
OK!
PAKISTAN
FIRST FOR CELEBRITY NEWS
ISSUE 80, APRIL 2021
PRINCE PHILIP
A TRIBUTE TO HIS ROYAL HIGHNESS
EMMA ROBERTS
"LIVE YOUR LIFE & HAVE FUN!"
ALYY KHAN
ON LIFE, FILMS & THE SERPENT
Girl Power!
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OK! PAKISTAN

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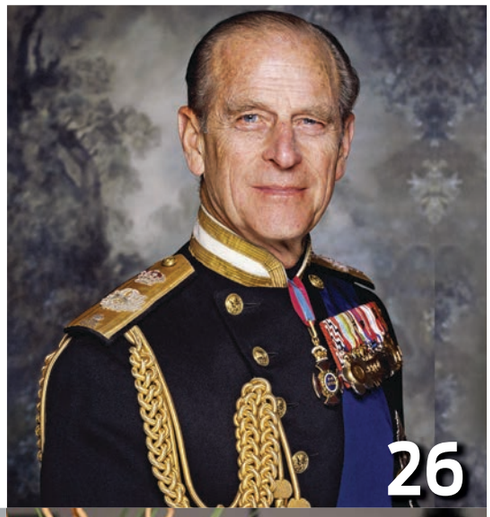
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COVER IMAGE: RIZWAL UL HAQ

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OK! WORLDWIDE LICENSING

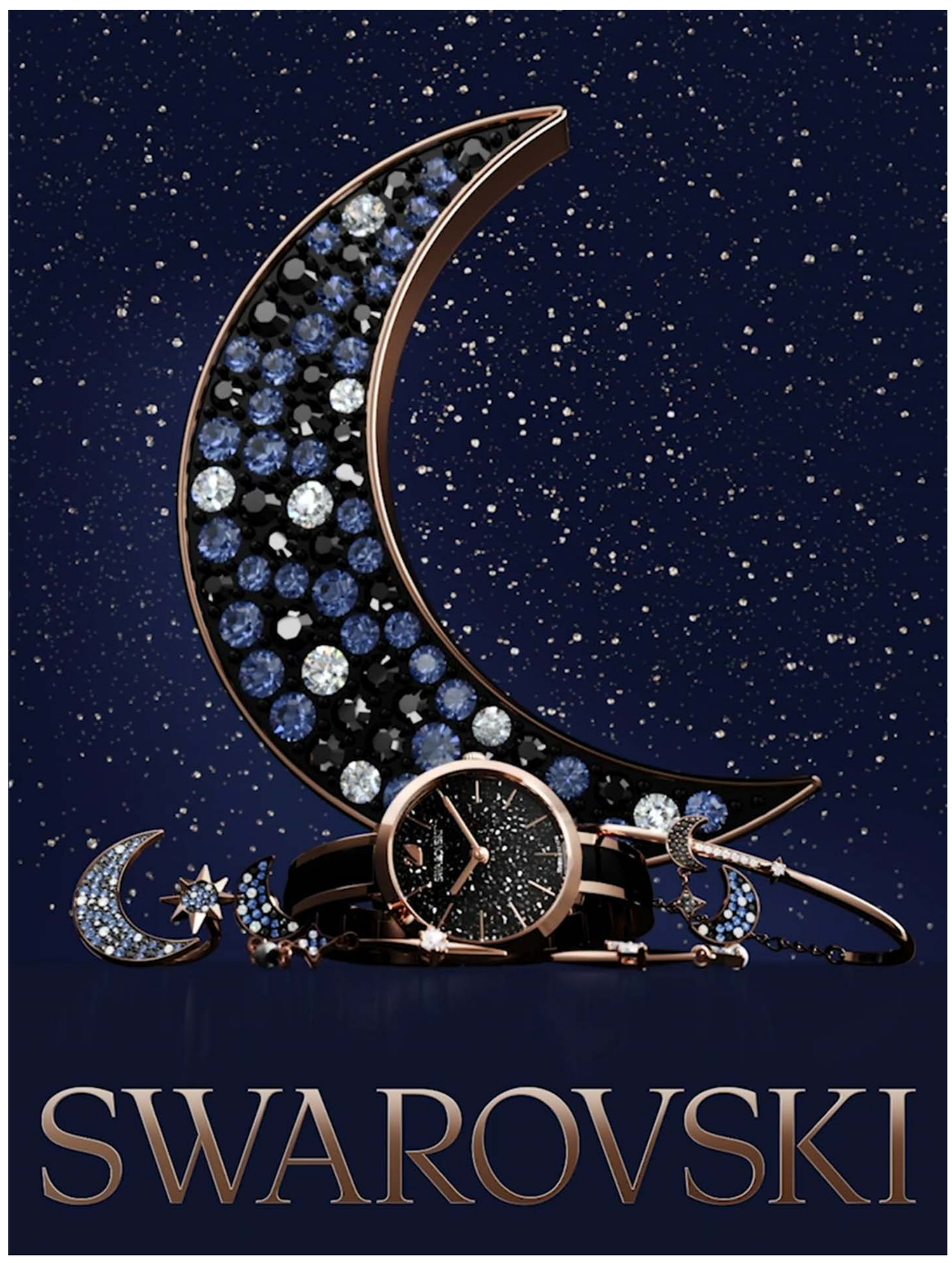
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SWAROVSKI


