

OK! PAKISTAN

FIRST FOR CELEBRITY NEWS

ISSUE 68, DECEMBER 2019

KIRAN CHAUDHRY

DYNAMIC ENTREPRENEUR

GILLIAN ANDERSON

"I WRITE A GRATITUDE LIST EVERY NIGHT!"

EMMA STONE

ON HER NEW FILM, *ZOMBIELAND*

Saba Qamar & Emmad Irfani

THE TALENTED DUO ON *CHEEKH*, SHARING SCREEN SPACE & PLAYING MEANINGFUL ROLES

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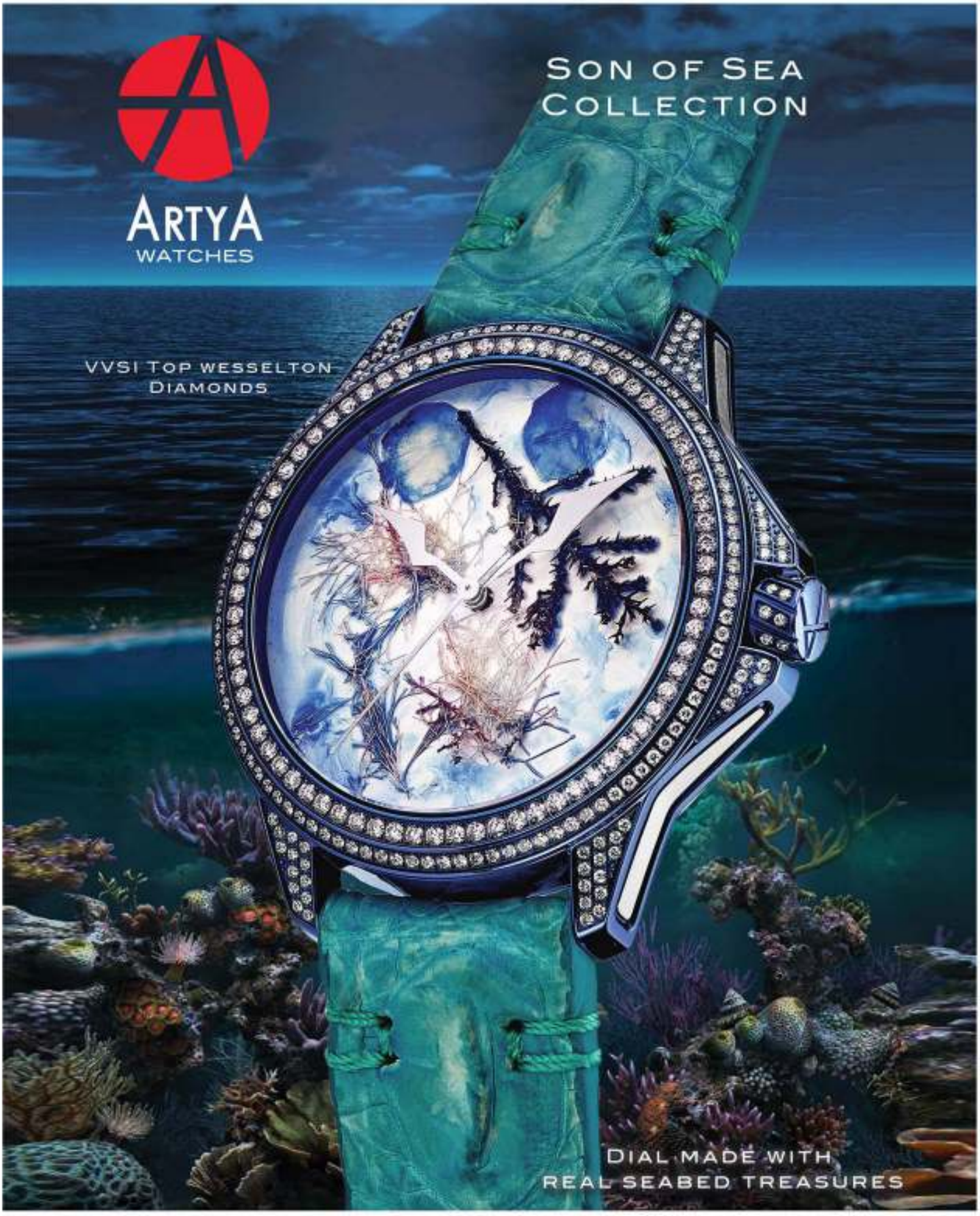








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Editor's Note



Our cover story this time is on the talented duo, Saba Qamar and Emmad Irfani, whose play, *Cheekh*, did tremendously well and garnered much appreciation from audiences around the world. The actors talk about the acclaimed serial, sharing screen space, and their desire to be a part of meaningful projects. "I love challenging myself as an actor and pushing my limits to play unique characters...*Cheek*'s script raised social awareness and the story was worth telling," says Saba Qamar.

Adds Emmad Irfani: "If my acting has had an impact on some people, it indicates that I have done justice to my job."

We have a feature on Gillian Anderson, who was catapulted into the limelight in the 90s with her role as Agent Scully in the American science fiction TV series, The X-Files. Gillian talks about her long career and the diverse characters she has portrayed, her work in the Netflix series, *The Crown*, and playing Margaret Thatcher - a character she describes as "absolutely fascinating".

Award-winning actress Emma Stone talks about her new film, *Zombieland*, her innate love for acting, her passion for work, and dealing with her fears and anxiety. "Acting is something that helped me overcome a lot of my anxiety and doubts in life," she shares. "I was an introverted child, pimply and I suffered from panic attacks. The theater allowed me to live in a world of my own: on stage my problems vanished."

We are happy to bring you a feature on the dynamic entrepreneur, Kiran Chaudhry who tells us about her venture, Anaya by Kiran Chaudhry, entering retail with her first store in Lahore, and launching her debut couture bridal collection recently. Kiran is known for her strong work ethic, her detail-oriented nature, and her affable disposition. "I believe perseverance, discipline, and grit are what make things happen," she says. "Nothing is possible without hard work and I believe that is the secret to success."

As always, we have a great selection of health, beauty, fashion and travel features, and we hope you enjoy the issue.

Editor's Picks



Anaya by Kiran Chaudhry x Kamiar Rokni Wedding Collection

Sara

Sara Amir Turab
EDITOR-IN-CHIEF



Fuller House, final season



Rumana Husain's book, Graphic Stories: Noor Jehan

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Laal Kabootar wins the Best Feature Film Award at the Vancouver International South Asian Film Festival 2019

Nehr Ghar Films' debut production, *Laal Kabootar* won the Best Feature Film Award at the Vancouver International South Asian Film Festival 2019. Director Kamal Khan received the award on the Closing Night & Awards Ceremony held at Surrey City Hall in Surrey, British Columbia on 17th November 2019.

Pakistan's official submission for the 92nd Academy Awards in the 'International Feature Film Award' category, *Laal Kabootar* also won the Archana Soy Audience Award for 'Best Feature Film' at the Tasveer South Asian Film Festival 2019 in Seattle. In addition to this, *Laal Kabootar* was screened, as an official selection, at the Singapore South Asian International Film Festival 2019 and at the prestigious Washington DC South Asian Film Festival 2019, where the dynamic and super talented lead, Ahmed Ali Akbar, won the 'Best Actor Male' Award for his outstanding performance.

Credited as the best Pakistani movie of 2019, *Laal Kabootar* is a rollercoaster ride featuring Ahmed Ali Akbar as Adeel Nawaz - a hustling taxi-driver, looking for a way out of Karachi. But with his back against the wall, Adeel has some hard choices to make. Aliya Malik, played by the alluring Mansha Pasha, is strong-headed to the point of being stubborn. However when her world turns upside down in a series of incidents, she chooses to put up a fight even though her life is on the line. With its action-packed sequences and blinding pace, the critically acclaimed film also stars Rashid Farooqui, Saleem Meraj, Ali Kazmi, Shamim Hilali, Akbar Islam, to name a few. *Laal Kabootar* has been directed by the award-winning Kamal Khan with Harvard graduates Hania Chima and Kamil Chima as the executive producers.







Kate to follow Queen's fur ban

After a lifetime of wearing fur, it's been announced that, as of this year, Her Majesty the Queen now only buys faux pieces for her personal wardrobe. It's thought that her 'woke' decision, which was revealed by personal adviser and confidante Angela Kelly, is likely to encourage other royals to follow suit. And according to royal commentator Katie Nicholl, the Duchess of Cambridge will be one of the first to show her respect. "I've seen Kate wearing fur on occasion and if anyone's going to be influenced by the Queen it will be her," Katie exclusively tells *OK*!, adding: "While some of Kate's hats have featured ethically sourced fur, I think we'll see her choosing faux alternatives in future." Buckingham Palace confirmed the Queen's savvy style switch after Angela wrote in her new book *The Other Side Of The Coin: The Queen, The Dresser And The Wardrobe*: "If Her Majesty is due to attend an engagement in particularly cold weather, from 2019 onwards fake fur will be used to make sure she stays warm."

Although it's understood that the 93-year-old royal will continue to use her ermine-trimmed robes and crowns on state occasions, a palace spokesperson said: "As new outfits are designed, any fur used will be fake."

It's not yet clear if Her Majesty still intends to wear her existing fur garments. However, as Katie points out: "I don't think she'll be clearing out her wardrobe. After all, every outfit is photographed and archived, and iconic pieces become part of royal history."

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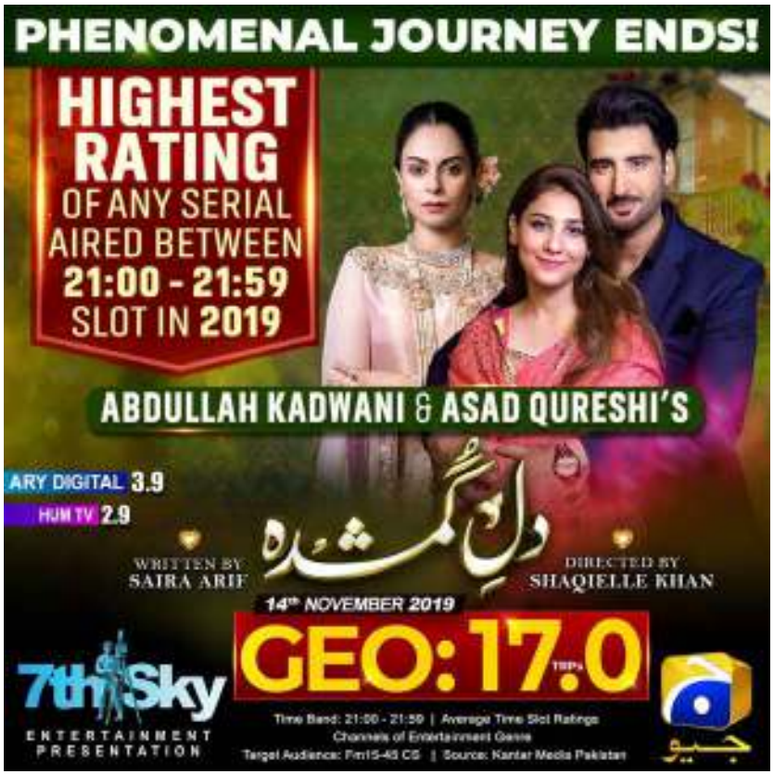


Hamza Akram Qawwal and brothers receive high honour from the Governor of Maryland

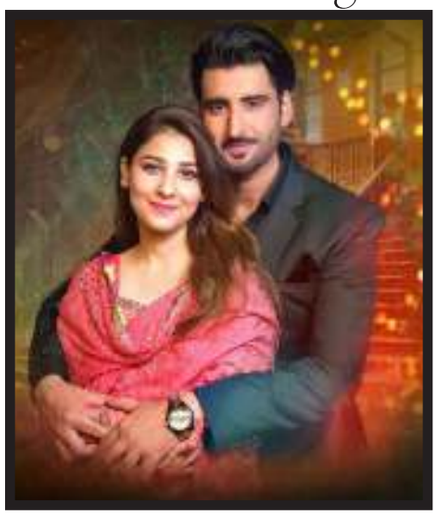
Pakistan's acclaimed *qawwali* stars, Hamza Akram Qawwal and Brothers Taimoor Akram and Abdul Akram, have received the citation certificate from the Governor of Maryland for their outstanding services in the State.

The award-winning ensemble has been on their sixth American tour, hitting the stage in major cities as a part of their 'Sufi Qawwali US Tour'. Covering major venues and garnering critical acclaim, they have received much appreciation for their contributions to the entertainment scene in the State, representing Pakistan in front of an international audience. The citation certificate from the Governor of Maryland adds another achievement in the list of accolades to their credit

The grandsons of the revered Munshi Raziuddin are acclaimed worldwide for their riveting interpretations of *qawwali*.



7th Sky Entertainment Dil-e-Gumshuda ends with record ratings



Millions of viewers settled in for the epic finale of the most popular drama of the season, *Dil-e-Gumshuda*, produced by ace producers Abdullah Kadwani and Asad Qureshi under the banner of 7th Sky Entertainment, delivered with a record-breaking ending on the ratings chart for Geo Entertainment.

According to the Kantar Media Pakistan numbers, the last episode of the serial ended with a bang, getting a record 17.0 TRPs, which is the highest rating for any drama in 2019 on the 9pm time slot.

Starring Amar Khan, Aagha Ali and Hina Altaf in the lead roles, *Dil-e-Ghumshuda*'s success proves that 7th Sky Entertainment is a quality entertainment company that has been consistently giving super-hit content for audiences across Pakistan.


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Ayesha Chundrigar Foundation pioneers Pakistan's first dog leashes made out of ghost net



ACF is the first organization in the world to introduce eco-friendly dog leashes made out of ghost net found in the oceans.

Popularly known as ACF Animal Rescue in Pakistan, the Ayesha Chundrigar Foundation is a non-profit organization which started the first-ever animal shelter and sanctuary for street and homeless dogs and cats in Pakistan alongside working donkeys and mules. ACF started a movement for change six years ago when there was zero animal welfare in the country.

In 2018, ACF won the WWF Green Innovation Challenge for creating Pakistan's first handmade dog leashes out of 100% ghost net. ACF partnered with WWF in introducing this innovative project where the foundation funded the project with seed money to engage fishermen to extract wasted ghost net from the oceans that are then crafted into beautiful leashes by engaging the local community women.

Talking about the pioneering dog leashes, ACF founder Ayesha Chundrigar said "We have created a product close to our heart. This is also an effort to play our part in improving the environment. Through this project, we are not only helping in saving marine animals but also giving pet owners a chance to be eco-friendlier as the dog leash are made out of 100% ghost net."

The ghost net used for the dog leases is handmade by women who have been employed in the impoverished fishing villages that have been trained in braiding the leash by team ACF, helping them become independent and self-sufficient.

Registered in Pakistan with the vision of assisting and empowering marginalized and neglected communities within Pakistani society, particularly street and working animals who are on the lowest rung of the ladder of suffering, ACF started the first rescue service and hotline number for people to report cases of abuse, neglect, cruelty, and abandonment.





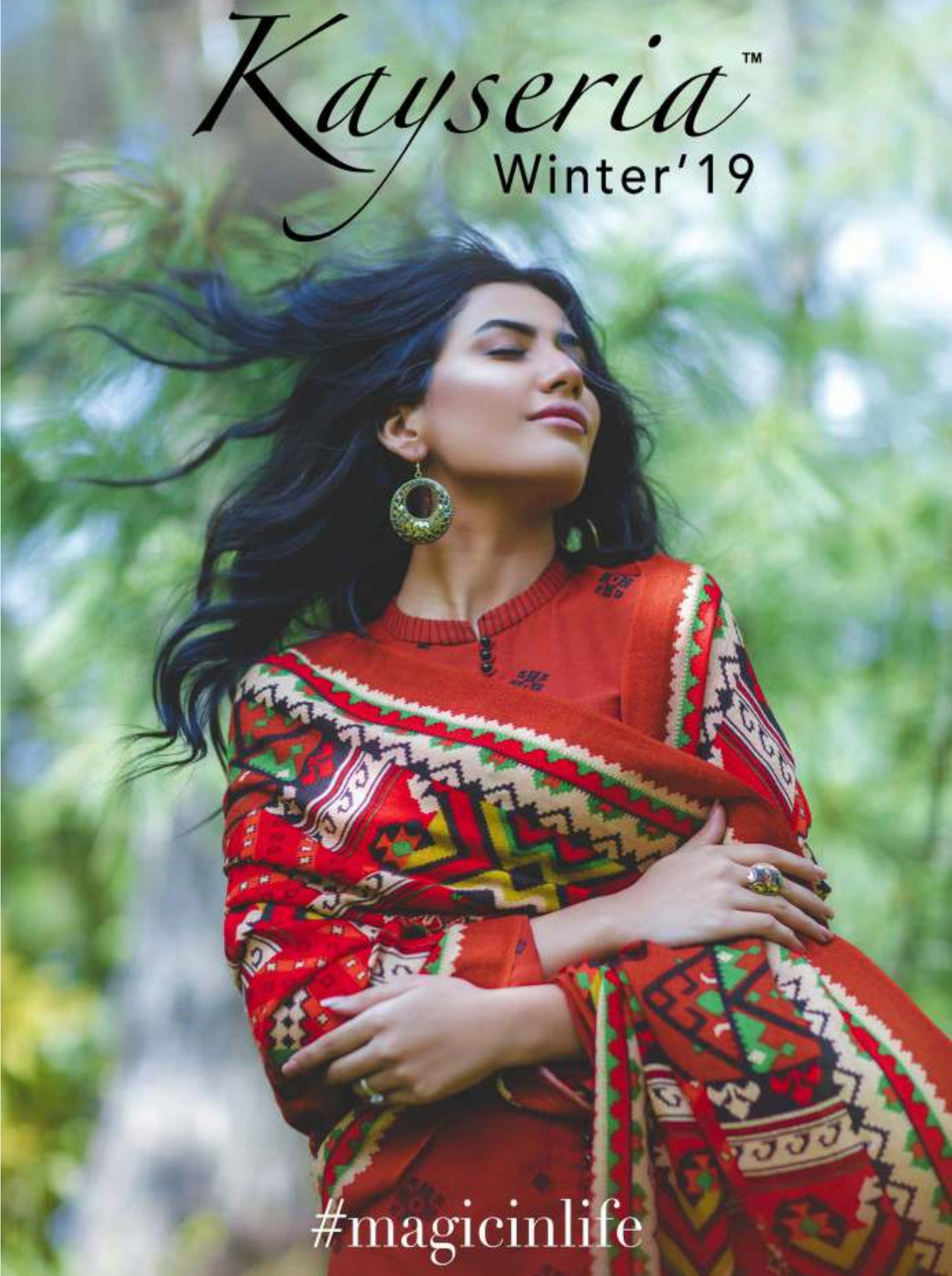
Downton Abbey's Michelle finds love

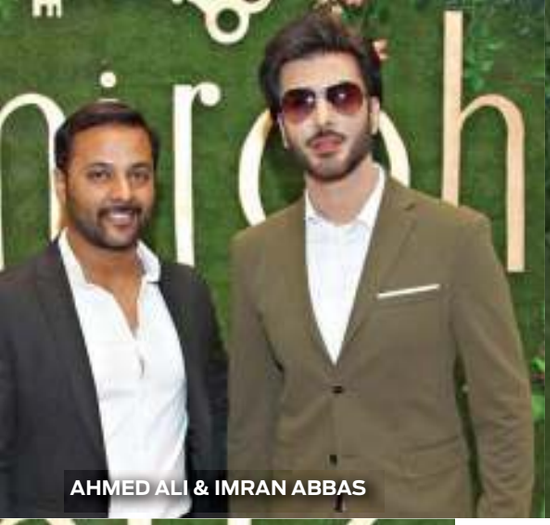
Four years after the heartbreaking death of her fiancé, *Downton Abbey*'s Michelle Dockery has found love again. For the past three months, Michelle, 37, has been dating Jasper Waller-Bridge, brother of Fleabag creator Phoebe. She was previously engaged to Irish public relations director John Dineen when he passed away from cancer in 2015, aged just 34.

