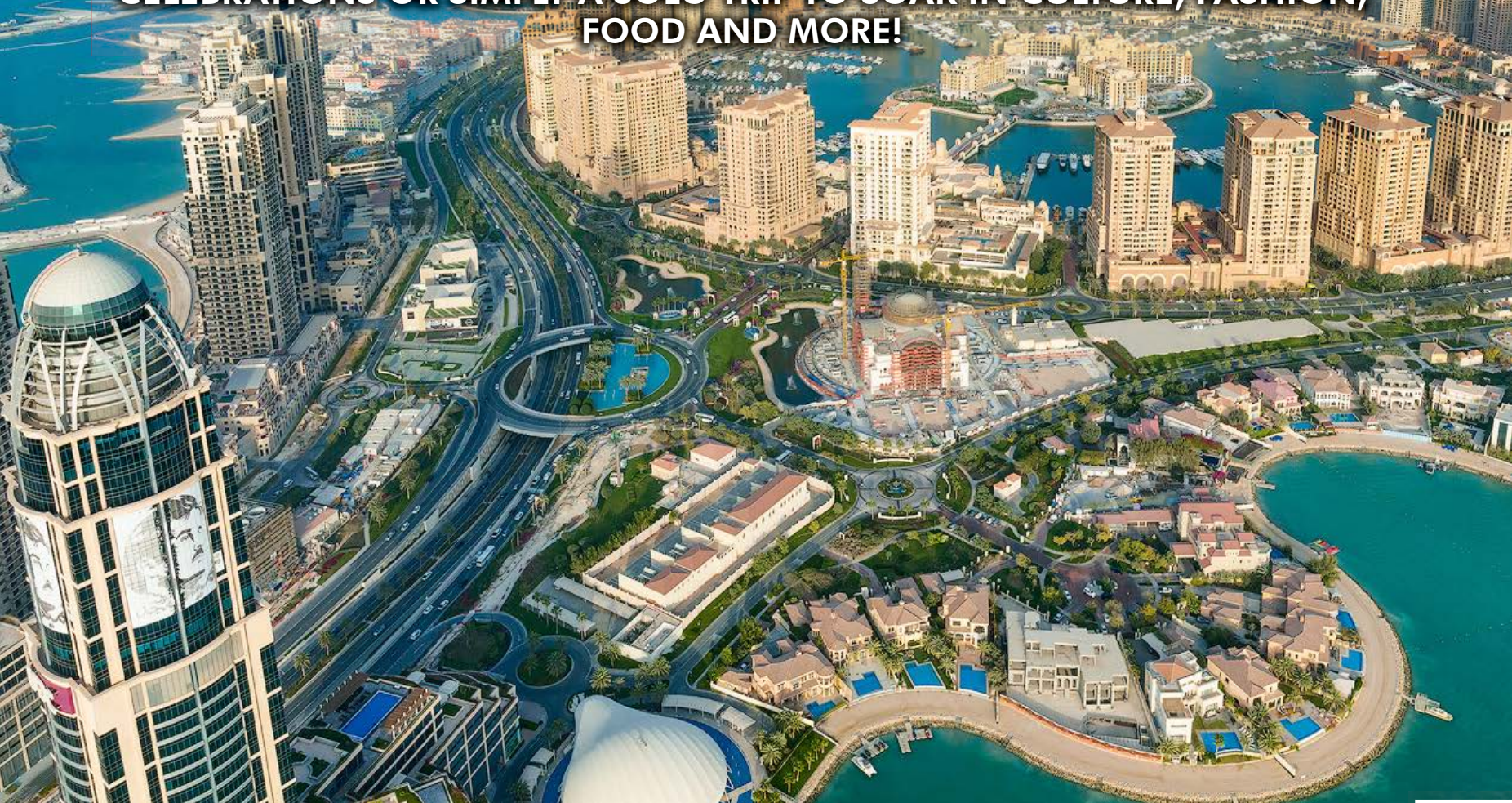


ILLUSTRATIONS: ©ELEANOR HARDIMAN, GETTY

QATAR

A TOURIST PARADISE

THE NEXT TIME YOU ARE PLANNING A VACATION, LOOK NO FURTHER! QATAR IS YOUR DREAM COME TRUE DESTINATION FOR FAMILY HOLIDAYS, ROMANTIC GET AWAYS, DESTINATION WEDDINGS AND MILESTONE CELEBRATIONS OR SIMPLY A SOLO TRIP TO SOAK IN CULTURE, FASHION, FOOD AND MORE!