TARA UZRA DAWOOD


FRIEHA ALTAF


LUBNA SHEIKH


RAFIQUE DAWOOD

KARACHI

Plant a Tree Day

Ladiesfund Woman Plant a Tree Day was organized at the Moin Akhtar Park recently. Dawood Global Foundation collaborated with Karachi Metropolitan Corporation to invite women to plant trees at Moin Akhtar Park.


GERMAN CG HOLGER ZIEGELER AND HIS WIFE CLAUDIA


SHEEMA KERMANI


AHSAN MEHANTI


JAVIDA ZAIN


FARIDA KALIM


MARIAM FAISAL AMIN


MRS RAZIA DADA


FATIMA SHERAZ


SHABINA MUSTAFA


NAFISA JIVANJI


LADIESFUND MEMBERS WITH TOFIQ PASHA


AYESHA OMER


MAHEEN KHAN


ADNAN MALIK


RAANA KHAN AND AYAZ ANIS

KARACHI

Ayesha's Beauty Secrets!

Ayesha Omar launched her beauty line, Ayesha O Beauty with natural, locally available products with that extra oomph!

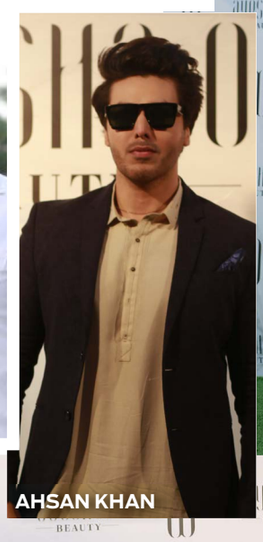

MOOMAL SHEIKH AND AZFAR REHMAN


MALIHA AZIZ


AINY JAFFRI

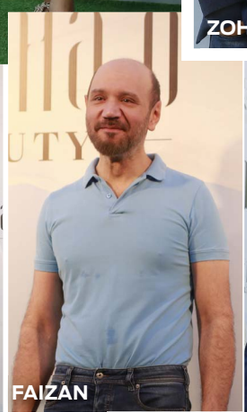

ZOHAIR HEMANI


ANGELINE MALIK AND ZAHEER ABBAS


AHSAN KHAN


SONA RAFIQ


AMAL


FAIZAN


MARIA WASTI


FATIMA AHSAN


IBRIZ, MARIA AND FARAH UL HAQ


NUSRAT HIDAYATULLAH


MALIHA REHMAN


FAISAL KAPADIA AND ANUSHA BAWANY


ANSAB JAHANGIR


ANILA MURTAZA


FARAH VAYANI

KARACHI

Ansab Jahangir's Lawn launch

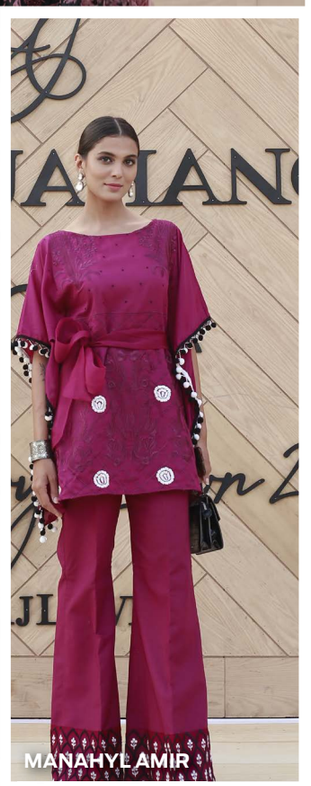
The launch of Ansab Jahangir's debut lawn collection, 'Zoha' was attended by editors, bloggers and socialites. The event was a big success.


ZOHA & FARAH


FAIZA LAKHANI


SHEHERYAR MUNAWAR


AMAL QADRI


MANAHYL AMIR


MANAHYL AMIR


AYEZA KHAN


SADAF KANWAL


SANEELA


MALIHA RAHMAN


AAMIR MAZHAR & NISHAT MAZHAR


MEHREEN TABANI


ALIYA AGHA


TANZEELA KHAN NIAZI

LAHORE

Allure by MHT

Mehreen Tabani, the dynamic force behind Allure by MHT, recently exhibited her stunning collection of jewellery at Fashion Pakistan Lounge.


FAREEHA & ZUNAIRA


SAMEEN KASURI


ADEN REHAN


RUBIA MOGHEES


SARAH ZUBAIR


AMNA ADEEL MONNOO


RIMA FARID


ANILA PURI


AMNA BABER


MASHAAL MALIK & RUBINA AZMAT


SADIA SALMAN


ANEELA RASHID


SADIA TARIQ


AMNA ZAIN

REHMAT AJMAL & TAYYAB SALEEM'S WEDDING FESTIVITIES!

Rehmat Ajmal and Tayyab Saleem got married on a beautiful afternoon, surrounded by close family and friends!