Jasper, 31, is believed to be Michelle's first relationship since the tragedy. A source said: "It was all taken slowly and in a considered manner but they are really enjoying being together. Michelle has been travelling a lot to promote the *Downton Abbey* movie but they have been in constant contact. Their friends and families are very happy for them. It is just so lovely."

Michelle is believed to be friends with Jasper's sister Phoebe and they reportedly crossed paths in LA this summer. They were also seen together at the Rome Film Festival last month.

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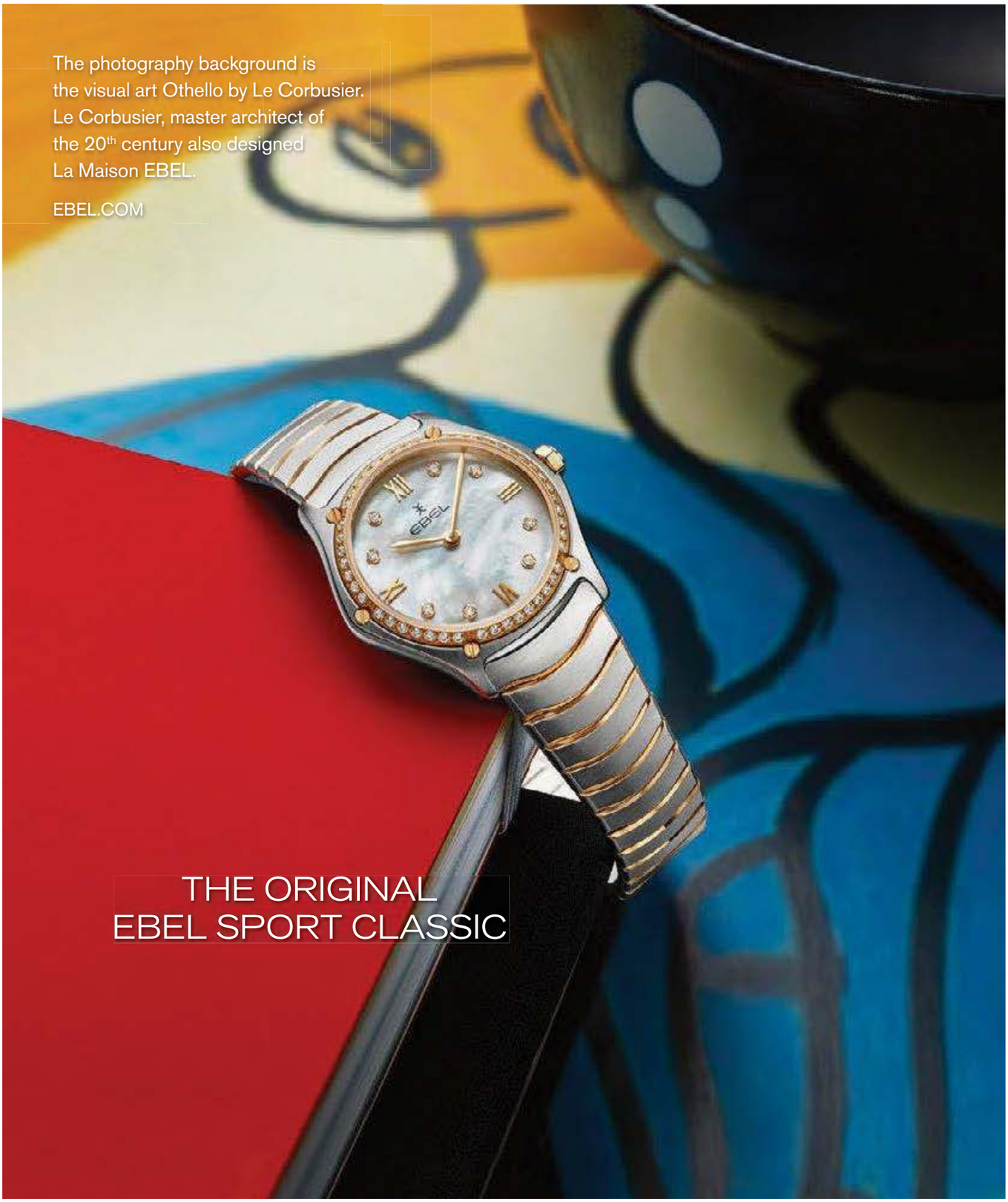


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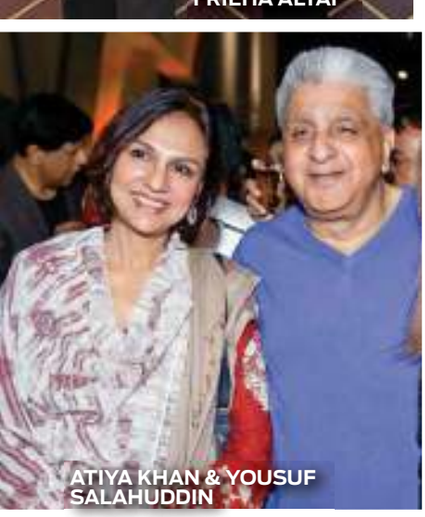

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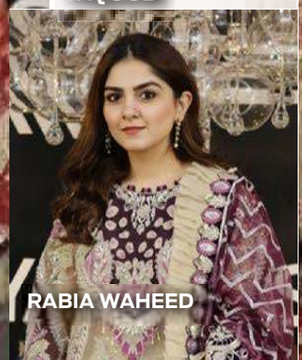

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ZAHRA MALIK


AMINA SAQIB & MALEEHA AKRAM


MAHUM YAQOOB


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Dalda

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ZAINAB CHOTTANI & BUSHRA BUTT


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RIMA FARID


UMAIR MIRZA & OMAR MANSOOR

LAHORE

Zainab Chottani

Zainab Chottani hosted an exclusive bridal preview & first look at Tahra's pretty chic casuals at her store at Gulberg Galleria in Lahore which was well attended by the fashion lovers of the city.


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HINA EIJAZ


SUMRINA KHAN


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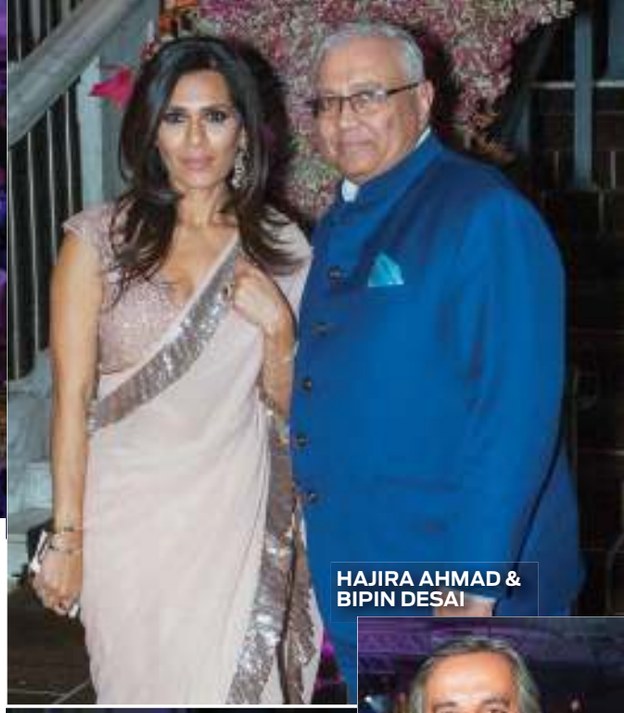
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LONDON

The Think Pink Ball

EBH presented its 15th annual THINK PINK Ball in aid of Cancer Research UK on 9th November 2019 at Rosewood London, bringing together business figures, entrepreneurs & professionals, united to support the worthy cause.



FARIS RAHMAN & AINY JAFFREE



NAZILA MALIK



MANDEEP AHLUWLIA



SAMI HUSSIAN



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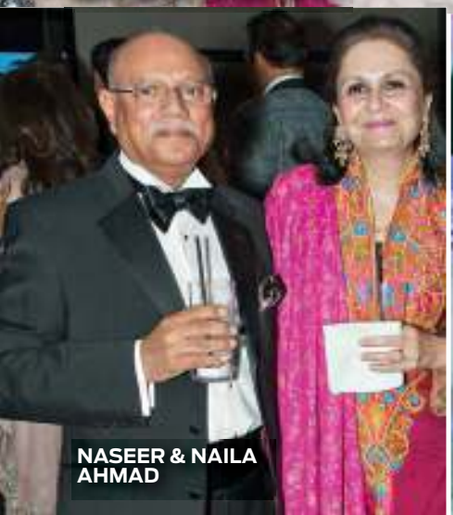
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Saba Qamar & Emmad Irfani

Saba Qamar and Emmad Irfani on their acclaimed drama serial, *Cheekh*, sharing screen space, and how they prepared for their strong, nuanced characters...





Pakistan's adored television pair Saba Qamar and Emmad Irfani brought the acclaimed drama serial *Cheekh* to life. Their onscreen chemistry has molded perspectives and helped many restore their faith in the institution of marriage. Not to forgo their acting talent that stoked us to the core. Model-turned-actor Emmad Irfani has engrained himself in the realm of performing arts. He hopes to further develop his artistic image with robust television roles. We will now see him lead a feature film, the period drama *Gawah Rehna*, as his debut. Saba Qamar has also stood the test of time, signing her new film *Kamli* and bagging other exciting roles. Get to know the fiery stars better in this candid conversation with *OK*! Pakistan.

SABA QAMAR

Three words that encapsulate your persona.
Saba Qamar: Simplicity, honesty and positivity.

Were your parents supportive of your career choice when you started out as a newbie?
SQ: Let's just say they were not enthused that someone in their family wanted to pursue a career in show business.

"*Cheekh*'s script raised social awareness and the story was worth telling." – Saba Qamar

How would you classify yourself as a performer?
SQ: That is a tough one! I am still learning.

Your drama *Cheekh* has amassed a huge fan base. What inspired you to play Mannat and are you content with your performance overall?
SQ: I knew Mannat would help shape perspectives when I read her character for the first time. The script raised social awareness and the story was worth telling. I prefer playing characters that have substance, and can challenge me as an artist. I am content with the kind of love and appreciation I have received from the audience.

In what ways has *Cheekh* tapped our society's power dynamic?
SQ: For starters, it has generated consciousness in our society, and has led our people to believe and accept that their voice has power; they just need to use it rightfully to combat social evils and injustices.

Your chemistry with co-star Emmad Irfani was widely praised by critics and fans alike. How did you both manage to kindle a realistic spark onscreen as a fictional couple?
SQ: I am truly grateful to everyone who loved and supported our chemistry. I knew beforehand that our relationship would be a major pull factor for the viewers. It was important for me to keep it organic. Emmad and I performed with ease just so our chemistry would appear genuine and not made up. I believe the realness of Mannat and Shayan's bond stood out for most people.

An actor embraces a range of characters, be it powerful, villainous or naïve. Do you wish to see yourself in diverse television roles?
SQ: Yes, of course. I love challenging myself as an actor and pushing my limits to play unique characters.

Do you fear being stereotyped for playing strong female characters?
SQ: I am a fearless actor. I have portrayed distinct roles my entire career and have chosen inspiring characters. I don't think one can be stereotyped in that capacity. An actor must unapologetically perform different characters to experience optimum growth.

How is the transitioning process like for you, swapping from one role to the other?
SQ: The transition is never easy for me. I adopt one or two traits from each character and completely let go of the previous character. Embracing a new role can be tough for me sometimes but I think the process itself is important because it allows me to perform better. As actors, we are at an advantage provided we continuously learn and evolve from our past portrayals. ▸



SABA QAMAR WEARING A SEQUENCE OUTFIT BY SEMSEM



“ I am a fearless actor. ”
– Saba Qamar



SABA WEARING A GOLDEN SEQUENCE TOP PAIRED WITH A MULTI-COLOURED CRINKLED SKIRT BY AAVVA. EMMAD DONS A ROYAL MAROON TUXEDO BY VAVCI

Among all the characters you have previously played, which one was the most difficult to transition out of, both mentally and physically?
SQ: Qandeel Baloch in *Baaghi*.

Which past role is closest to your heart?
SQ: Mishal in *Besharam*.

Your preferred role for the future: comedic or dramatic?
SQ: I don't have a preferred role. The characters only interest me if they are meaningful.

What kind of character do you hope to play next?
SQ: Someone out of the box.

You have also worked in the critically and commercially successful Bollywood movie *Hindi Medium*. How was your experience working with Irfaan Khan in a professional capacity?
SQ: It was wonderful! Irfaan Khan is not only a brilliant actor but also an amazing human being. I am glad I had the opportunity to work with one of my favourite actors.

Tell us about your forthcoming projects.
SQ: I am working on two new projects; both the scripts and characters are extremely interesting and very close to my heart.

We are yet to see you make a comeback on the big screen. Have you signed any feature film yet?
SQ: My next film is *Kamli* by Khoosat Films. My character is influential and I am certain that the audience will experience an emotional rollercoaster while watching the movie.

Your thoughts on nepotism?
SQ: It all comes down to talent, in my opinion. People who are skilled enough will succeed regardless. Those who fall short of acting will never be able to make their mark despite who backs them. Talent prevails in the end.

A colour that matches your personality?
SQ: White.

A personal quality you want to work on?
SQ: I am credulous. I hope I can change that.

Are you satisfied with where you are in life?
SQ: Yes, I am. You feel happy once you fully embrace your flaws and past mistakes.

EMMAD IRFANI

Share a fun fact about yourself.
Emmad Irfani: I want to work on myself every day in a manner that amplifies my craft.

When did you discover your passion for modelling?
EI: People said I had the qualities of a typical model. Initially, I had my apprehensions considering that fashion is predominantly a female-oriented field. I experienced immense success with modelling when I took it up as a career but wasn't entirely passionate about it. It was more of a hobby. It was six years ago that I decided to leave modelling behind and focus only on acting. ▸





EMMAD IN A BLUE SUIT BY REPUBLIC BY OMER FAROOQ





EMMAD WEARS AN EMBROIDERED BLACK TUXEDO BY MOHSIN NAVEED RANJHA AND SABA WEARS AN EMERALD GREEN SEQUENCE OUTFIT BY SEMSEM

Which international labels have you modelled for?

EI: It was a long time ago but I have worked with Indian fashion designer Ritu Kumar, and Dolce & Gabbana in Dubai.

Why is it easier for models to switch to acting?

EI: I don't think it is easier; it is quite hard. The training of a model is unlike that of an actor. A model is not popular to a mass audience. One either sees him on the ramp or in a magazine. Modelling is all about how you pose and style. He is a silent mannequin, who appears to be perfect. Acting, on the other hand, invokes curiosity; where you are, where you have been and where you want to see yourself in life. It is an exciting yet complex world but you learn something new about it every day.

The purpose of acting is not modelling for the camera but becoming a different character altogether. Why do you think drama and film producers bank on models to play powerful characters?

EI: I don't know – producers look for an actor as far as I know. Your acting skill is your portfolio. If they were to cast a model in a specific role, he or she must have the required credentials in acting.

Let's talk about *Cheekh* and its roaring success. Do you feel that your role as Shayan has helped Pakistani viewers, especially the male demographic, better understand what compassion and love are?

EI: That was actually one of my objectives. I can't speak for everyone. It may have affected a few positively. Maybe others thought the opposite of my role. If my acting has had an impact on some people, it indicates that I have done justice to my job. I had thought of different ways to make Shayan an inspiring character. Although he belonged to the same household, he shared different values. He wanted to serve humanity and treat people with utmost respect. He chose not to give in to his family's empire. He was a self-made man with altruistic qualities. I tried to incorporate the morals I carry with me in his personality. Many of my male fans jokingly say that I have created problems for them. They all want to be like Shayan (Laughs).

Would you consider *Cheekh* to be your breakthrough role?

EI: Absolutely, but it also took me six years doing many roles that made me capable enough to ▸

“You can’t look back once you move forward. One has to keep on evolving.”
- Emmad Irfani



EMMAD IN A ROYAL MAROON VELVET TUXEDO, EMBROIDERED WITH ZARDOSI AND MARORI WORK BY MOHSIN NAVEED RANJHA



SABA LOOKING STUNNING IN AN EMERALD GREEN CHIFFON OUTFIT BY SEMSEM

“If my acting has had an impact on some people, it indicates that I have done justice to my job.”
- Emmad Irfani

perform Shayan to my fullest potential.

In what ways has this project satisfied you?
EI: Our director Badar Mehmood and his vision took this drama to new heights. I assume a renewed responsibility with each role I undertake as an actor because I am giving life to a character. I should realise that my onscreen persona is not a part of me but someone else. I have worked extremely hard in that headspace. I have no control over the outcome but what I do have control over is an optimistic attitude that can quantify my potential and eventually my results. That said, I am quite satisfied to be a part of *Cheekh*'s impactful story.

You are currently working on a new historical film about the Khilafat movement titled *Gawah Rehna*. Describe its plot and your character.
EI: I received a call from Tahir Mehmood, the director of the film who was working in a Turkish consulate in Istanbul. He had a constructive script in mind for a feature film and explained the storyline, conflicts and intertwining of characters. Tahir sent me the script; it was in Roman Urdu, which is challenging to read, especially on the phone.
The script transported me to that bygone era once I started reading it. I was pitched the role of a confident young man who experiences turmoil in life but rebuilds himself. I strongly believe that the day you take charge of your life is the day you graduate from childhood to adulthood. *Gawah Rehna* is a story that needs to be told. As artists, we are not communicating constructive stories to the world and should take our jobs more seriously.

Is this your debut film?
EI: Yes.

Who else is involved in the project?
EI: Our legendary artist Qavi Khan, Ghana Ali and Rehan Nazim.