Doha, Qatar's capital city, is increasingly becoming more popular as a destination amongst Asian travelers given its proximity to countries like Pakistan. Qatar is also well connected with the world thanks to its national airline, Qatar Airways, voted the best airline in the world, year over year.

Taking a deep dive into Doha, one discovers that it is a cultural yet cosmopolitan city in the Gulf region, with something for every traveler. Doha is home to several world-class museums, art galleries, and heritage sites. The National Museum of Qatar designed by Jean Nouvel is an architectural marvel, shaped like a desert rose, giving the visitor an experiential insight into the history and culture of Qatar. Other museums and historical sites include the Museum of Islamic Art, 321 Olympic Museum, Zubara Fort, Al Jassasiya Rock Carving site, and the Imam Abdul Wahab mosque. Doha is also home to the

**NATIONAL
MUSEUM OF
QATAR**



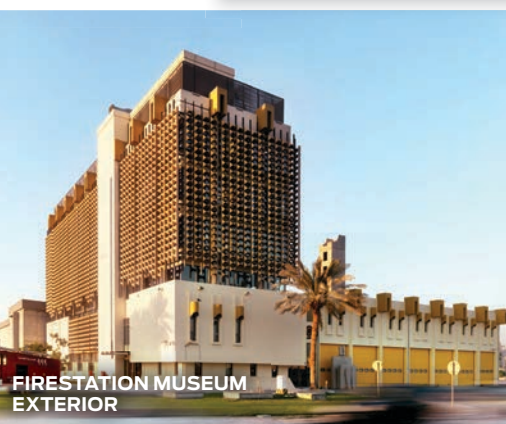
3-2-1 MUSEUM EXTERIO



Qatar Philharmonic Orchestra, a leading orchestra on par with many a European counterpart. One of the most enthralling tourist sites in Doha is the Katara Cultural Village in the heart of the city, with a gorgeous Greek style amphitheater overlooking the bay. Katara also has the Katara Mosque designed by Turkey's Zeynep Fadilloglu, who is believed to be the first female architect to specialize in mosques. The structure features Persian and Turkish tile and enamel work in shades of blue and gold, proffering a stark contrast to the surrounding buildings. With décor inspired by the Dolmabahçe Palace in Istanbul, the minaret, dome, and prayer niche (mihrab), draw from famous mosques across the Muslim world. Next to the mosque, one can see the unmistakable pigeon towers – oblong structures with holes and perches for pigeons. What caught our curiosity were the

Louis Vuitton, Hermes, Dior, Valentino and more having huge stores with an enviable inventory available nowhere else. Did we mention makeup and fragrances of every possible kind including exotic Oud! Doha has a large number of hotels to choose from for every budget. Luxury hotels in Doha are Banyan Tree by Anantara, Mondrian, Mandarin Oriental, The Four Seasons, St. Regis, Marsa Malaz Kempinski, The Ritz Carlton and now the iconic Katara Towers which will house the Fairmont and Raffles suites. There are also excellent business hotels like JW Marriott Marquis, Dusit, Movenpick, Hilton, Rotana and Intercontinental. You can also choose a complete beach resort getaway from the city at the Salwa Resort by Hilton in its gorgeous

MIA EXTERIOR



FIRESTATION MUSEUM EXTERIOR

lovely little alley ways with art galleries amidst multi cuisine restaurants and even a karak chai café serving slow cooked tea with sweet chapati-heavenly! Its interesting to note that Katara hosts the European Jazz festival on an annual basis as well as other great pop ups and exhibits. Doha has most certainly has taken the driver's seat in the fashion and retail space. In addition to Mall of Qatar, Doha Festival City, City center etc, Doha also high-end shopping addresses like Villagio with waterways and gondolas, Galeries Lafayette and Place Vendome, with Printemps opening very soon. Luxury shopping is a dream in Doha with all big brands including GUCCI, PRADA,

THE TORCH





hues of Greek blues, with beachfront villas, the biggest water park in the middle east as well as a myriad of dining options. There is also an island getaway at The Banana Island by Anantara, accessible by boat with over the water villas on stilts, a wellness spa, surf pool, and a host of activities for kids.

Apart from hotels, Doha also has a plethora of restaurants including Michelin Star brands like NOBU, Morimoto, Hakkasan, Nozomi, Lobito Del Mar by Dani Garcia, Dal Cheeni by Alfred Prasad, CUT by Wolfgang Puck and LAMAR by Gaston Acurio. Nusr et steakhouse, COYA, Market by Jean Georges, Spice Market, Liang, B Lounge, Jamavar and Hukkah are other great restaurants to visit.