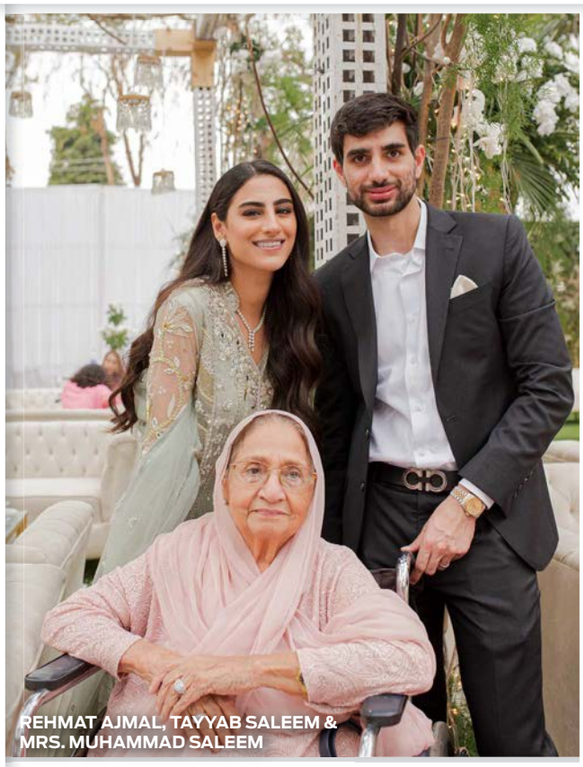


NIKKAH CEREMONY



THE SALEEM FAMILY





REHMAT AJMAL, TAYYAB SALEEM &
MRS. MUHAMMAD SALEEM



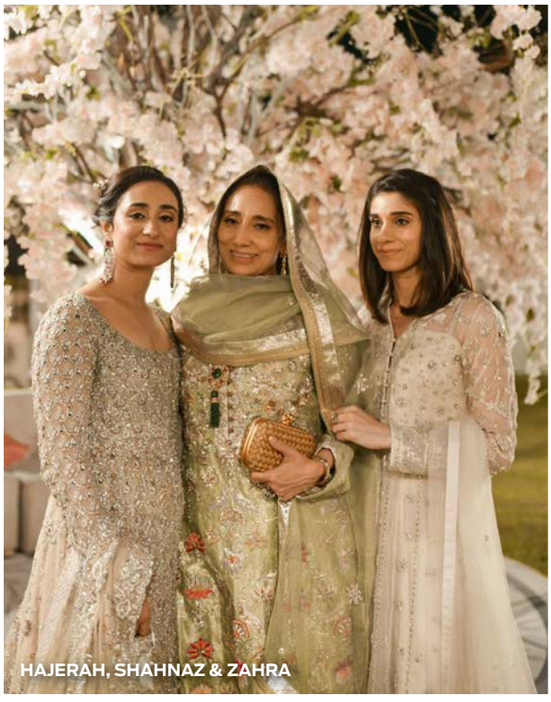
THE WONDERFUL SALEEM FAMILY WITH NEW BRIDE, REHMAT



TAYYAB, HIS MOTHER SHAHNAZ AND REHMAT



ABDULLAH,REHMAT, SALSABIL & TAYYAB



HAJERAH, SHAHNAZ & ZAHRA



SALEHA, ZAHRA, HAJERAH AND SALSABIL





REHMAT, MOHAMMAD AJMAL
& SHAHIDA AJMAL





REHMAT AJMAL





ABDULLAH & TAYYAB

"WE MUST TELL REAL SUCCESS STORIES OF THE HEROES OF OUR OWN SOCIETY"

Girl Power

_OK_! Pakistan celebrates its fabulous seventh anniversary with groundbreaking actresses Sarwat Gilani, Sanam Saeed, and Ushna Shah







SARWAT GILANI

Sarwat Gilani is a TV and film actress who believes in 'less is more'. An interior designer at heart, she is a free-spirited and chirpy person with a voice of her own. She comfortably juggles motherhood with her acting ambitions, and is one of the few celebrities who were productive with their artistic pursuits during lockdown. Recently, she earned widespread acclaim for her role as 'Sarah' in the famous web show *Churails*.

The response was amazing for *Churails*! It was the best comeback you could have planned for yourself. Compliments poured in from the biggies in India like Karan Kohar and many others. You were also trending in India for two days when it was released. How did it feel?

SARWAT GILANI: The response that we got after *Churails* released was an unbelievable experience. The promotions took place during quarantine times so our PR team in India lined up about 50 or so virtual interviews but as more people started watching the curiosity grew and we ended up doing so many more. We had billboards all over India and people from all across the globe wanted to know the school of thought behind the project.