What other drama roles are you exploring?
EI: I try to play one character at a time. If I do multiple roles and appear in three different dramas, I am extracting the commercial value out of it but I am not doing each character justice. We recently began shooting for *Gawah Rehna*.



SABA IN A GOLD SEQUENCE GOWN BY SHEHLA CHATOOR AND EMMAD IN A PLAIN WHITE SHIRT BY REPUBLIC BY OMER FAROOQ

Going further, will we see you pursue acting more than modelling?
EI: When I ventured into acting, I left the model side of me behind. It is now all about the actor, Emmad Irfani. You can't look back once you move forward. One has to keep on evolving.

What are some of your hobbies?
EI: My hobbies have become my work but I invest a lot of time in sports. I enjoy music and movies too.

Favourite menswear designer?
EI: Omar Farooq.

Affordable or high-end fashion?
EI: Both work for me.

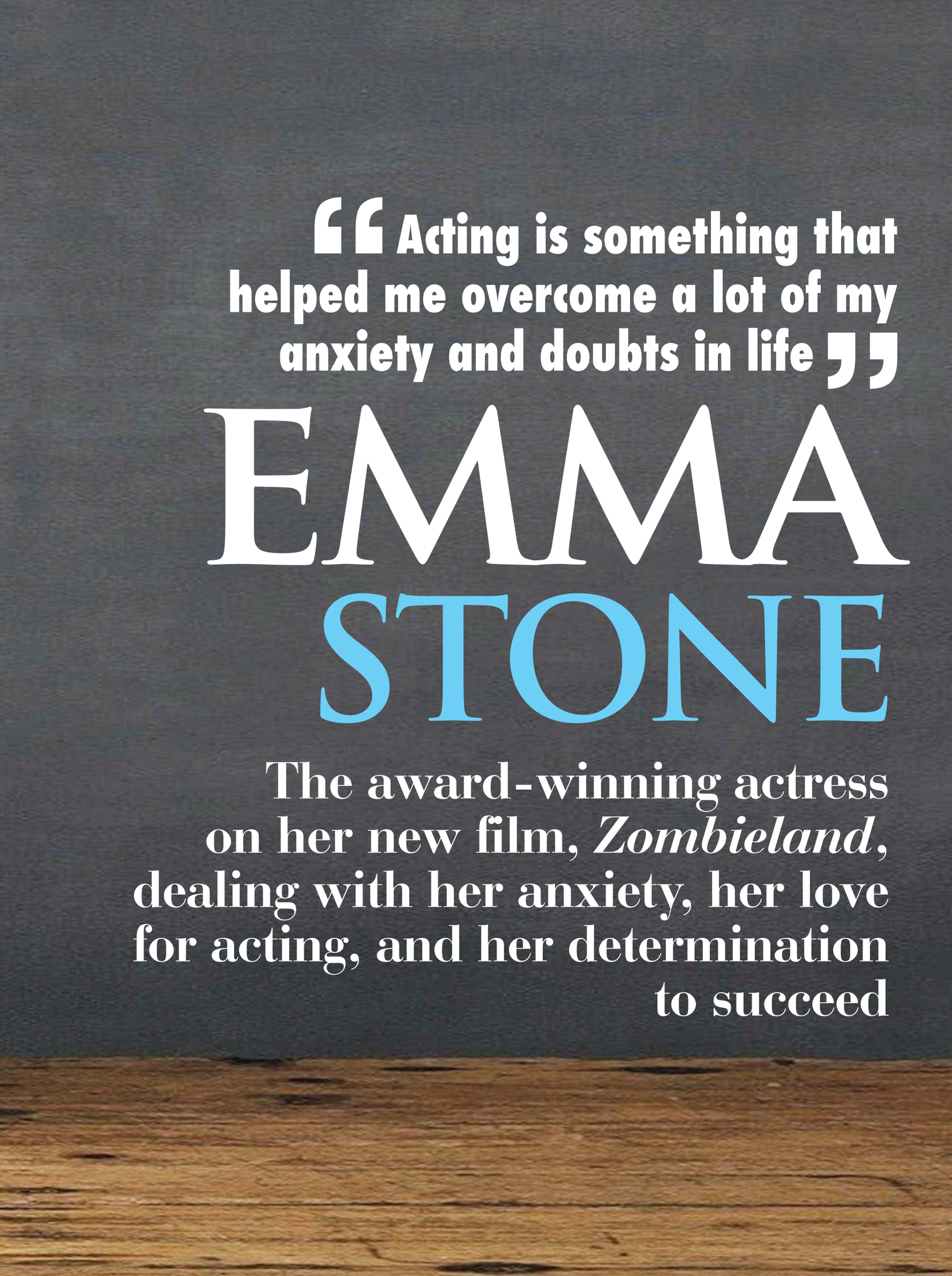
Describe Saba Qamar in one word.
EI: Hardworking.

The best travel destination, according to you?
EI: Bangkok.

Your lifetime goal?
EI: To be the best version of myself. OK!

INTERVIEW: HAIDER RIFAAT
PHOTOGRAPHY: ABDULLAH HARIS
STYLING AND COORDINATION: RAO ALI KHAN
JEWELLERY: ROUGE BY ROOJ AMIR
MAKE-UP & HAIR FOR SABA: FATIMA NASIR
GROOMING FOR EMMAD : TONY & GUY NORTH PAKISTAN - SHAMMAL QURESHI

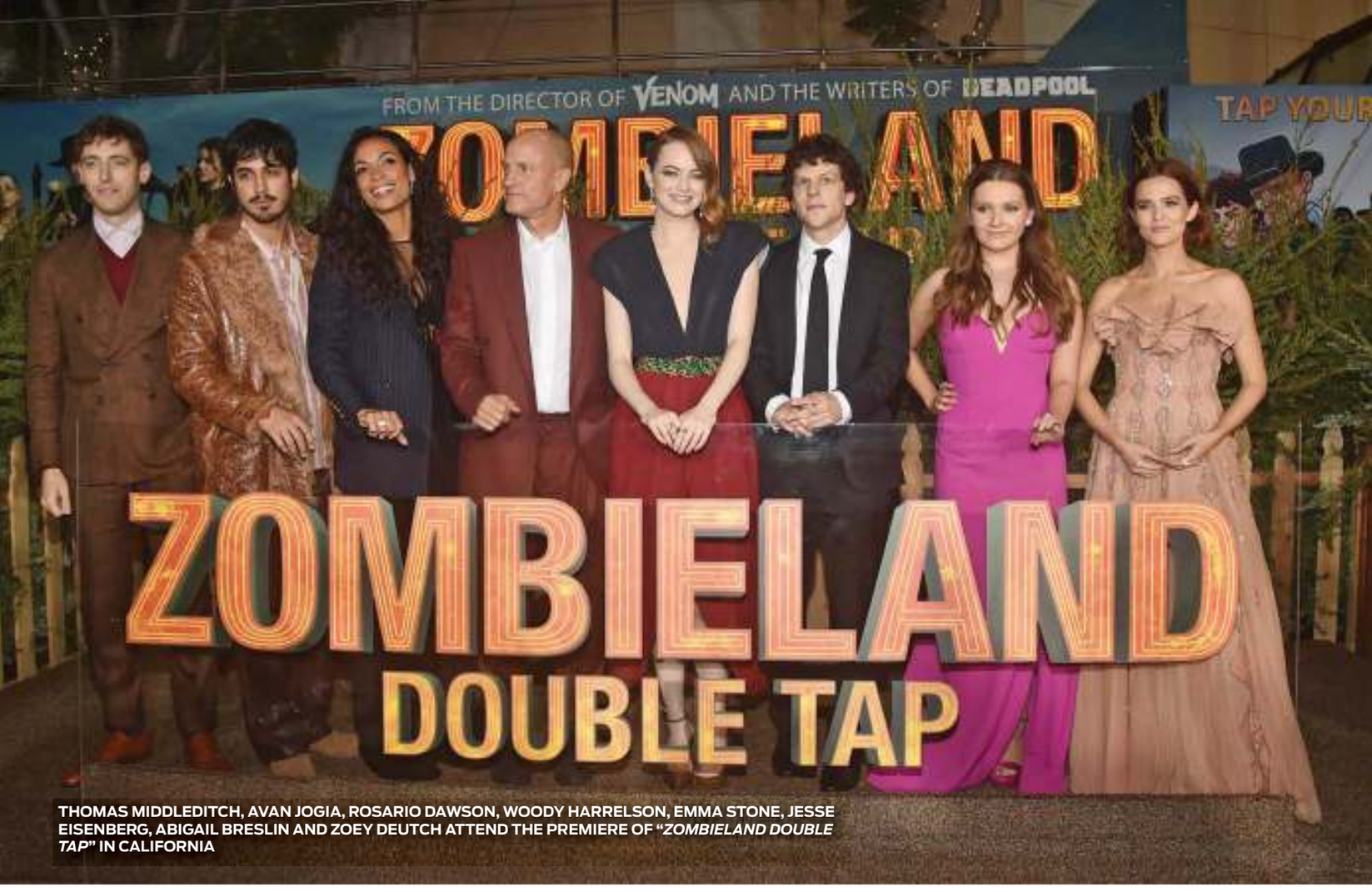




“Acting is something that helped me overcome a lot of my anxiety and doubts in life”

EMMA STONE

The award-winning actress on her new film, *Zombieland*, dealing with her anxiety, her love for acting, and her determination to succeed



THOMAS MIDDLEDITCH, AVAN JOGIA, ROSARIO DAWSON, WOODY HARRELSON, EMMA STONE, JESSE EISENBERG, ABIGAIL BRESLIN AND ZOEY DEUTCH ATTEND THE PREMIERE OF "*ZOMBIELAND DOUBLE TAP*" IN CALIFORNIA

Emma Stone is once again back on the big screen with *Zombieland: Double Tap*, the sequel to the 2009 original that would go on to become a cult favourite. Ten years later, Stone returns to her role as Wichita, part of the zombie-killing crew that includes Columbus (Jesse Eisenberg), Tallahassee (Woody Harrelson), and Little Rock (Abigail Breslin) who have formed a makeshift family in the aftermath of the zombie attacks that brought them together a decade earlier. *Double Tap* also features a slew of new cast members that includes Zoey Deutch, Avan Jogia, Rosario Dawson, Luke Wilson, Dan Aykroyd and Thomas Middleditch (Silicon Valley).

"I love being back with everyone," Stone said of her return to *Zombieland* duty. "It feels so good getting to hang out with my buddies again."

With the zombie apocalypse still upon them, family Stone and co. will need to draw upon all their resources in order to quell the walking dead. Along the way, audiences will be treated to more serio-comic scenes of zombies being shredded en masse as the battle unfolds. In the intervening years, the zombie population has mushroomed and civilization is in ruins.

For her part. Stone has fond memories of her original Zombieland experience, and recalled how co-star Woody Harrelson would kid her about her husky Lauren Bacall voice. Stone had no idea what he was talking about: "On Zombieland Woody started calling me Betty, which was Lauren Bacall's real name. He's like, 'You sound like Betty.' [Laughs] And I was like, 'Who is Betty?' And he said, 'Betty Bacall.' And so I looked her up, and I found the High Point commercial. And it became our favourite. I mean, Woody can do the whole commercial, too. It's so damn good. She opens up the curtains and says, 'My favorite time of day is night.'" [Laughs]

The 30-year-old Emma Stone is one of Hollywood's leading actresses. She won the Best Actress Oscar for her enchanting performance in 2016's critically-acclaimed *La La Land* and earned rave reviews for her work in *The Favourite*, the Oscar-nominated drama in which she played Abigail, an ambitious chambermaid in the employ of her Royal cousin, Olivia Colman's Queen Anne.

Stone lives in Los Angeles with her boyfriend of the past year, Dave McCary, a former SNL writer who now directs segments for the hit NBC late night comedy show. They are rumoured to be engaged.

After turning 30 last November, Stone was asked what lessons she had learned thus far in life. She replied: "It's okay if not everybody likes you. That was a major lesson, not falling over myself to win over the unwinnable. Nobody knows what they're doing! We're all just a bunch of people trying to figure out how to get through the day."

With regard to becoming a zombie-blasting warrior, Stone observes how *Zombieland* was the first time she had ever been called to fire a gun: "I hadn't shot a gun before. In one scene I got to butt a zombie in the head with the back of my shotgun, and it was kind of horrifying and terrible...I went to the gun range and learned how to shoot guns. That was pretty interesting, getting to shoot all the different guns and learn about the safety of weapons." [Laughs]

You made your mark as an actress at a fairly young age?

ES: Even as a child I knew that I wanted to act. I couldn't imagine any other life for me. I grew up wanting to make movies similar to those I loved watching so much. I lived in a very hot place (Arizona) and because the sun was so strong and I had such light skin I had to stay inside a lot of the time.

As a child I discovered that film was this parallel world into which I could dive into. I still remember all the film comedies I would watch on TV with my father. That's how I started to watch movies all the time and wanted to be part of that world. And it's been such an incredible joy for me to have been able to work as much as I have and fulfill that dream.

You've spoken in the past that acting had a calming and almost therapeutic effect on you?

ES: Acting is something that helped me overcome a lot of my anxiety and doubts in life. I was an introverted child, pimply and I suffered from panic attacks. The theater allowed me to live in a world of my own: on stage my problems vanished.

Did you have any favourite comic actors?

ES: I was a big fan of Steve Martin and also of Bill Murray. I loved watching the skits from *Saturday Night Live* and I've always had a natural affinity for comedies. I got to work with Bill Murray on *Zombieland* and then again on *Aloha*. He was so great to me on that film. I wasn't feeling that well on the set and almost every day he would bring me these little gifts. He was so great.

You arrived in L.A. with your mother to pursue your career when you were only 15. How tough was it for you in the beginning?

ES: I lived with my mother in a small apartment in La Brea Park. I never went out by myself. I would always go out with my mom and we spent a lot of time going to the movies. I wasn't going to school and I didn't have any friends, zero social life, and I basically just studied at home and watched a lot of movies and tried to learn as much about acting as I could.

Sometimes I felt lonely but my mother was so good and supportive so I felt very safe and supported ▸



"It's been such an incredible joy for me to have been able to work as much as I have."

EMMA STONE ATTENDS THE 90TH ANNUAL ACADEMY AWARDS AT HOLLYWOOD & HIGHLAND CENTER IN CALIFORNIA



> “I’m a very vulnerable person. It’s easy for me to feel hurt.”

EMMA STONE AT THE MANIAC PREMIERE IN NEW YORK



and that gave me the confidence I needed to go to auditions and deal with all the rejection and the fear of not being able to make it. But I never gave up and slowly I was able to build my career.

You've spoken in the past about how your voice, which is now your trademark in some ways, was your biggest obstacle when you were starting out?

ES: (Laughs) Nobody wanted to hire a 15-year-old actress with a deep and raspy voice. I sounded much older than I looked and I hated my voice at the time. But in another way I was glad I sounded older because I never liked the idea of being a child. I was a precocious child and I couldn't wait to be an adult. And at one point my voice really began to fit with who I am.

When you were trying to establish yourself in Hollywood, how determined were you to succeed?

ES: Your teenage years can often be very difficult, but I was very lucky that I knew that as soon as I started doing it that this was what I wanted to do with my life. So that gave me a lot of drive and ambition.

But even after you start getting bigger parts and you're getting more and more recognition you never really feel secure. You're always worried about getting the next good role or how your last film did.

I think that acting is the kind of profession where you're always a bit worried about the future. You can be playing in one great film after another and still feel anxious about being able to find the same kinds of good roles. That's the nature of the business.

So success hasn't cured your anxieties?

ES: Success hasn't solved them for me at all! I always thought: "Once I grow up I will have everything under control, I won't suffer from those fears and worries anymore. But that never really happened. Today I deal with things differently, but fear and anxiety will always be a part of me. Basically they've made me who I am: a warrior. I haven't slept through the whole night for five years, but I know I'm not the only one...

> "Fear and anxiety will always be a part of me. Basically they've made me who I am: a warrior."

Life asks you to make painful choices. We all need to find balance and I'm working on it. It also helps me to have my younger brother around who's very close to me. He is the most grounded human being I have ever known and whenever I feel lost he manages to calm me and bring me down to earth with his intelligence and humour.

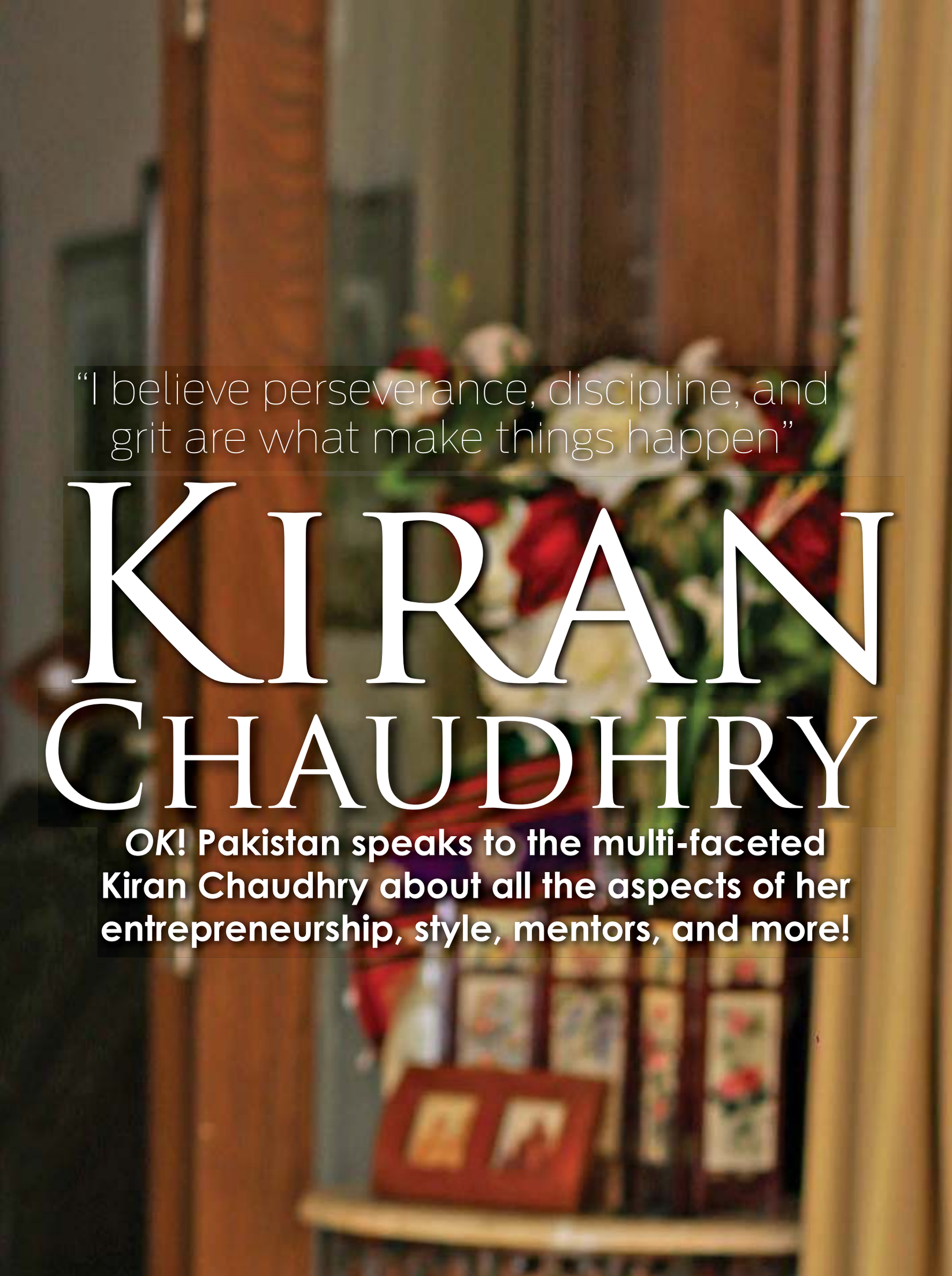
You bring so much sensitivity to your work. Is that your greatest strength as an actress?