One restaurant that really truly stands out is Parissa situated in Souq Waqif – the grand bazaar if you may in Doha.

WATER SPORTS IN QATAR

Qatar is a top destination for water sports which includes an exclusive kite surfing club resort on the glistening Fuwairit beach. There is also jet skiing, banana boats et al. Qatar also has the regions biggest water park called Desert Falls with the most amazing rides and indoor entertainment for both kids and grown ups. There is also kayaking at the beautiful mangroves or you can experience the beautiful aqua waters on a luxury yacht or simply on a traditional wooden dhow.

DOHA'S TOP ATTRACTIONS:

1. The Museum of Islamic Art : The Museum of Islamic Art is one of the leading museums in the world for Islamic art. The museum is located on an artificial island off the coast of Doha. The museum houses a collection of over 14,000 Islamic artifacts, including ceramics, metalwork, textiles, and





RAFFLES DOHA AND FAIRMONT DOHA



paintings. The museum is a must-visit for anyone interested in Islamic art or history.

2. The Souq Waqif: The Souq Waqif is Doha's traditional market. The souq is located in the heart of the old city, and is a great place to find traditional Qatari handicrafts, spices, and fabrics. The souq is also home to a number of restaurants and cafes, making it a great place to take a break from exploring the city.

3. Purple Island: Located in the northeast of Qatar, Bin Ghannam Island, popularly known as Purple Island, is a must-visit spot. An hour's drive from Doha, near Al Khor city, the island is famous for its natural beauty, exotic flora and fauna, and is ideal for a day trip for the whole family.

4. Katara Cultural Village: Katara Cultural Village is a cultural complex located on the coast of Doha. The complex includes a number of theaters, art galleries, and museums. Katara Cultural Village is a great place to experience the arts in Qatar.

5. The National Museum of Qatar: The National Museum of Qatar is the country's largest museum.



The museum is located in a former palace of the Emir of Qatar. The museum houses a collection of artifacts that tell the story of Qatar's history and culture. The NMoQ is a must-visit for anyone interested in Qatar's history and culture.

6. Fuwairit Kite Beach: On Qatar's northern coast with perfect wind and warm crystal-clear water. Until now, one of the world's best kitesurfing



secrets. And soon, a resort designed and dedicated to everything we love about this way of life.

7. The Aspire Tower: The Aspire Tower is the tallest building in Qatar. The tower is 300 meters (984 feet) tall and is located in the Aspire Zone. The Aspire Tower is a great place to get a bird's eye view of Doha.

8. The Qatar National Library: Designed by

Rem Koolhaas, the spectacular Qatar National Library has a diamond shaped exterior which belies its spacious interior, prioritizing light and visibility. The bookshelves themselves are an integral part of the building, rising out of the floor and blending into the architecture. Innovative technologies are seamlessly integrated throughout the building, enhancing accessibility and efficiency.

Nightlife of Doha

Doha has a thriving nightlife, with plenty of places to go and things to do.

Doha is home to a number of nightclubs, including the popular MANKO at Intercontinental, Monkey Tale at The Grand Hyatt, Black Orchid at Mondrian and Vertigo at Banyan Tree. There are also great Jazz bars, cigar lounges (Habanos) and sheesha lounges. Did we mention there are some swanky new beach clubs coming up?

So if you're looking for a vacation with a difference, a never before experience, Qatar is waiting to welcome you! **OK!**

PHOTOGRAPHS COURTESY OF QATAR TOURISM



SHEHRYAR MUNAWAR DIVES INTO DOHA

The actor and filmmaker shares details of his recent trip with **OK! Pakistan**





Where did you go?

Sheheryar Munawar: Doha, Qatar.

What was the purpose of your trip?

SM: I was invited by the Qatar Government for a meet-and-greet, and I had an editorial shoot.

What did you pack?

SM: I went for three days so I packed light - a few t-shirts, jeans, sneakers, a nice jacket and a few button-downs for anything more formal, and of course watches.

What was favourite meal/restaurant?

SM: My favourite restaurant was Parisa Souq Waqif, where I was amazed by authentic Persian delights and mesmerising interiors. Their food was phenomenal.

What was the biggest highlight of your trip/most memorable moment?