Karan Johar reached out to me personally and appreciated the show and my acting in it, gave love and kudos to the entire team, and said he loved every bit of *Churails*. It was very uplifting. In spite of people telling me that I should share his message on social media, I opted not to and that gave me a kind of satisfaction that only I knew about. It felt personal and I didn't feel the need to show it off publicly.

How does it feel to be Asim Abbasi's muse? He always writes his scripts keeping you in mind, including *Cake* which you had to leave after script reading sessions due to pregnancy. Also tell us how it's different working with Asim compared to the other directors.

SG: Asim is an extremely talented and intelligent writer/director. It gives me a lot of encouragement to know someone that bright and unconventional out there recognises my talent and believes I can do justice to his projects.

He saw in me what no one could in my 20 years of career, by helping me believe I could shed off my preconceived notions about acting that had almost become my skin. He pushed me to try and learn a new way of acting, let go of my inhibitions and take the risk to be different. The most amazing thing about Asim is his vision, his unspoken expectations, his ability to get anything and everything out of an actor with very few words or directions. The most inspiring thing about him was the discipline with which he ran his set; everyone was working towards one vision - Asim's vision. There was no hierarchy between actors, everyone was treated the same and was expected to be on top of their game. The actors we've seen over the years were looking and acting differently because he pushed everyone out of their comfort zones and that push made *Churails* so different and unique.