ES: I'm a very vulnerable person. It's easy for me to feel hurt. But that's also what enables me to be very expressive and I hope convey deep emotions as truthfully as possible. I have a pretty good sense of humour about myself even if I can be very self-critical at times. But that's how I push myself to do the best work I'm capable of and to give my best.

And whatever personal qualities I'm able to bring to my characters, whether it's my loud laugh, my hoarse voice, or my unpredictable nature, I owe a lot to Diane Keaton who has been such a major influence on me and once told me that I should just be myself and not worry about what anyone else thinks. OK!



INTERVIEW: WENN
PHOTOGRAPHS: GETTY



"I believe perseverance, discipline, and grit are what make things happen"

KIRAN CHAUDHRY

OK! Pakistan speaks to the multi-faceted Kiran Chaudhry about all the aspects of her entrepreneurship, style, mentors, and more!





Kiran Chaudhry's career can be best described as a dizzying journey, full of gumption, curiosity and daring. From her time reading Philosophy, Economics and Politics at Oxford, to her recent foray into the world of fashion with her brand Anaya, hers is a gifted and profuse vision. As a musician, the remarkable success of Club Caramel propelled her to theatre and film, where she made a mark with her characteristic brand of glamour. Her presence across all her fields of interest is marked for its sensibility, a certain kind of vintage allure and a braininess behind the zeal. Now, settled in India, with her husband, Riyaaz Amlani, Kiran is the mother of two children, all while maintaining a business across Pakistan and abroad.

You've worn many hats during the span of an illustrious career including those of a lawyer, musician, vocalist, actor, fashion entrepreneur etc. How do these various roles present themselves in your life today? Which one would you say was life-altering for you?

Kiran Chaudhry: I have indeed worn many hats and if I had to go back and do it all over again, I wouldn't change a thing. I feel the one common thread in all these roles is that of creativity. Whether it is writing arguments to defend your client in the course of a litigation, or building a brand from scratch as an entrepreneur, writing a song, or designing an outfit - all these are essentially creative and artistic pursuits. I feel, as an artist, one is always hungry for inspiration and new experience, and so my path has evolved over time as have I. A solid mainstream career, and working in a law firm in London is what has given me my work ethic, solid negotiation skills, and the ability to be focused and detail-driven. After leaving London, I pursued music and acting for sometime because it had always been a dream as a child and it felt good to finally realise it. However, while I enjoyed life as a performing artist, in the end it did not satisfy my intellectual side and I felt something was missing. I then turned to business for the challenge and growth opportunities it presented and have loved every minute. The most life-altering career choice would definitely be turning to music and with the benefit of hindsight, it was perhaps less about actually becoming a musician, but more about proving to myself that I could be absolutely anything I wanted to be. There were really no limits and anything was possible if you put your mind to it and gave it everything you've got. This made me fearless and was an important life lesson.

As the lead singer of Club Caramel, you interpreted classic and contemporary western music and also produced and wrote hit singles. What factors do you think played a crucial role in the unique success of Club Caramel? Do you think that the current music scene is missing a band like Caramel?

KC: Well, authenticity and passion are what make a success of anything. We had that in spades. We were doing what we loved with no regard for anything else - commercial success was never the agenda. That's a very powerful energy and it creates magic. When you do what you love, what makes you happy, you're a delight to watch for others also. That's why I think people loved Club Caramel. It was an unabashed celebration of life and living and the energy was infectious. The music scene mostly has either purely commercial acts or totally underground ones so this niche is somewhat missing. We were an entertainment act. It was about the experience more than anything else, so that did make us quite unique.

You received vocal training with Ustad Nusrat ▸



“I have indeed worn many hats and if I had to go back and do it all over again, I wouldn’t change a thing.”

“Club Caramel was an unabashed celebration of life and living and the energy was infectious.”

Fateh Ali Khan while still in your teens, and have acted for screen and stage as well. In all the collaborations that you have undertaken for these forms, which ones had the most lasting impact on you and why? What are your most fondly held memories from these encounters?
KC: I would say the stage was my personal favourite. I played the lead role in a local production of “Mamma Mia” and the combination of being able to sing, act and dance on stage all at the same time, while storytelling was absolutely exhilarating. The fact that it’s all done live and you take the audience on a journey with you in the present moment - there is no other feeling like it in the world. It’s truly joyful and intensely gratifying. You may not get the eyeballs and fame of TV but as an experience, a live performance of this type is unparalleled. I think I was most intensely myself doing musical theatre.

Your creativity across various disciplines has always been lauded for marked attention to detail and a certain meticulousness. From where do you derive this ethic? Do you think it is familial, personal or were there any key mentors who guided you along the way?
KC: I am detail-oriented by nature but would definitely say my father has also instilled this in me. He’s very meticulous in all matters and has been my primary influence in career matters so I would say it’s a bit of nature and nurture. I do believe that it’s impossible to aspire to greatness in any field without attention to detail.

You’ve reiterated the importance of individuality and being true to yourself in numerous interviews. Do you think growing up in Lahore you perhaps felt directed towards archetypal roles for women? If so, do you think things have changed for the better?
KC: We all need to discover our passions and talents, especially as artists, and I feel it’s a journey where one has to try their hand at many things before one discovers what they really want to make their life’s work. Growing up in Lahore was great. It’s a somewhat traditional society but I was fortunate to have been raised in a very progressive family and left home for boarding school as early as 16, which was quite unusual for girls at that time. This made me quite independent early in life and I think developed the inner confidence and individuality that’s required to carve out a path of your own.

You hold an important vantage point in having a base in India along with running a fashion business across the two countries. The arts, in particular the entertainment and fashion industries, have provided a much needed bridge between the two nations in the past. Despite the dire political situation currently, do





you think that there is still a fruitful exchange possible for artists between the two nations?
KC: Art knows no boundaries. We are the same in so many ways. The culture of north India and Pakistan is very similar, and the possibilities for collaboration are immense. We speak the same language, have the same culture, especially regionally (for example the Punjab is the same on both sides of the border). So fruitful exchange is not only possible, it's already happening at many levels. I do believe that one day things will change and we will see petty politics take a back seat and economic imperatives take precedence. The sheer advantages for each country to tap into the market size of the other are too great to ignore. France and England used to be arch enemies during the colonial period and became trading partners within an economic area later. So change is possible and likely as we mature as nations and resolve core conflict issues.

As a successful entrepreneur , with your most recent venture, Anaya by Kiran Chaudhry, what advice would you give to budding entrepreneurs? What personal attributes and skills, do you think have helped you most on your journey?
KC: Well I don't think I'm in any position to give advice just yet, as I am still very much in the process of learning and figuring things out myself! But generally as an entrepreneur, I think you always see opportunity, and I believe perseverance, discipline, and grit are what make things happen. Nothing is possible without hard work and I believe that is the secret to success.

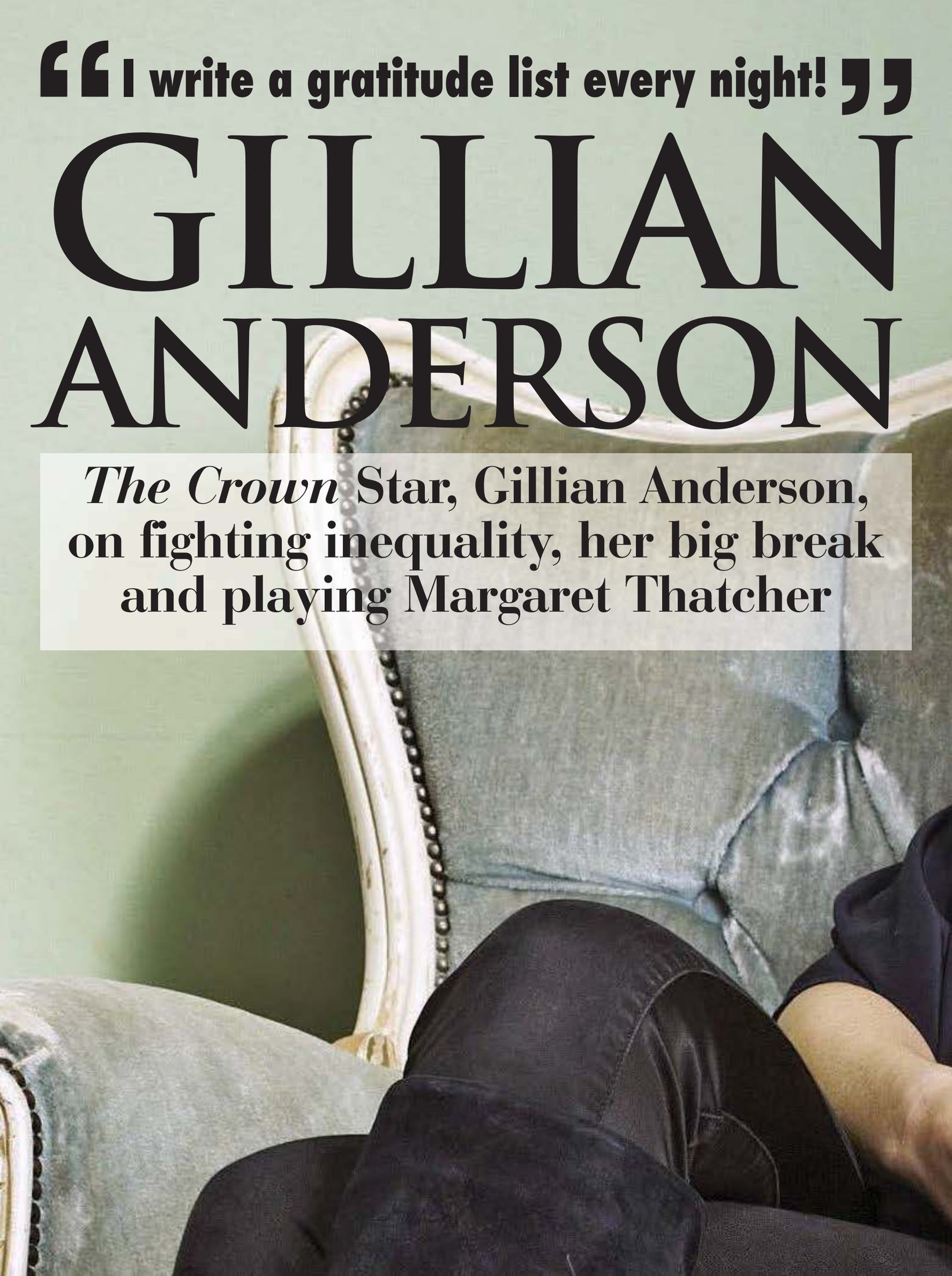
"I am detail-oriented by nature."

Which contemporary fashion designers (both local and international) do you most admire and enjoy wearing?
KC: I am quite simple in the way I dress. Internationally I am more of a high street person and wear a lot of Karen Millen. Locally I wear Kamiar Rokni a lot. We have grown up together and I've always been a huge fan of his work. He's dressed me since we were kids.

What improvements do you think need to be made on the local fashion scene? What do you think are the relative strengths of Pakistan designers? Do you think our fashion industry should be projected more on the world stage?
KC: Our fashion industry is one of our most highly developed industries and is already projected worldwide very positively. It's a great way to project our culture of artistry and craft to the world at large and so I believe it is one of our most important cultural exports. What's quite often lacking is the organisational aspect as most designers are self-employed and funding is scarce. I believe that big business has to back fashion for it to grow into its true potential and the marriage of big textile houses with designers in the retail space is a powerful development with huge potential.

What's next for you? Are there any future projects on the horizon?
KC: Well we just entered retail with our first store in Lahore and also launched our debut couture bridal collection. These are bold new territories for us and will require tremendous focus over the next few years. But we believe strongly in our commitment to bringing the best to our clients at an affordable price point and we hope that will remain the secret to our success going forward *InshAllah*. OK!

INTERVIEW: AFSHAN SHAFI
PHOTOGRAPHS: COURTESY OF KIRAN CHAUDHRY



“I write a gratitude list every night!”

GILLIAN ANDERSON

The Crown Star, Gillian Anderson, on fighting inequality, her big break and playing Margaret Thatcher



PETER MORGAN, GILLIAN ANDERSON & MICHAEL LUMPKIN ATTEND '*THE CROWN*' PREMIERE AT AFI FEST 2019 IN CALIFORNIA

With *The Crown* set to return for a third season, the Netflix original series has welcomed a host of new stars to its royal ranks. Among them is esteemed actress Gillian Anderson OBE, who plays former Prime Minister Margaret Thatcher, a character she describes as "absolutely fascinating". Her latest role also sees her work with long-term boyfriend Peter Morgan, the show's creator. Gillian, 51, recently said that dating someone in the same industry is refreshing, explaining: "I'm constantly grateful for the symbiosis because I haven't had that experience before."

Channelling one of the most powerful women in British history will no doubt have come easy to the star, whose lengthy CV has seen her play a variety of strong women. Gillian shot to fame in 1993 as Agent Dana Scully in *The X-Files*, and has since revealed: "I think I was about to be fired by my agency just before that role came." She played the iconic part for nine years, but it wasn't until series three that she negotiated an equal salary with her male co-star David Duchovny. In 2016 the sci-fi drama was given a reboot and Gillian reprised her role following yet another pay battle after she was unbelievably offered 50 per cent less than David.

"I think my agent may have just put down the phone. We knew what he was being offered, and we knew what I was being offered," she explains. "It just became: 'Don't talk to us until it's parity.'"

Inequality is not something Gillian tolerates, having campaigned for the rights of women, children and animals. She also recently co-wrote a book titled *We: A Manifesto For Women Everywhere*.

Born in Chicago, Gillian spent a brief spell in the UK before returning to the US aged 11. She began therapy at 14 and has said of her mental health: 'There were times when it was really bad... where I haven't wanted to leave the house.' For the past 15 years, London has been her home. She's mum to daughter Piper, 25, from her first marriage to Clyde Klotz, and to sons Oscar, 13, and Felix, 11, from her relationship with businessman Mark Griffiths.

"I love my children more than anything in the world," says *The Fall* star. "When I'm with ▸







GILLIAN ANDERSON AT THE GLAMOUR ‘WOMEN OF THE YEAR’ AWARDS IN ENGLAND



GILLIAN ANDERSON ATTENDS THE OLIVIER AWARDS WITH MASTERCARD AT THE ROYAL ALBERT HALL IN LONDON



SIMON CALLOW, MANISH DAYAL, GILLIAN ANDERSON, GURINDER CHADHA, HUMA QURESHI & HUGH BONNEVILLE ATTEND THE 'VICEROY'S HOUSE' PREMIERE DURING THE 67TH BERLINALE INTERNATIONAL FILM FESTIVAL IN GERMANY

them I'm happiest." However she admits parenting is 'hard' and says happiness is something she has learned to find. "I go through stages where I think I've finally got it balanced and everything's alright. Then a month will go by of complete chaos and insanity, and I think, what happened? It's really hard to keep it up and we need to practise forgiveness of ourselves for being human."

GILLIAN ANDERSON ON:

Politics
"I don't want to get into a discussion about Trump or about Brexit or any of that – I feel it's best left to people who really understand the very, very complex issues... I have opinions, but I don't think my opinions are more valid because I'm an actor and have more of a platform than others."

Supporting other women
"I do feel like a woman's woman, and I go out of my way to be one. And actually I get so shocked and shaken when I come across women who aren't. It really unsettles me."

Being a loner
"I think because I was an only child for so long, I don't like to share. I've spent a lot of my life being a bit of a loner and a bit of a hermit, and that's my preferred state of being."

Her transatlantic accent
"It's near impossible for me to stick with the British accent in America. I can go a little way with the American accent here, but not if I'm surrounded by Brits. I end up sounding like a mid-Atlantic Euro-trash twat."

Ageing
"One goes through stages. I did a job once where I felt like the oldest person in the make-up trailer, and I literally cried for two days afterwards. I was grieving my youth, wondering where it had gone. I didn't even feel like I was present when it was there. It's really shi**y. But then it becomes about embracing what you've got, and so much is great about this age."



GILLIAN ANDERSON AND ACTOR DAVID DUCHOVNY ATTEND THE PREMIERE OF FOX'S '*THE X-FILES*' AT CALIFORNIA SCIENCE CENTER IN CALIFORNIA

Being grateful
"I write a gratitude list every night. I mean, it's in my head now, but I go through stages where I think I'm just complaining all the time again. It needs to be on paper." OK!

FEATURE: KATIE LANGFORD-FOSTER
PHOTOGRAPHS: GETTY





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OK! FASHIONISTA

WHAT'S IN HER BAG?
YASHMA GILL

WHAT TO WEAR NOW:
HIGH VOLTAGE

GET THE LOOK
GITI ARA

UPCLOSE WITH
ZUBAB RANA



INTO THE NIGHT

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OK! *Best* DRESSED



Dua Lipa looks radiant in a hot pink Miu Miu gown paired with Bvlgari jewels at the AMA's.



Jessica Alba looks va va voom in a dazzling Ralph & Russo gown paired with a Jimmy Choo bag at the Baby2Baby Gala.



Zendaya Coleman looks cool as a cucumber in a cut-out dress by Christoper Esber at the E! People's Choice Awards.

OK! Red CARPET



Taylor Swift shines in a custom Julien Macdonald dress and thigh-high boots at the AMA's.



Selena Gomez looks haute in a Versace mini dress and Stuart Weitzman shoes at the AMA's.



Ella Balinska dons a custom Prada gown to the Charlie's Angels premiere in London.

ROCKSTARS



Gigi Hadid shows off her svelte figure in a Helmut Lang shimmery dress at the CMA Awards.