SM: The highlight of my trip was one of the places where I shot, which was a helipad at JW Marriott, which had breathtaking views.

Favorite shopping destination?

SM: Doha Festival City.

Some sights worth seeing?

SM: The Katara Amphitheatre is definitely worth



seeing. It's a crafted balance between the classical Greek theatre concept and the everlasting Islamic features. It was just wow!

What are some spots for a night out?

SM: Souq Waqif awakens at night when the hot day gives way to the cool evening. Here, you can stock up on local handicrafts, watch street

performances, check out the falconry market, and visit art galleries

Travel essentials?

SM: Of course the basics - sunscreen, money, medicines and shades. **OK!**

TEXT: MEHR KASSIM
PHOTOGRAPHS: COURTESY OF SHEHERYAR MUNAWAR

OK! WORLD IN ACTION



UN ENVOY ANGELINA JOLIE VISITS PAKISTAN'S FLOOD-RAVAGED AREAS DEVASTATED BY SOME OF THE WORST FLOODING IN THE COUNTRY'S RECENT HISTORY.



US SINGER CHER JOINED FRENCH FASHION DESIGNER OLIVIER ROUSTEING AT HIS SHOW AT THE PARIS WOMENSWEAR FASHION WEEK.



HOROSCOPE & TAROT

IT'S WRITTEN IN THE STARS!

CAPRICORN

Dec 22 – Jan 20



Set boundaries around work/life balance. You have a reputation for overworking yourself. However you may work hard, but you also play hard. Just try to get your fun in, as you may feel sluggish at the end of the month.

TAURUS

Apr 21 – May 21



October is a transformative month for your love life. You feel confident in your desires and ready to explore them. Life is good, but you may feel stressed out, so layer on that self-care, and remember that happiness is often a decision and not something anyone else can do for you.

VIRGO

Aug 24 – Sep 23



You're feeling bold and ready to take on the world. You're a sign associated with perfection but are also the hermit of the zodiac. So, when you do decide to socialise, feel free to go big. Just be mindful and practice patience, making time for as much rest and self-care as possible.

SAGITTARIUS

Nov 23 – Dec 21



A full moon in fellow fire sign Aries ignites your life this month, whether you're with a partner or single. As long as you can avoid the temptation to give in to drama, October is also a beautiful month for having fun with friends, especially during the end of the month.

AQUARIUS

Jan 21 – Feb 19



This month brings plenty of chances to remind the world why you stand out. This Halloween looks to be extra fabulous for Aquarians because in addition to showing off your epic costume, the holiday brings welcome yet unexpected networking opportunities.

GEMINI

May 22 – Jun 21



Your style is iconic, and you can't turn down a great party, so go big this Halloween by dancing, and showing off your costume. Make sure to rest this month because these are emotional times that can stir up drama.

LIBRA

Sep 24 – Oct 23



October brings the end of three retrogrades and the start of Mars retrograde. While Mars retrograde can sound daunting, but as long as you check in with yourself and honour your needs, this looks to be a joyous month for you, even if Scorpio does take the reigns.

PISCES

Feb 20 – Mar 20



You must go ahead and have any necessary conversations you've been avoiding, because swimming away from communication never solves anything. October brings you blessings and sees you celebrating a fun Halloween, but don't be surprised if it's more low-key than other years.

CANCER

Jun 22 – Jul 23



Your love life advances for the best, whether that's welcoming increased intimacy in a current relationship or enjoying the freedom of single life. You will be reminded of the abundance in the world, and the fireworks will continue.

SCORPIO

Oct 24 – Nov 22



You're a sign associated with shadow work, but this year, try to lean into the light and allow yourself to celebrate, indulge in self-care, and spend your birthday in a manner that brings you joy. You benefit from balance and want to avoid getting bogged down in drama.

ARIES

Mar 21 – Apr 20



The start of spooky Scorpio season and Halloween encourages you to indulge in glamour rituals by wearing daring costumes or bold makeup looks. However, you're also undergoing a spiritual transformation. Make time for self-care and rest this month.

LEO

Jul 24 – Aug 23



You radiate star power but are extra susceptible to drama. However, October also brings Halloween, so get ready to revel in joy, even if you opt to spend the holiday doing something low-key with friends rather than rage all weekend.



IMRAN KHAN
OCTOBER 5, 1952



KIM KARDASHIAN
OCTOBER 21, 1980

CREDIT: SOPHIE SAINT THOMAS;
PHOTOGRAPHS: SHUTTERSTOCK, WEEN



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