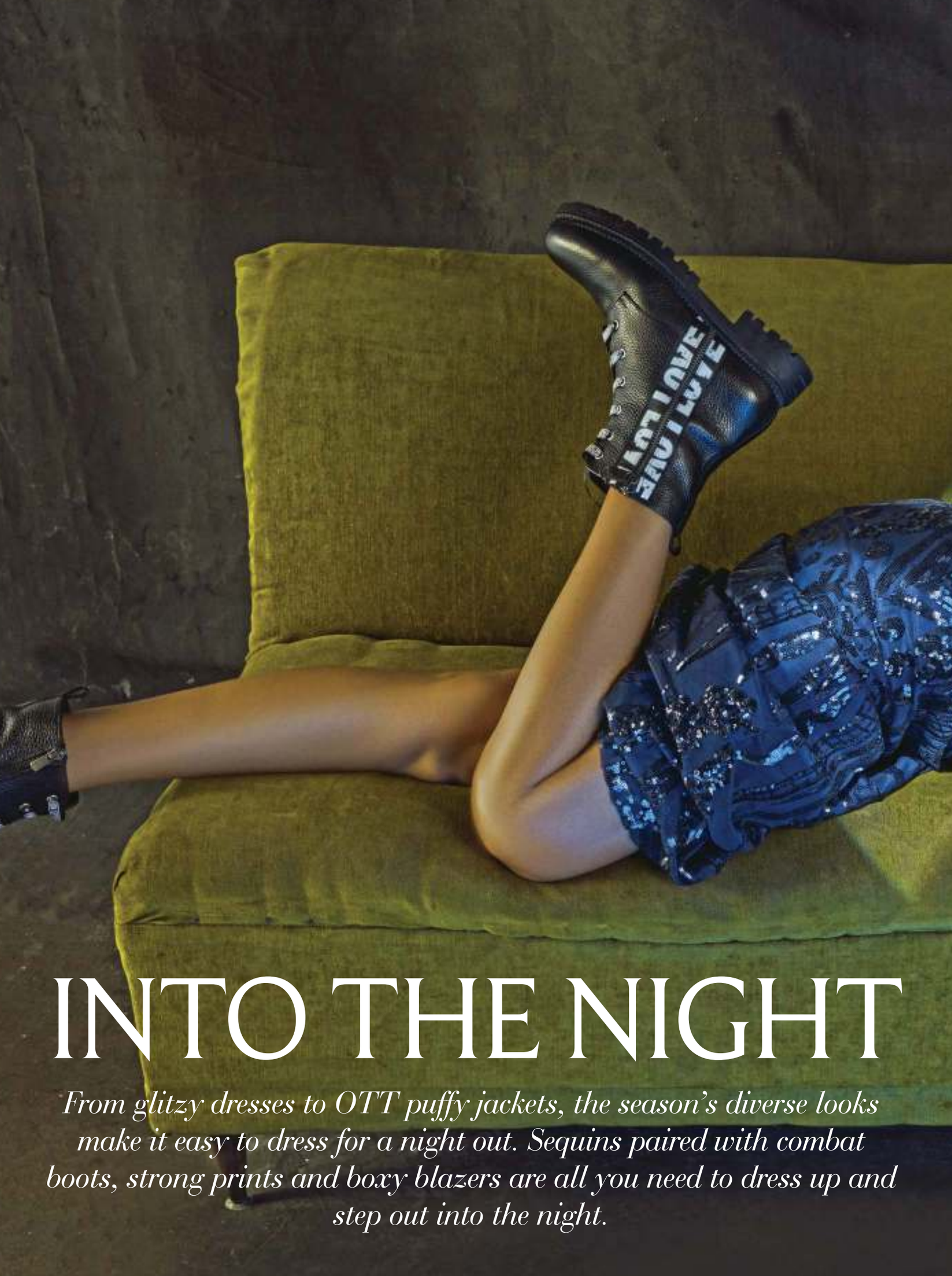


Hannah Brown gives off princess vibes in Atelier Zuhra at the CMA Awards.



Karolina Kurkova mixes metallics and looks totally chic in this Thom Browne look.

PHOTOGRAPHS: GETTY



INTO THE NIGHT

From glitzy dresses to OTT puffy jackets, the season's diverse looks make it easy to dress for a night out. Sequins paired with combat boots, strong prints and boxy blazers are all you need to dress up and step out into the night.



PHOTOGRAPHY: MHM
STYLING: AARINDA NOOR
HAIR AND MAKEUP: SALEHA AT MHM
MODEL: ZARA ABID

OUTFIT: QUIZ
BOOTS: TOPSHOP



OUTFIT: HIRA ALI
SHOES: STYLIST'S OWN



OUTFIT: HIRA ALI



OUTFIT: MANGO (AK GALLERIA)


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THINK PINK

The Think Pink Ball in aid of Cancer Research UK held at the Rosewood London organized by EBH brought together entrepreneurs and professionals to support the cause.

The night consisted of a presentation of couturier Manish Malhotra's latest collection followed by live comedy, a Fashion Against Cancer auction featuring pieces by local Pakistani designers and more.



















PHOTOGRAPHS: SHAHID MALIK

THE THINK PINK BALL 2019



SAIRA SHAKIRA (PRESENTED BY RANIA ZARA)



EBH presented its 15th annual THINK PINK Ball in aid of Cancer Research UK on Saturday 9th November 2019 at Rosewood London, bringing together business figures, entrepreneurs and professionals, united to support the worthy cause.

Set against the elegant backdrop of Rosewood London, every element of the event was themed pink. The THINK PINK Ball commenced with Pink Champagne and Canapés Reception followed by an evening of sumptuous dining, world-class entertainment and live comedy.

The fashion show presented the latest collection by designer Manish Malhotra. Couturier, costume stylist, entrepreneur and revivalist, Malhotra's prolific career spanning 29 years has seen him redefine fashion for an entire generation in India. An avid Bollywood film enthusiast and friend to the industry's glitterati, he has brought his inimitable aesthetic to costume design and styling for the country's leading actors and style icons. Founder of the eponymous label, Manish Malhotra is known in the Bollywood industry for his pathbreaking makeover of the leading actors




SANA SAFINAZ


SANIA MASKATIYA


UMAR SAYEED


RANA NOMAN


MAGHUL

on the silver screen and influencing an individual style narrative in their personal and public lives.

A Fashion Against Cancer auction segment featured pieces donated by leading luminaries from the international fashion landscape such as Manish Malhotra, Umar Sayeed, Rana Noman, Saira Shakira presented by Rania Zara, Sania Maskatiya, Sana Safinaz, Satya Paul, Masaba Gupta, Tarun Tahiliani presented by BIBI London, Delphi, Mahgul, Nida Asad Tapal and shoes by Lucy Choi. The evening culminated in live DJ and dance and an open bar and pink tea chai stall courtesy of Chaiwalla.

Speaking onstage, event organiser and Founder, EBH, Hajira Ahmed said, "Fun, tears, hope and joy and lots of PINK along the way. We have had ten very PINK months of planning the THINK PINK Ball. As we all know cancer has no race, no religion and no boundaries. Cancer affects us all. My greatest inspiration for organising THINK PINK events has always been and will be both my beloved parents. Today we honour those we have lost to cancer and celebrate those who are fighting cancer." OK!


NICOLE KIDMAN

Jennifer Behr
Eleanor Headband,
PKR 60,000



Attico
Silk Pouch,
PKR 80,000



Aquazzura
Wild Fringe 105
Sandals,
PKR 190,000



Christopher Kane
Pleated Lamé Skirt,
PKR 80,000





Attico
Draped Mini
Dress,
PKR 80,000

HIGH VOLTAGE

Back-to-back parties, weddings, special-occasion dinners mean festive season is upon us like no other! Ensure you're party-ready with an utterly fabulous dress and catchy accessories. Check out the season's most statement-making, high shine pieces for every kind of party.

Emily Levine
Tribbie Satin
Clutch,
PKR 50,000



Bershka
Iridescent
Dress,
PKR 7,500





Loeffler Randall
Mariña Headband,
PKR 10,000



H&M
Sequined
Dress,
PKR 6,500

Jimmy Choo
Saphia 85
Pumps,
PKR 130,000



Mia-Iam
Cropped
Trousers,
PKR 16,000





Markoo
Side Blouse,
PKR 58,000



River Island
Metallic Mini
Dress,
PKR 10,000





Off-White
Jitney Clutch
Bag,
PKR 130,000



NK
Skirt,
PKR 55,000

Topshop
Sequin Midi
Dress,
PKR 6,500



Halpern
Draped
Sequined
Tulle Dress,
PKR 350,000





Rotate Birger
CHRISTENSEN
Lamé Mini Dress,
PKR 35,000



Jimmy Choo
Cloud Clutch,
PKR 300,000



Bershka
Jacket with
Sequins,
PKR 8,500



Pull & Bear
Dress with
Draped Detail,
PKR 3,000

Zara
Metallic Top,
PKR 5,000

Rosantica
Kingham
Bracelet Bag,
PKR 100,000



Asos Design
Embellished
Sandals,
PKR 8,000





Prada
Embellished
Pumps,
PKR 150,000



Paco Rabanne
Comet Bag,
PKR 70,000



Topshop
Satin
Headband,
PKR 1,500

Saint Laurent
Disco Mini Dress,
PKR 350,000



Rixos
Emmy Midi
Dress,
PKR 70,000





Regina Pyo
Kayla Lamé Top,
PKR 70,000





River Island
Silver Wrap Top,
PKR 8,000

Zara
Metallic
Cigarette
Pants,
PKR 6,000

Prada
65 Suede Mules,
PKR 140,000





Saint Laurent
Tasseled Plexiglas clutch,
PKR 360,000



Pull & Bear
Sequinned
Stretch Top,
PKR 2,500



TAYLOR HILL

PHOTOGRAPH: GETTY

STOCKISTS: AQUAZZURA, ATTICO, EMILY LEVINE, HALPERN, JENNIFER BEHR, JIMMY CHOO, LOEFFLER RANDALL, PRADA, RIXOS, ROTATE BIRGER CHRISTENSEN www.netaporter.com; BERSHKA www.bershka.com; CHRISTOPHER KANE, MARKOO, MIA-IAM, NK, OFF-WHITE, PACO RABANNE, ROSANTICA, SAINT LAURENT www.farfetch.com; H&M www.hm.com; PULL & BEAR www.pullandbear.com; RIVER ISLAND www.riverisland.com; TOPSHOP www.topshop.com; ZARA www.zara.com; REGINA PYO www.modaoperandi.com; *prices are approximate*





DAVID GANDY

One of Britain's top male models, David Gandy is a not only a sight for sore eyes but he's also always immaculately dressed. You may remember his washboard abs, chiselled cheekbones and blue eyes from Dolce & Gabbana's Light Blue scent campaign. A few years later, his sartorial choices have landed him on our style crush spot.

GETTHELOOK



ASPESI
Basic Shirt,
PKR 18,200



SALVATORE SANTORO
Distressed Shirt Jacket,
PKR 85,300



SANTONI
Lace Up Shoes,
PKR 115,000



CITIZENS OF HUMANITY
Stonewashed Jeans,
PKR 59,000



GIEVES & HAWKES
Polo Shirt.
PKR 39,000



MARNI
Cargo Trousers.
PKR 62,500

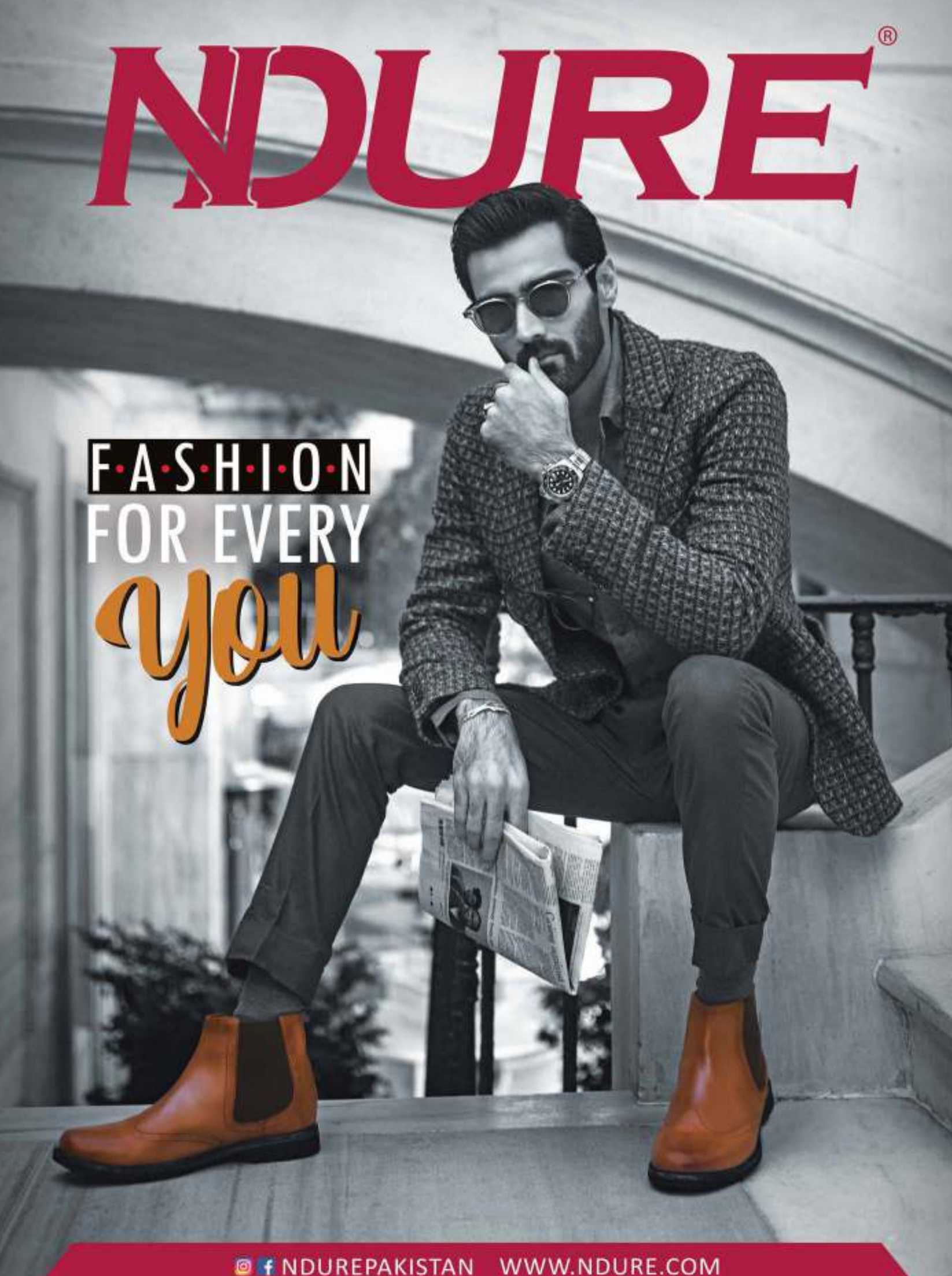


MAGNANNI
Double Buckle Shoes,
PKR 60,900

GUCCI
Square-Frame Gold Tone Sunglasses,
PKR 52,300

PHOTOGRAPHS: GETTY

STOCKISTS: MARNI www.marni.com; GIEVES & HAWKES www.gievesandhawkes.com; ZARA www.zara.com; MAGNANNI www.magnanni.com; SANTONI www.santonishoes.com; CITIZENS OF HUMANITY www.citizensofhumanity.com; ASPESI www.aspesi.com; SALVATORE SANTORO www.salvatoresantoro.com; GUCCI www.gucci.com; *prices are approximate*


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KAIA GERBER

With over 4.9 million Instagram followers, 18-year-old model Kaia Gerber is a force to be reckoned with. Kaia, daughter of former supermodel Cindy Crawford has in the shortest span of time has attained supermodel status herself. While her modelling career has left us in awe, we laud her for her fashion choices this month.

GET THE LOOK

ZIMMERMANN
Honour Mini Dress,
PKR 100,000



NILI LOTAN
Angelina Gilet,
PKR 150,000



PATRIZIA PEPE
Faux-Leather Mini,
PKR 24,000



DSQUARED2
Madonna Pendant Necklace,
PKR 40,000



ALDO
Jaborosa
PKR 1,800



SIMONE ROCHA
Ruffled Tulle Blouse,
PKR 70,000



STUART WEITZMAN
NearlyNude Sandals,
PKR 55,000



DIANE VON FURSTENBERG
Chainlink Sandals,
PKR 35,000



STOCKISTS: ALDO www.aldoshoes.com; DIANE VON FURSTENBERG, SIMONE ROCHA, STUART WEITZMAN, ZIMMERMAN www.netaporter.com; DSQUARED2, NILI LOTAN, PATRIZIA PEPE www.farfetch.com; *prices are approximate*


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SWEATER WEATHER

Keep it easy and cosy like actor Jake Gyllenhaal and stock up on some fun, statement sweaters.



BERSHKA
Sweater with Ombre,
PKR 5,000





HUGO BOSS
Coventry Suede Chukka Boots,
PKR 60,000



DSQUARED
2 Deer Logo Jumper,
PKR 70,000



H&M
Jacquard-Knit Sweater,
PKR 1,500

RAG & BONE
Slim-Fit Denim Jeans,
PKR 32,200



KOCHE
Patchwork Knitted Jumper,
PKR 56,200



MISSONI
Knitted Stripe Jumper,
PKR 44,600





ZARA
Jacquard Sweater,
PKR 9,300

KENZO
Tiger Wool Jumper,
PKR 69,800





ZARA
Fringed Argyle Jacquard Sweater,
PKR 18,400



OFF-WHITE
Embroidered Cotton Jersey Sweater,
PKR 72,500



JW ANDERSON
Ruched Stripe Jumper,
PKR 57,200



RIVER ISLAND
Knit Crew Neck Jumper,
PKR 6,000

SAINT LAURENT
Striped Sweater,
PKR 131,800

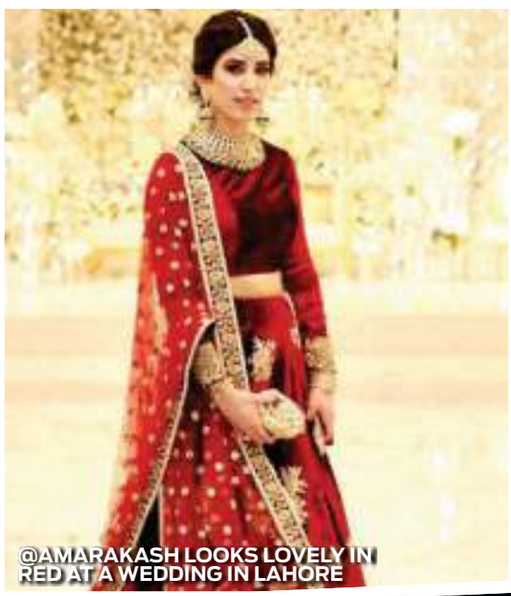


STOCKISTS: MISSONI www.missoni.com; JW ANDERSON www.jwanderson.com; SAINT LAURENT www.ysl.com; ZARA www.zara.com; RIVER ISLAND www.riverisland.com; OFF-WHITE www.off---white.com; RAG & BONE www.rag-bone.com; HUGO BOSS www.hugoboss.com; DSQUARED www.dsquared2.com; KOCHE www.koche.fr; KENZO www.kenzo.com; BERSHKA www.bershka.com; H&M www.hm.com;
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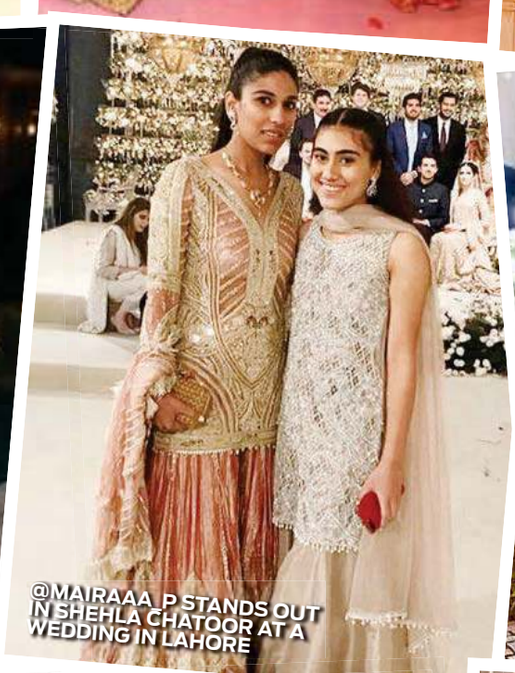
@ANUSHAMAR AND FAMILY DAZZLE AT A WEDDING IN LAHORE



@HTAREEN LOOKS CHIC IN A FLORAL SAREE



@KIRAN.MALIKOFFICIAL WOWS IN FARAZ MANAN PAIRED WITH NEEMAR JEWELS



@MAIRAAA_P STANDS OUT IN SHEHLA CHATOOR AT A WEDDING IN LAHORE



@SADAFKANWAL IS ELEGANT IN A NIDA AZWER SAREE



@WAJIHAIMRAN LOOKS LOVELY IN SHEHLA CHATOOR & AMINA MUADDI SHOES



@Z.MALIK_NICHE STUNS IN A TRADITIONAL RIZWAN BEYG OUTFIT



SANA HASHWANI, SAFINAZ MUNEER AND RUBAB ARIF OF TEAM @ SANASAFINAZOFFICIAL RADIATE GLAMOUR AT SANA'S DAUGHTER'S WEDDING

TEXT: ALIZEH PASHA; PHOTOGRAPHS: INSTAGRAM



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Benchmark

Watch Out!

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BVLGARI
Lucea Watch

BVLGARI
Serpenti Karung Watch

ZENITH
Elite Moonphase Watch

IWC
Da Vinci Watch

DIOR
Grand Soir Botanic Watch

HUBLOT
Big Bang Moonphase Watch

HARRY WINSTON
Avenue Classic Watch

DIOR
La D de Dior Montaigne Watch

DE GRISOGONO
Allegra Watch

CARTIER
Tortue Watch

VAN CLEEF & ARPELS
Lady Arpels Watch

JAEGER-LECOULTRE
Rendez-Vous Sonatina Watch

HERMÈS
Fleurs du Mexique Watch

STOCKISTS: BVLGARI www.bvlgari.com; CARTIER www.cartier.com; CHAUMET www.chaumet.com; DE GRISOGONO www.degrisogono.com; DIOR www.dior.com; HARRY WINSTON www.harrywinston.com; HERMÈS www.hermes.com; HUBLOT www.hublot.com; IWC www.iwc.com; JAEGER-LECOULTRE www.jaeger-lecoultre.com; VAN CLEEF & ARPELS www.vancleefarpels.com; ZENITH www.zenith-watches.com.



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2 For a dewy glow, apply the **BOBBI BROWN** Highlighting Powder to accentuate your cheekbones and more. PKR 7,500



3 The highly pigmented **NATASHA DENONA** Metropolis Eyeshadow Palette is what you need to get glamorous metallic lids. PKR 20,000



4 Apply the **DIOR** Forever Skin Glow to get a medium-to-full coverage to remain flawless for hours. PKR 8,200



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6 Define those brows like no other with the A**NASTASIA BEVERLY HILLS** Brow Definer. PKR 3,500



GET THE LOOK

GITI ARA

During PFDC Bridal Week model Giti Ara walked down the ramp in metallic lids, sculpted cheekbones with glossy lips – a perfect look for the bridal season ahead. Invest in these products to own the look!



7 Use the **HOURGLASS** Caution Extreme Lash Mascara for lashes that lift sky high. PKR 4,500



8 To make your makeup last longer apply the **SMASHBOX** Photo Finish Foundation Primer. PKR 5,600



9 Glide the **PATRICK TA** Monochrome Moment velvet blush on the apples of your cheeks for a rosy glow. PKR 5,000

STOCKISTS: SMASHBOX www.smashbox.com; DIOR www.dior.com; TOM FORD www.tomford.com; PATRICK TA www.patrickta.com; NATASHA DENONA www.natashadenona.com; HOURGLASS www.hourglasscosmetics.com; ANASTASIA BEVERLY HILLS www.anastasiabeverlyhills.com; FENTY BEAUTY RIHANNA www.fentybeauty.com; BOBBI BROWN www.bobbibrowncosmetics.com;
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3. Diptyque L'Ombre Dans L'eau Eau de Toilette 50ml, PKR 13,970
4. Bulgari Splendida Tubereuse Mystique 100ml, PKR 20,760
5. Jimmy Choo Fever Eau, PKR 15,770

COMPILED BY FAIQA SHAHID
PHOTOGRAPHED BY MEHRAM

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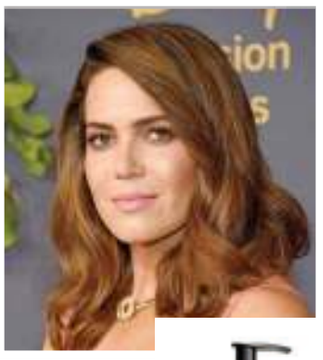
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LOTION THAT SMELLS LIKE COUTURE







With winter comes dryness like a plague! Avoid looking like a corpse and slather on some moisturizer. Our current favourite is the LE LABO Rose 31 Hand & Body Lotion. It's not too creamy but does the job and smells like a million bucks and by that we mean woody, musky and sensual. Celebs such as Ellie Goulding, Cat Deeley and Mandy Moore are fans and you will be too once you get a whiff of its scent.
PKR 10,000; www.nordstrom.com



KAJALINER

Stylist extraordinaire Nabila Maqsood just launched her third beauty product and it's Ah-mazing! Dark and extremely long lasting, the dual sided stick comes with a kajal on one side and an eyeliner on the other. Water-resistant, this star product can create graphic lined lids or even smoky eyes.
PKR 2,990; www.zeromakeup.com

BEAUTY *Essentials*





HIGH PONYTAIL

Stars such as Beyonce, Rihanna, Jennifer Lopez and more have all been spotted sporting a high ponytail. Whether it's poker-straight or curled at the end – the high ponytail suits a myriad of face shapes and even gives a facelift effect. So tie those tresses without dismay and enjoy your hair up for now.



V.B + A.B.

If you're a beauty aficionado like us, you already know who renowned skincare specialist Augustinus Bader is. But did you also know that Victoria Beckham just collaborated with him to create the debut skincare product for her VICTORIA BECKHAM BEAUTY line – a Cell Rejuvenating Priming Moisturiser. By acting as a serum, moisturiser, skin protector and primer in one ... you eliminate the need to buy excessive products and spend on one hero item.
PKR 16,000 for 30ml; www.victoriabeckhambeauty.com



VIXEN LIPS

Every winter just like dryness, dark, berry stained lips come back in vogue.
From Bella Hadid, Kylie Jenner, Karlie Kloss to many more – it is now apparent that you can darken that pout out and about. Make sure though that your make-up is dewy and your lids look natural. On our must-have list is the KAT VON D Studded Kiss Lipstick in Homegirl.
PKR 1,500; www.sephora.com



TEXT: ALIZEH PASHA; PICTURES: GETTY

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What's IN HER BAG?

Actress Yashma Gill reveals to OK! Pakistan what she totes around in her bag.



TONY MOLY Lip Balm
I always keep this lip balm with me as I don't want my lips to look dehydrated.



SUNGLASSES
I always carry shades in my bag, because I can't get out of the house without shades.



TIC TAC
I always need a Tic Tac mouth freshener right after my meals; fresh breath makes me feel good.



BATH & BODY WORKS Sanitizer
This Vanilla Coconut Hand Sanitizer makes your hands smell very fresh and clean especially right after having a meal, I always carry a hand sanitizer with me.

CAROLINA HERRERA Good Girl Parfum
This shoe shaped perfume is my favorite one. It is always important to smell good. It doesn't fit in all my bags but I make sure to fit it however I can.





AYMR Lip & Cheek Stain
This gives a very nice and natural pink tone to my lips. It's my on-the-go lip tint.



BAND-AID
Just in case, the need for a bandage arises.



CHARGER
Everyone should carry a charger in his or her bag because you need to charge your phone.



THE BODY SHOP Lip Balm
This pyramid shaped lip balm gives you moisturized lips with a hint of pink.



REVLON Eyelash Curler
It instantly opens your eyes even if you don't have mascara on you.



PRODA Tape Power Bank
I always need a power band with me because of my shoot routines.



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MY WONDERFUL LIFE

The gorgeous Izza Sami Khan shares some of her favourite things with *OK*! Pakistan

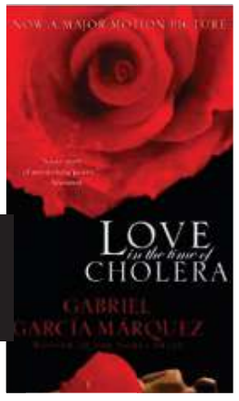


Favourite get away?
Maldives, hands down.



Favourite scent?
Depends on the season – I like something a little more intense for the winter so it's currently Jo Malone Velvet Rose and Oud.

All-time favourite movie?
Can't pick one but from the past couple years it would have to be Interstellar.



Favourite book?
Love In The Time Of Cholera – it kind of just stayed with me a while.



Three must-haves in your bag?
Sol de Janeiro Hand Cream, Laura Mercier Secret Camouflage Concealer, and lipstick (currently it's Charlotte Tilbury's Sexy Sienna).



Most memorable moment?
One of my top five memorable moments would definitely be being in Venice the night of the Redentore Festival and watching the fireworks with my husband – it was magical and nothing like I've seen before.



Latest extravagant buy?
All the clothes I just bought for my sister's wedding.

Celebrity crush?
Tom Hardy.





Favourite style icon?
Crushing on Rosie Huntington these days.

Fitness regime?
Three resistance and three cardio workouts a week.

Guilty pleasure?
Shack burger with a vanilla milkshake.



Favourite indulgence?
Really good Japanese food.

Celebrity encounters?
Anna Wintour in Rome this summer!

NETFLIX

Ideal weekend?
Staying in for some R and R with my dog Drogo and my hubby while binging on some Netflix and carbs.

Favourite pastime?
Spa day!

MATCHES
FASHION.COM

Beauty extravagance?
Skincare, skincare and skincare – Dr. Nigma Serum No 1 and IS Clinical Active serum are my hero products.

Favourite designers?
Couldn't pick one but I love shopping the curated edit at Matches fashion.

Can't live without...?
My sisters!

MUST-HAVE Beauty

OK! Pakistan brings you the best of what's in store from the editor's desk!



ÉMINENCE Firm Acai Masque

This unique combination of acai, blueberry, raspberry and blackberry feeds your skin and keeps it looking healthy. It plumps and regenerates your skin for an ageless appearance.
PKR 7,720; Available at leading salons

FENTY BEAUTY Glossy Posse Mini Gloss Bomb Set

This limited-edition collection of five mini Gloss Bomb shades, featuring bestselling FU$$Y and four brand-new, colourful shades is perfect for the festive season. You get a bunch of glossies for different looks at an affordable price.
PKR 6,000; www.sephora.com





PETER THOMAS ROTH 24K Gold Pure Luxury Lift & Firm Prism Cream - Rs.6000

Treat your skin and indulge in this über luxe facial moisturiser that tackles major issues like discoloration, dullness and fine lines. It is suitable for all skin types and is a delicious optical illusion for flawless looking skin.
PKR 6,000; Available at leading salons

FANOLA No Yellow Shampoo

Ideal for grey, blonde or discoloured hair. FANOLA's No Yellow Shampoo contains violet pigments that tone down unwanted yellow hues on grey, light blonde or streaked hair. Just shampoo your hair with this once or twice a week and avoid that gross, yellow, brassy tone.
PKR 1,600; Available at leading salons

TATCHA Dewy Glow Set

If you've been wanting to try one of the leading skincare brands in the industry now would be the time. The limited-edition TATCHA set contains the Dewy Skin Cream, the Silk Canvas, the Violet-C Radiance Mask and the Luminous Dewy Skin Mist – star products that will elevate your daily skincare routine. Formulated using Japanese technology, we recommend you grab this.
PKR 8,500; www.sephora.com







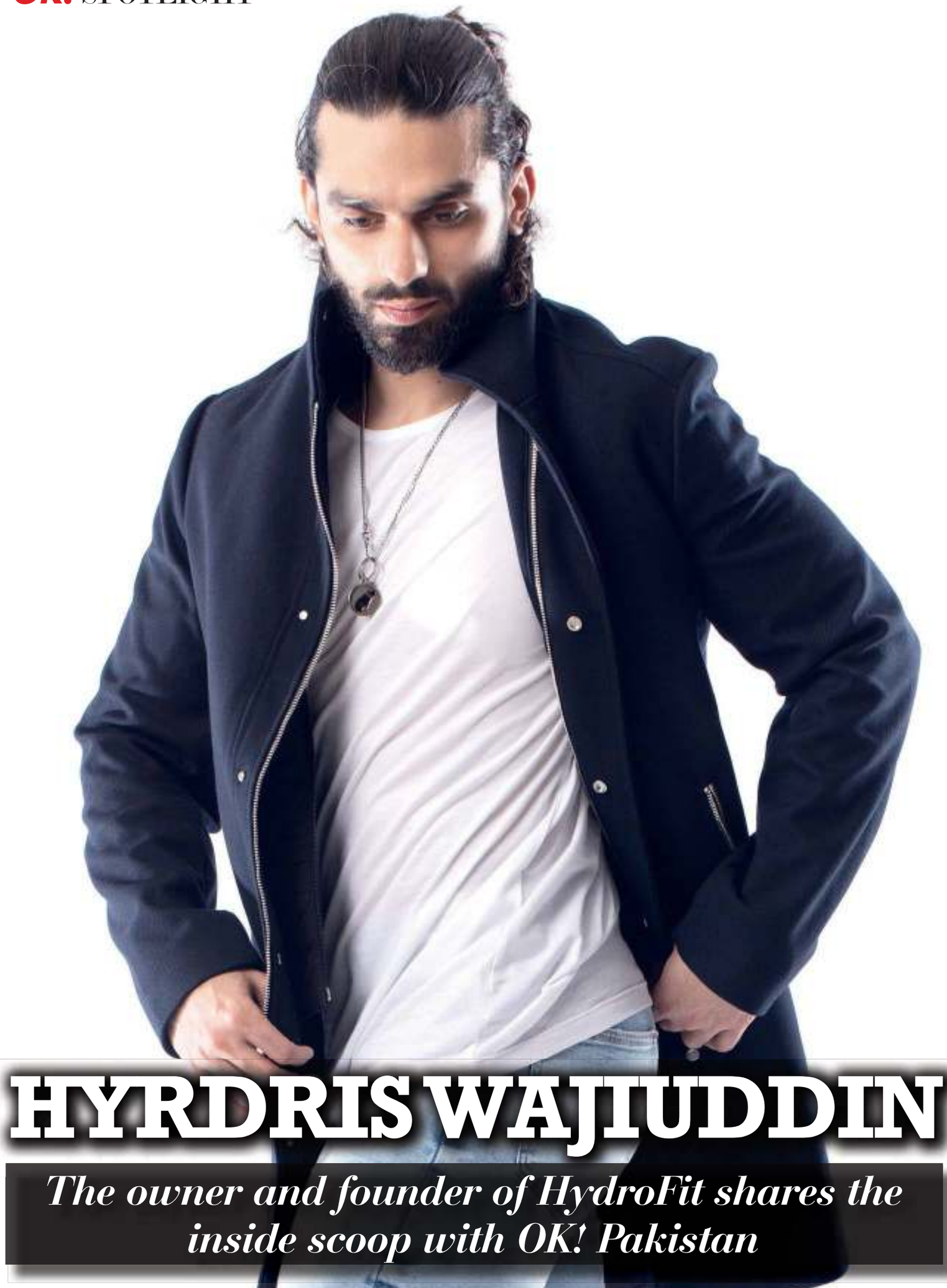
YVES SAINT LAURENT Libre Eau De Parfum Duo Set

Update your scent according to the season and try the latest YVES SAINT LAURENT Libre Eau De Parfum. It's a mix of Lavender, Orange Blossom and Musk encapsulated in a beautiful bottle that will dazzle your beauty countertop and make you smell haute.
PKR 14,000; www.sephora.com



ERNO LASZLO Hydra Therapy Memory Sleep Mask

Ready for a recharge? The ERNO LASZLO Sleep Mask soothes, plumps and delivers a burst of replenishing moisture whenever thirsty skin needs it most. After sun, travel, pollution or other stressors deplete your skin, natural hydrators cool it down and deliver vital nutrients, refreshing and filling fine lines so skin looks younger and energized.
PKR 15,000; Available at leading salons



HYRDRIS WAJIUDDIN

The owner and founder of HydroFit shares the inside scoop with OK! Pakistan



Despite the longevity and success that he's had as a trainer and coach, Hyrdris Wajiuddin owner and founder of HydroFit, has remained humble and approachable himself. He takes pride in the attention to detail that he provides to his clients as well as his never-ending aspiration to better himself and his clients through fitness.
Read about his fitness mantra, his fitness philosophy and more...

What inspired you to join the fitness industry? How did you develop a love for health and fitness?
Hyrdris Wajiuddin: I come from a very fitness-oriented family background. As a child I was always at clubs playing sports or swimming, and at school I always stood first in running competitions and was always seen playing football or basketball. My father and my brother are both national badminton champions and I was also a professional swimmer, competing in the Sindh Open and Interclub and Club championships for however long I was training. I would incorporate gym workouts in my swimming training, but eventually developed more of an interest for fitness rather than swimming.
A lot of people were pretty impressed with how I used to workout and they would almost always require help with their workouts. That developed an interest because I connected with their bodies so well and got to see how different workouts would react to different bodies. That's when I delved into the subject further and from that point onwards, there was no stopping me.

How would you describe your fitness philosophy?
HW: For me, fitness is not a challenge or a transformation that someone can just do for a specific time period. Fitness for me becomes part of your daily routine and is as important as food or sleep. It becomes a lifestyle and there is no debate with me when it comes to this.

What's your typical day like?
HW: I wake up at 5:50AM, shower, have my breakfast and then I'm off to the gym. I like to get my own workout out of the way first so I'm training from 6:45-7:30AM. From that time onwards till 1:00PM we have clients and group sessions non-stop. We take a "break" for a couple of hours which is technically not a break because we have so much of work going on behind the scenes as well. Clients start coming in after 3:00PM and we're back to training till about 9:30PM. Hectic, yes, but I wouldn't trade this for anything else.

Do you have fitness goals for yourself? If so, what are they?
HW: Of course, I do. Without them I can't proceed in life so I always have some goal or motivation in mind to move forward. If there is one goal, it is to increase muscle size while staying shredded at the same time. It is hard, but that is one thing I would want to attain.

What do you like the most about your gym and training others?
HW: I can't explain it. It's a magical vibe and anyone who comes here will tell you that the vibe is unreal. When it comes to training others, whether they feel it or not, I see every client as a projection of myself so I get very connected to them; everything that they do when it comes to their physical aesthetics and internal fitness, I'm there with them.

Can you describe your time management approach for assisting individual clients versus group workout classes?
HW: We have one muscle-based workout for everyone. For instance, if we're training legs, whether they're here to lose weight or gain muscle, everyone follows the same muscle workout but a different routine. I've hired trainers who work with group sessions, but even if I have a one-on-one client, everyone is under my radar, which is one of the reasons why I've kept the gym small.

What are some common fitness misconceptions/questions you are asked by your clients?
HW: "Weight uthanay se hum barey hojayenge" is a common misconception that women seem to have and "Weight uthanay se hamien injury hojayegi" is a common misconception that men seem to have. These are the most common misconceptions I deal with. People also approach me and tell me that your height stops increasing when you start lifting weights, I'm like, "Dude, you're already an adult. You're not going to grow anymore." But you know, it is what it is.

How is your fitness mantra different from others?
HW: It's all about the lifestyle, baby. All day, all night, all year round.

How do you incorporate nutrition into your coaching?
HW: There is no coaching without nutrition. It covers 80-90% of your day. Imagine if ▶



Rapid Fire:

When you're not coaching and training, what are some other things you like to do for fun?
HW: Netflix and chill.

Future plans for Hydrofit?
HW: Stay tuned!

What is your favourite food to eat on a cheat day?
HW: A 250-gram beef patty burger with cheese fries!

Favourite superhero?
HW: Okay, he's not really a superhero, but to me he is. Maximus from *Gladiator*!

Last book you read?
HW: Not gonna lie, I'm not a book worm. I've done tons of internet reading, but never a book.

Ideal destination?
HW: La-Roche-sur-Yon, France, which also happens to be the place where I was born.

Favourite celebrity you've worked with?
HW: I don't have a favorite. They're all amazing. Everyone becomes a part of me and they're all family so the list is really long. I'm truly blessed.

Describe HydroFit in three words?
HW: Consistency, honesty and punctuality.

If you could get yourself anything, what would you get?
HW: I'm already blessed to have whatever I need in life so I'm fairly content.

Pet peeves?
HW: People who don't come on time and those who don't stick to their words and don't keep their promises. Also, cleanliness, cleanliness, cleanliness. Everyone and everything has to be clean around me.

> “I don’t believe in instant results, so you’re knocking on the wrong door.”

you’re only giving me 40 minutes out of your day, you still have 23 hours left; so, your sleep, nutrition and overall lifestyle (whether active or sedentary) all play a role in how you look physically and aesthetically. Whenever I talk to a client about their goals, the discussion is mostly about nutrition because there’s no debate about my fitness regimen since it’s what I do and I am responsible for my clients’ workout, but they are responsible for their own nutrition, which is why discussions with clients mainly revolve around that.

What’s the main difference that you’ve noticed when training a professional athlete versus training a celebrity/entertainer, and then versus training an amateur?
HW: For me, fitness is my passion. Whenever a client joins me, they always score 100 points in my book. They only start to lose points with how they are towards me as humans. Whether he/she is an amateur or a professional athlete, that has no benchmark for me. It doesn’t matter whether they’re stepping into a gym for the first time, or they’re a celebrity or just a regular client. Everyone is treated as an equal at HFT.

Do you have any standout clients in terms of transformation and/or lifestyle change?
HW: So many. Whoever comes here, transforms – so, are you ready for the list?

Can you tell me three essential exercises you suggest for all clients, and why?
HW: Compound exercises like squats, deadlifts, and core. These are compound exercises that cover your muscles from head to toe and you shouldn’t miss out on any of them.

Walk us through an overview of a training program you would set up for a client looking strictly for weight loss and toning. What do you tell clients who are looking for instant results?
HW: I don’t believe in instant results, so you’re knocking on the wrong door. It’s a lifestyle. Aesthetic and physical results are a free package after a few months of training with me but that is not our main focus. You’re focusing on making yourself healthier and being the best version of yourself. Not only do you start seeing results after a while but you become stronger as well.

What are your thoughts on the fitness sector generally?
HW: The fitness scene right now is crazy. I’m so happy and proud of whoever is out there getting everyone fit. Mad respect to all my fitness colleagues and sending you all positive vibes through and through. OK!

INTERVIEW: MEHR KASSIM
PHOTOGRAPHS: COURTSEY HYRDRIS WAJIUDDIN





UP CLOSE WITH

ZUBAB RANA

OK! PAKISTAN GETS UP CLOSE AND PERSONAL WITH THE TALENTED TELEVISION ACTRESS

Zubab Rana made her dubut as an actress in the television series *Naseebon Jali* for which she was nominated as the Best Soap Actress at the Hum Awards. Since then there has been no looking back for the talented actress. She is best known for her role as an antagonist in the television series *Mere Khudaya*, for which she was nominated as the Best Emerging Talent at the Lux Style Awards.
OK! Pakistan talks to Zubab Rana about her role as Aleena, her inspirations, showbiz and more...

How would you define yourself as an individual?
ZUBAB RANA: I am an emotional person, but at the same time I am really strong headed and confident. I don't let my emotions get the best of me, but I think it is a strong part of my personality.

At what point in your life, did you realise that you were destined to be an actor?
ZR: I never really wanted to be an actor, but once I started, I wanted my dramas to have some kind of a message. I want to work on dramas that are close to reality, so that my audience has the chance to relate to it, and I have the chance to put something positive out there through my work.

Who is your inspiration?
ZR: Every person who works really hard is my inspiration.

Describe a typical day in your life?
ZR: Shoots, if not, then I do things, which I haven't tried.

The role of an antagonist, Aleena in the drama serial Mere Khudaya, had a lot of shades. Can you tell us a bit about that? How did you decide on playing the role?
ZR: Aleena's character from Mere Khudaya is







still remembered, and you can say that people started hating me as Aleena, which was a good thing for me as an actress. I got positive reviews for this character, but when I initially got this role I was confused about whether or not I should do it because the character is so unlike me. The script was amazing and that's why I couldn't stop myself from playing this role.

From the few roles you have played so far, which has been the one which has impacted you the most – in a positive or a negative way?
ZR: I've always wanted to challenge myself with the characters I play so when I took on Aleena's role, even though it was really tricky, I went ahead with it because it highlighted an important social issue. So, this role really impacted me, because being in that kind of a story, I could really understand what girls must go through.



You were nominated in the category of Best Emerging Talent at the Lux Style Awards 2019. How did that make you feel?
ZR: It felt great, but I think there are a lot more things that I need to achieve.

When a script comes your way, what gives you the feeling that this might just work?
ZR: I always make sure to give my best, because I am really passionate about my work. Whenever any character is given to me, I put my heart and soul into it. I try to pick roles that would leave some kind of an impact on the audience, because it is important to give out a social message.

How do you prepare for your characters? Is there a certain philosophy that you always follow to get into the feel of a role?
ZR: You just need to mould yourself in tune with the character, whether it's negative or positive.

Any role you would want to do that hasn't come your way?
ZR: I want to do a life-changing character; something that would leave an impact on the audience.

Likes and dislikes about showbiz?
ZR: I think all this depends on yourself, and how you treat showbiz.

How do you maintain a perfect balance between your work and family life?
ZR: I always make sure to give proper time to my family.



Any plans to venture into movies?
ZR: If a good script comes my way, you guys would soon see me on the big screen.

What's your fitness regime?
ZR: I eat healthy, I drink a lot of water, and I work out.

Favourite holiday destination?
ZR: Bali and Maldives.

Beach or the mountains?
ZR: I like both; it depends on my mood.



Favourite food?
ZR: I am not really a foodie.

Modelling or Acting?
ZR: Modelling.

A fun fact about you that people are not aware of?
ZR: I am a fun person to be around, if you are my friend you'd know this.

Facebook or Instagram?
ZR: Instagram.

Day or night?
ZR: Night.

Last movie watched?
ZR: *The Fault In Our Stars*. OK!

INTERVIEW: MEHR KASSIM
PHOTOGRAPHER: JAFFER HASAN
HAIR & MAKE-UP: NABILAS
WARDROBE: MANTRA
STYLIST: FAIZ@ ON FLEEK
COORDINATION: TEAM ALCHEMISTS

LORNA JANE CLARKSON



The Australian fashion designer and fitness guru shares two recipes from her cookbook Eat Good Food

Pumpkin And Cauliflower Soup With Tahini Cream

SERVES 4

INGREDIENTS

- 750g (1½lb) pumpkin, skin on, cut into wedges
- 500g (1lb) parsnips, cut into rounds
- ¼ cup (60ml) cold-pressed extra-virgin olive oil
- 500g (1lb) cauliflower, broken into small florets
- 1 teaspoon cumin seeds
- 1 large brown onion (200g), chopped
- 1 litre (4 cups) vegetable or chicken stock
- ¼ cup (40g) pomegranate seeds
- ¼ cup flat-leaf parsley

For the tahini cream

- 2 tablespoons hulled tahini, at room temperature
- 1 teaspoon water, approximately
- ¼ cup (70g) Greek-style yoghurt
- 1 tablespoon lemon juice cream



SERVES 4

1. Preheat oven to 200˚C/400˚F. Line two oven trays with baking paper.

2. Place pumpkin and parsnip on one tray; drizzle with 1 tablespoon of the oil. Season. Place cauliflower on remaining tray; drizzle with 1 tablespoon of the oil and sprinkle with cumin seeds. Season. Roast pumpkin and parsnip for 45 minutes or until soft. Remove parsnip when it is tender (it may cook faster than the pumpkin). Roast cauliflower for 40 minutes or until golden and slightly charred. Scoop the flesh from the pumpkin; discard skin.

3. Heat remaining oil in a large saucepan over medium heat; cook onion for 10 minutes or until soft. Add pumpkin flesh, parsnip and stock; bring to boil. Reduce heat; simmer, covered, for 15 minutes. Stand for 10 minutes to cool slightly.

4. Blend or process soup, in batches, until smooth. Return soup to pan over low heat; stir until hot. Season to taste.

5. Meanwhile, to make tahini cream, combine tahini, yoghurt and juice in a medium bowl. Thin down with the water, if needed.

6. Serve soup with a dollop of tahini cream and topped with cauliflower, pomegranate, parsley and a sprinkle of extra toasted cumin seeds, if you like.

Key Lime Tartlets

SERVES 12

INGREDIENTS

- 1 ½ cups (225g) raw cashews
- 2/3 cup (150g) fresh dates, pitted, chopped coarsely
- 1 ½ cups (115g) shredded coconut, toasted
- 2 tablespoons cacao powder
- ½ teaspoon sea salt flakes
- 2/3 cup (160g) cold-pressed extra-virgin coconut oil, melted
- ½ cup (125ml) lime juice
- ¼ cup (60ml) lemon juice
- 2 medium avocados (500g), chopped coarsely
- 1/3 cup (80ml) pure maple syrup
- 8 drops stevia
- Thinly sliced lime rind, to serve



1. Place cashews in a small bowl; cover with cold water. Stand, covered, for 2 hours. Drain cashews, then rinse under cold water; drain well.

2. Process one-third of the cashews until finely chopped. Add dates and process to form an almost smooth paste. Add shredded coconut, cacao, half the salt and 2 tablespoons of the coconut oil; pulse to combine.

3. Line a 12-hole (1/3 cup/80ml) muffin pan with 2 strips of baking paper in a cross, over base and up sides of holes. Press slightly heaped tablespoonfuls of the date mixture into each case, firmly pressing up against the sides. Refrigerate until needed.

4. Blend remaining cashews with remaining ingredients, using a high-powered blender, until mixture is a very smooth consistency. Spoon evenly among cases; refrigerate for at least 4 hours or until set. Serve topped with lime rind and micro herbs, if you like.

EAT GOOD FOOD, £32, BY LORNA JANE CLARKSON, IS OUT NOW. VISIT WWW.LORNAJANE.CO.UK. OK!



10 MINUTES 38 SECONDS IN THIS STRANGE WORLD

The city of Istanbul harbors its secrets. Behind all the glitter and the swooning glory of picturesque sceneries, lies fragments of debauchery and struggles. We might imagine Istanbul as a honeymoon destination but according to Elif Shafak's novel *10 Minutes And 38 Seconds In This Strange World*, it is dark and remorseless as a bustling metropolis can be, and somewhere in that city is the dead body of a murder victim Leila Tequila, but her mind still lingers for about 10 minutes and 38 seconds, giving us enough glimpse of her life to know her.

The British-Turkish writer Elif Shafak pens a gripping historical fiction, which caught the world's eyes and mine as it was placed on a bookstore which I patronize often. I usually don't plan which book to purchase before visiting the store. I enjoy unexpected encounters and this was one of the best ones – encountering a novel amidst all its scent and curiosity after I had read the synopsis. Elif Shafak has written several psychological and tradition barrier breaking books. She is widely known for her two top winning novels *The Bastard Of Istanbul* and *Forty Rules Of Love*. Soon this one will be added to the list as it was nominated for the prestigious Booker Prize Award 2019. The author holds a PHD in Political Science and is also an avid TED speaker.

The book is divided into three parts; the first is the time span of 10 minutes and 38 seconds in which Leila reminisces all her life memories while the second and the third parts are after her death and what becomes of the body.

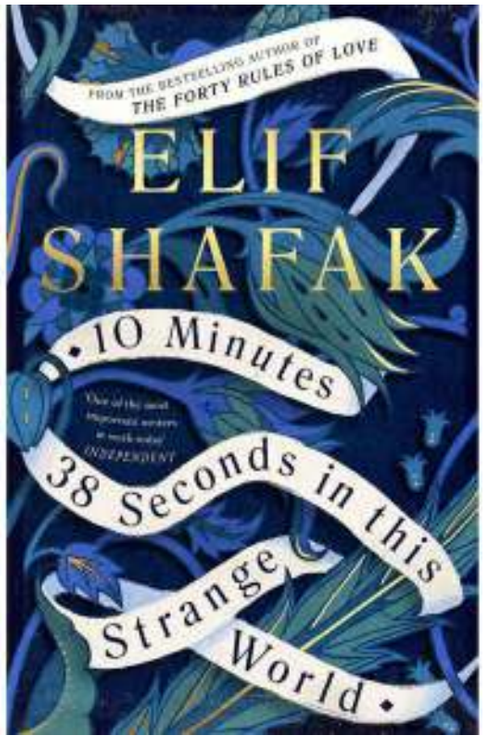
Leila Tequila leads a much-confined life in the little town of Van. Her family consists of staunch Muslims due to which traditions and religion often become an obstacle for little Leila's adventures, well, until she runs away from home after the death of her only, yet abnormal brother Tarkan. Being anxious of the truth that her real mother was actually her aunt, dealing with a pedophile uncle, and being thrown into an arranged marriage with an abhorred cousin (the son of the same debauch uncle), it had already become unacceptable for Leila to endure any further as she eloped to Istanbul, a big city for dreamers.

Our protagonist was in her mid-teens when she arrived in the big glamourous city. She had always wished to visit Istanbul where she would be free from her rigid and dysfunctional family. The Turkish capital would be the best place to live her dreams and a peaceful life. She fulfilled her promise to the big city by visiting it, but Istanbul did not do quite the same. Leila was forced to live through hard ways in a brothel. She soon found out the all that glitters wasn't gold and she was facing the music for believing in an illusion – a misconception about Istanbul. She once says: "Istanbul was an illusion, a magician's trick gone wrong."

Five more characters play a significant role in our unfortunate protagonist's escapades, each with their unique names. There's Sabotage Sinan – Leila's childhood friend, who decided to follow her to Istanbul. Nostalgia Nalan – a transgender atheist. Zainab122 – a female midget who was a maid in the brothel Leila lived in. Hollywood Humeyra – who met Leila coincidently while saving a cat who they later named Mr. Chaplin. And last but not least, the North African Refugee Jameela. These five were everything Leila had; each of them unique and with an endless feeling of love and care for one other. I really admired the bridge of emotions between them being shared.

Elif Shafak creates her own world under her own crafted blanket of emotions and fiction. She sheds light to many hidden secrets of the city. I never knew the European influenced Turkey was (or maybe still is) a place of strict social values and not as liberal as it seemed. I like how she has put a twinge of historical events including the assassination attempt on US President Kennedy, the World War moments when the US fleet had arrived in Istanbul, and the inauguration of the Bosporus Bridge. Shafak writes about racism and social atrocities. She has reminded us in her works that the grass on the other side is not always greener. She has reinforced us tremendously with perceptions by dividing the crucial issues and her thoughts on each of the characters.

Once when the US fleet was about to land, the owner of the brothel Bitter Ma had decided to transform her place into a beautiful luxurious one in order to entice the American pockets and while the US fleet soldiers failed to visit the red light area due to a protest movement, one rebellious man managed to visit the brothel in search for Leila. He calls himself D/Ali and he turns out to be Leila's fervent swain. They soon marry and Leila hopes to spend a peaceful, respectable life with her lover in the coming days.



Just when everything seems to be a happy ending for Leila, things soon start taking an unfortunate turn. Leila once visits a protest rally with her new husband. The protest is subjugated by the forces and D/Ali ends up dying. Leila realises how fast her happiness and solace vanished; just as fast as they had come. Later Leila continues working for Bitter Ma at the brothel.



One fine day while returning from a rich client, Leila accepts a ride with two guys without informing Bitter Ma. The next day Leila's dead body is found in a trash bin brutally abused. Afterwards, confirming she has no blood relatives who are willing to receive her body, the government decides to bury her inthe unfortunate Cemetery of Companionless (a real place in the Turkish city of Kilyos).

Leila's five friends, who were not allowed to receive her body for not being related by blood, decide to exhume her from that dreadful graveyard and give her a proper Islamic funeral with a grave in a normal graveyard. After a series of dramatic events, they end up throwing Leila's body into the sea, even after being caught by the police after, since she had always wanted that and not a burial.

Leila, though dead, observes the happenings around her and seems to be at peace and harmony finally.

While the Turkish writer crafts a stirring piece of fiction literature, she fails to further enrich the details of the society, which leave many curious unanswered questions. Elif Shafak has only highlighted social issues through her work such as the attitude towards transsexuals without going further into it, and if she had done that, this could have been arguably the most emotional story of the year.

One more thing is that Leila seems to notice everything even after 20 hours of her death while it says explicitly in the beginning that the mind of the dead does not last for more than 10 minutes and 38 seconds. This creates confusion within me. Other than that, it's a fine piece of art making you come back for more and more.

Ten Minutes And Thirty-Eight Seconds In This Strange World is an eye-opening letter to the world. I would highly recommend this book, especially if one desires to know about the unknown, where it's more than meets the eyes. The reader gets to share ardent emotions with the fastidiously crafted characters, as if you are a part of their world. OK!

REVIEW: SHARGEEL SHEIKH

STOCKISTS: LIBERTY BOOKS www.libertybooks.com

TRAVELLER'S TALE

ABEER RIZVI GOES TO TURKEY













The model shares details of her recent trip with *OK*! Pakistan

Where did you go?
ABEER RIZVI: Turkey.

What made you go here?
AR: I had a shoot for a shoe brand.

What did you pack?
AR: Essentials as well as different kinds of clothes and shoes.

What was favourite meal/restaurant?
AR: Nusret in Istanbul was a lot of fun.

What was the biggest highlight of your trip/ most memorable moment?
AR: Roaming around the beautiful city and meeting different people.

Favourite shopping destination?
AR: The Nisantasi area of Istanbul.

Some sights worth seeing?
AR: The Marmara Island, the Topkapi Palace and the Blue Mosque area are all memorable and beautiful.

What are some spots for a night out?
AR: I didn't venture out at night as shoot days meant early to bed.

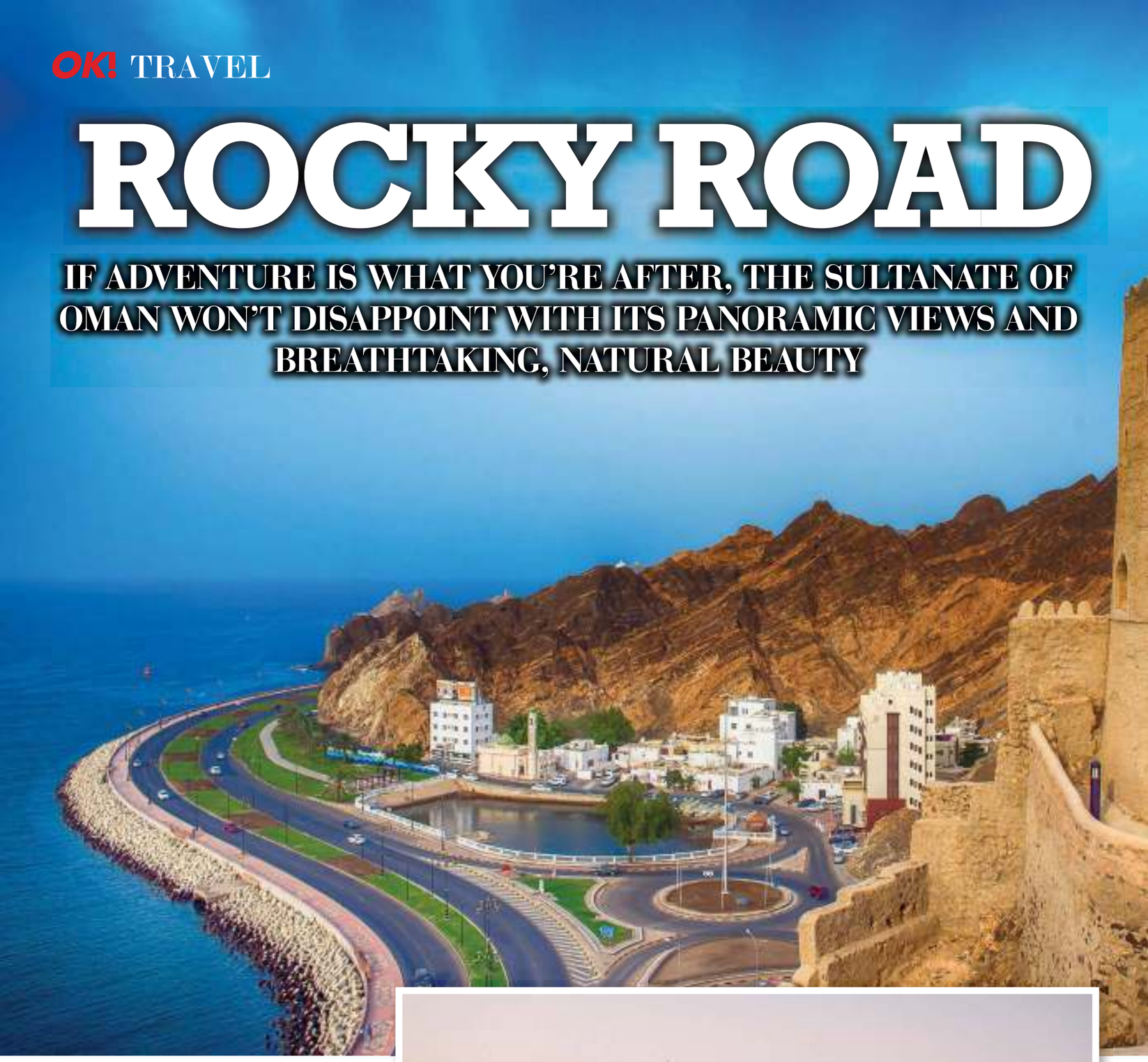
Travel essentials?
AR: Toothpaste and toothbrush!

Any travel tips you would like to share?
AR: Don't forget your money at home and your heart at the destination. OK!

TEXT: MEHR KASSIM; PHOTOGRAPHS: COURTESY ABEER RIZVI

ROCKY ROAD

IF ADVENTURE IS WHAT YOU'RE AFTER, THE SULTANATE OF OMAN WON'T DISAPPOINT WITH ITS PANORAMIC VIEWS AND BREATHTAKING, NATURAL BEAUTY



WHY GO THERE?

One of the Middle East's undiscovered gems, the Sultanate of Oman boasts over 1,000 miles of coastline, endless desert delights, rugged mountains dotted with historic forts and bustling bazaars – the perfect place to buy souvenirs. The former Portuguese colony celebrates its National Day on November 18 with a public holiday, when you'll see colourful parades, fireworks, camel races, an equestrian show, a marine festival and much more in the capital Muscat. Head there in December, however, and you may be brushing shoulders with royalty as the Duke of Cambridge is due to visit Oman and nearby Kuwait.



MUST-DO ACTIVITIES?

Unlike its neighbour Dubai, Oman is not all about skyscrapers and commercialism, but low-rise whitewashed buildings, traditional villages, local heritage and handicrafts. A lovely way to view this is by hiking in the mountains, passing through villages and terraced hillsides or exploring steep-











sided wadis (the Arabic term for valley). You can also admire the ancient trees brimming with apricots, dates, olives, walnuts and pomegranates as you go.

Quad biking and dune bashing across the miles of empty desert is a popular visitor recreation. However, *OK*! couldn't resist a more adrenalin pumping activity – abseiling! It was a really exhilarating, albeit nerve-tingling, experience, as we abseiled from a 75-foot cliff and we were very happy to reach the ground intact! We also enjoyed a more leisurely pursuit when we were driven to a remote mountain spot where a delicious picnic was laid out on a handcrafted Omani carpet. *OK*! had some unexpected visitors, too – mountain goats!

Be sure to visit the waterfront Muttrah Souq, the famous marketplace in Muscat with views of the Oman Royal Yacht Squadron. This is HM Sultan Qaboos bin Said al Said's private collection of boats ranging from super-sleek yachts to traditional wooden sailing vessels. At the market, you'll experience a visual and sensory overload. The colourful stalls overflow with barrels of spices (saffron and turmeric), traditional carpets and handwoven textiles, silver and gold jewellery, pottery and Omani sweets (Halwa).

WHERE TO STAY?

Perched 6,575 feet above sea level in the majestic Jabal Al Hajar Mountains is Sahab Resort and Spa. *OK*!'s two-hour drive in a 4x4 Jeep from Muscat airport was spectacularly scenic as we made the steep ascent to reach the luxury new 27-room hotel that commands jaw-dropping views of the surrounding mountains. The four-star boutique retreat had been designed to blend seamlessly into the rugged terrain with its rocky exterior walls using local limestone packed with ancient fossils. As we walked into the lobby, a wonderful aroma of roses (the hotel makes its own rose water) greeted us. After being offered a traditional cup of Omani coffee and dates, we were shown to our elegant room featuring Arabic lights, striped carpets and stone floors with a terrace offering more stunning views. Enjoy further panoramic vistas from the hotel pool – the perfect place to sit and enjoy a drink as the sun sets. After a long day exploring, *OK*! enjoyed a perfect indulgent massage in the hotel's URU Spa, where the calming scents, candles and music all aided relaxation.

WHERE TO DINE AND BE SEEN?

What was truly special about the hotel's Warda restaurant is that *OK*! literally dined under the stars on the outside canopied terrace surrounded by the natural beauty of the mountains. The restaurant has an open-air grill (as well as a pizza oven) and the menu features both Omani and Western dishes. *OK*!'s favourite was the succulent lamb chops, hamour fish spiced with Omani masala and umm ali for desert, a heavenly Arabic sweet pastry.

FEATURE BY MEGAN DAVIES
EDITED BY OK! TRAVEL EDITOR ANNABEL MACKIE
PHOTOGRAPHS: SHUTTERSTOCK

WHAT TO DO IF YOU FEEL LIKE A FRAUD

EVEN THE STARS HAVE IMPOSTER SYNDROME, WITH ELLIE GOULDING AMONG THOSE FEELING THEY DON'T DESERVE THEIR SUCCESS



ALESHA HAS ADMITTED TO BEING 'CRIPPLED BY FEAR'.

She may be basking in a post-wedding glow, but singer Ellie Goulding has spoken about her battle with imposter syndrome. Though not an officially recognized medical condition, the anxiety-based problem makes us seriously doubt our own ability, and is said to affect 70 per cent of the UK. Writing on social media after World Mental Health Day, Ellie, 32, said: 'I know I chose this job but nothing could have prepared me for the ups and downs that come with it. I know that a lot of my anxiety has come from what they call "imposter syndrome", not believing in myself enough and thinking that I don't deserve happiness, which sometimes results in sabotaging your own success.'

The Close To Me singer – who married art dealer Caspar Jopling in August – is not alone with such feelings, and Britain's Got Talent star Alesha Dixon revealed earlier this year: 'I've definitely been crippled by fear... inside, I always had a niggle in my brain, moments of self-doubt which made me question my abilities.'

Meanwhile, Michelle Obama, 55, has also said: 'I still have a little imposter syndrome, it never goes away.' And The Circle presenter Emma Willis, 43, recently said of her early career: 'In the beginning, it did feel like a bit of a boys' club, and I did feel a bit out of place. But back then I knew nothing about media or television. I thought I was an imposter.'

Here, *OK*! finds out more about this very modern malaise – and how best to tackle it...



What Actually Is Imposter Syndrome?

While not a medically recognized disorder, imposter syndrome describes an attack of self-doubt which leaves us feeling fraudulent, either personally or professionally. Psychologist and bestselling author Katie Woodland (www.katiewoodland.co.uk) tells *OK*!: 'As a phrase, it was first coined in 1978. It's something I help women with a lot, and there are many theories on it. But, in my opinion, it's simply a fear-based anxiety which we have every time we step outside our comfort zone. We're terrified of the unknown and are genetically wired to stay where it's safe.'

Who Is Most Susceptible To It?

Many studies suggest women are worst



EMMA WILLIS

affected, but Katie says: 'That's not the case – men feel it equally. Women just talk about it more.' And though statistics state that 70 per cent of people have it, she adds: 'I actually think it affects everybody. We all have an insecurity about something and we all measure ourselves against other people. We're social creatures and need to be accepted, so every time we do something that threatens us, we feel it. The only people who probably don't have it are young kids, because they're fearless.'



What Are The Symptoms?

Resembling classic signs of anxiety, it varies widely. 'It depends how much you're outside your comfort zone. If you're taking a giant leap, you might get palpitations, feel sick or have a panic attack. But if you're just gently testing the water, you might find yourself talking negatively, or doing what you can to avoid certain situations.' Often, symptoms can be triggered by external factors – such as social media or 'fear of missing out (FOMO)'. 'Most people present their 'amazing' life rather than their problems on social media. We measure ourselves against that – when in reality we never know what's really going on with them.' As for whether such lifestyle factors have increased imposter syndrome, Katie adds: 'It's hard to know – people still felt it 20 years ago, they just weren't sharing it in the same way.'



ELLIE GOULDING



MICHELLE OBAMA HAVE ALSO OPENED UP ABOUT IMPOSTOR SYNDROME

Can It Be Treated?

'The only real way to overcome it is to do the thing that scares you,' Katie stresses. 'But that's difficult.' First, we need to recognise what terrifies us, and then tackle it in small steps. 'Desensitise yourself by integrating yourself into it slowly.' Crucially, this involves being kinder to ourselves. 'We always focus on things we do wrong, which reaffirms imposter feelings. So whenever you achieve something, no matter how small, celebrate it. You'll soon start believing you deserve your success.' Katie advises keeping a journal. 'It's proven to be more powerful than meditation, and only takes five minutes a day.' Entries should highlight positives, even in challenging situations. 'If you do something you struggle with, write down just one thing that went well. Then look to the future and note what you want to achieve next.'

Avoiding social media can help, too, says Katie: 'Limit it until you feel strong enough – and rather than comparing yourself to others, start writing your own success story instead.' OK!

FEATURE BY ANNA POINTER; PHOTOGRAPHS: SHUTTERSTOCK

OK! WORLD IN ACTION



RISING SEA LEVELS THREATEN REMOTE ALASKAN VILLAGE OF KIVALINA



U2 PERFORMING THE LAST SHOW OF THE AUSTRALIAN LEG OF THE JOSHUA TREE TOUR IN PERTH



DOGS ARE EXCITEDLY WAITING FOR THE START OF THE INTERNATIONAL SLED DOG RACE IN KLAISTOW, BRANDENBURG. MORE THAN 200 PARTICIPANTS FROM 11 NATIONS WILL COMPETE



YI PENG AND LOY KRATHONG LANTERN FESTIVAL IN CHIANG MAI, THAILAND

PHOTOGRAPH: GETTY, WENN

HOROSCOPE & TAROT

IT'S WRITTEN IN THE STARS!

CAPRICORN



Dec 22 – Jan 20

The spotlight for you this month surrounds a very private matter concerning roadblocks regarding children. Many worries and concerns will be bothering you but this will be unfounded and will pass. Many of you will also be taking an initiative in regards of letting go from your past and facing a better future.

TAURUS



Apr 21 – May 21

Fortunate circumstances seem to be surrounding income and some gains could come for you and your partner or mate. Your work area seems to be intensifying as unexpected work may be coming up. Approaching this as a good experience could be very enriching to you in the long run. Set backs are for the better and they could work out in your favour.

VIRGO



Aug 24 – Sep 23

Your home life is in the spotlight. Unexpected developments connected to a friend through work will teach you a thing or two, and bring you extra personal income. There are certain issues connecting the past and future that need to be negotiated in order to find a fair solution. A very rosy opportunity of an investment nature could come your way.

SAGITTARIUS



Nov 23 – Dec 21

Happy Birthday to visionary, fun loving Sagittarius! This is your time to mix and mingle and inspire others with your 'big picture' view of life. You could be feeling the desire to focus on your joint personal resources and gain. A friendly approach could be taken in order to iron out differences with your mate or partner.

AQUARIUS



Jan 21 – Feb 19

New talents and interests are beginning to percolate now. Health and healing as well as job and life direction is highlighted. Beneficial communication coming from a friend's visit in regards to your work will take place. Changing your residence looks tempting. Doubts and insecurities could be bothering you. An older person could be of help.

GEMINI



May 22 – Jun 21

Your marriage and partnership is in the limelight. Quick learning will be necessary in terms of investments in order to reap some gain but watch out for obstacles. You may be worried and concerned about shared resources of income. Your sense of optimism accompanied by some daydreaming could be very helpful in balancing these feelings.

LIBRA



Sep 24 – Oct 23

There will be communication and exchanges of ideas related to your future gains of monetary value and endeavors. You may have a very conservative approach to all this due to worries and concerns at your home base that are keeping you on guard. Quick adjustments concerning your future could also be present so reorientation will be necessary.



MAHIRA KHAN
DECEMBER 21, 1984

PHOTOGRAPHS: GETTY

PISCES



Feb 20 – Mar 20

You might be focusing on your career and aims in life. Your decision on this matter could bring future gains with investment and speculation. You may take into consideration your area of shared resources. Open communication with loved ones should take place in a harmonious way so your worries and concerns can be clarified.

CANCER



Jun 22 – Jul 23

The focus will be on figuring out which beliefs and patterns are 'keepers' and which are not. 'A day at a time' is what you need to focus upon. Romance and relationship are highlighted this month. There is some uncertainty that needs to be sorted. You likely to meet interesting new friends or contacts.

SCORPIO



Oct 24 – Nov 22

Luck will be with you on a matter concerning expenditure for your home base. There is a lot of confusion due to changes around you. Everything should be worked out in a very harmonious way. Communicating your hopes for the future with your mate or partner could be beneficial for shared and personal resources.

ARIES



Mar 21 – Apr 20

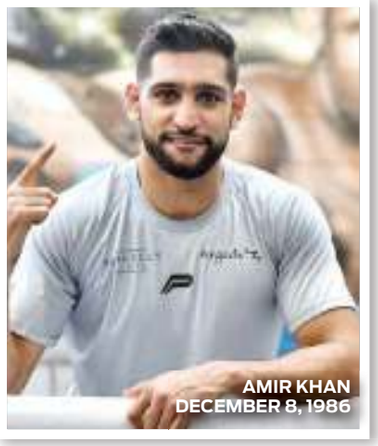
Plenty of raw energy is available you have to refine it and define how it affects you and those around you. Lessons that you have been learning in regards to your personal income and values continue and they seem to be getting better, but you could be experiencing some worries and concerns in regard to this matter.

LEO



Jul 24 – Aug 23

Some of you may meet someone special. Many differences could surface that could bring some tension but talking things out could smooth the way. Preoccupation concerning your work could surface as you could be reliving some unpleasant past experience, but this time the situation will be favourable.



AMIR KHAN
DECEMBER 8, 1986



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