***Khasara* was your last television drama. Why didn't you do any TV series after that despite the great reviews?**

SG: I believe the media holds a lot of power, power to bring about a much needed change in the mindset of our society. Our stories must elevate the public, uplift our women and encourage our youth with models and ideals that they want to follow and become. I do believe in entertainment, don't get me wrong! But I also know that the people in important positions of our media can be a bit more responsible in what they are showing. I remember *Dhoop Kinaray*, *Tanhaiyan*, *Angan Tehra*, *Fifty Fifty* and *Sona Chandi* days where some of the most pertinent issues of the times were portrayed and addressed so sensibly and sensitively. Today I see entertainment but with inadequate professional responsibility. If we want our society to flourish, amongst other things we must also tell real success stories of the millions of heroes of our own society. We must build ideals and show positivity in more optimistic, artistic and empowering ways.

How was it working with Nadeem in his super successful *JPNA* 1 and 2. Does comedy come naturally to you? Also is it difficult to work in big ensemble casts ?

SG: *JPNA* was a super hit film in the true commercial sense. Nadeem Baig's direction and his sensibilities never fail to impress his viewers. He is one director who understands the requirements of the time and has always played it to the T, whether it was his hit dramas or super hit films. He and Humayun make a great squad and they complement each other's vision and make a promising team for the film industry's future.

Timing is everything when it comes to comedy. Comic roles are not easy but if you get the hang of it, they are a lot of fun. With Gul's character I not only had to concentrate on my timing and wit but also work on my pashto accent, which I was familiar with but not so fluent in. But these obstacles made me work more on myself as an actor, and I received immense love and appreciation for Gul's character.

You had always skipped dancing in songs but ▸



RAPID FIRE

Three words that best describe you?
SG: Optimistic, creative and driven.

Favourite restaurant or cuisine?
SG: Okra Test Kitchen, Wang Wang and *Chulu Kabab* to name a few.

The one thing you cannot live without?
SG: Positive vibes.

Words of wisdom or favourite quote?
SG: Life is what you make of it.

Any book you would recommend?
SG: "Who Moved My Cheese" by Spencer Johnson.

Favourite song?
SG: These days it's "New Rules" by Dua Lipa.

A piece of advice that changed your life?
SG: One day life will present you with a bill and you should be able to pay it.

Favourite luxury brand or item you own?
SG: Channel, can't live without my scents.

Best holiday destination?
SG: It was Rome until Fahad took me there, now it's Maldives!

Most inspirational person you know?
SG: Every self-made person is an inspiration for me.

Your most memorable experience?
SG: My last moments with my father.

One thing that you love about Pakistan...
SG: It's home.

“Our stories must uplift our women and encourage our youth.”

-Sarwat Gilani



you finally gave in with an opening performance at the Coca Cola arena for an award show. How was the experience?

SG: Dancing in movies is really not my thing, but give me a stage to perform and I’ll give it my all. It was a great experience, from understanding the Punjabi language to learning the songs and trying to perfect your moves with a great dance team, to finally being placed backstage for your finishing performance. The adrenaline, the kick of having a live audience and the magic of it all was unreal.

Since expectations are high - what’s next on your plate. We hear you did a narration of Gulzar Sahib’s stories for Sarmad Khoosat and also another webisode for Meenu and Farjad. Tell us more about these projects.

SG: After *Churails* I’ve shot two more web series that are in the pipeline to be released this year. It’s been an exciting year for me as I’ve gotten to work with some of the most amazing directors such as Sarmad Khoosat and Minu. I’ve always admired Sarmad’s sensibilities as an actor and a director and had always wished to work with him. As expected, his way of going about the script was most unusual and his creativity most fascinating; it gave me a chance to explore my own ability to act differently and manufacture characters I could’ve never imagined playing. The project in itself is so different that I can’t wait to see the whole thing myself!

It’s interesting how people can point out something about you that you never knew about yourself, even though they have never worked with you before. Meenu is that observant. She knew what she wanted yet was open to how the scene would flow, and it was extremely easy for me to work with her. As for the web series, it is a piece of art, well written and knit together while outstandingly shot by Mo Azmi and directed so sensitively by Minu. Can’t say more right now except that a lot of your favourite artists will be seen in this web series so stay tuned.

You have been very active as the Ambassador for Special Olympics Pakistan. How was it producing the anthem with Strings? And then representing it in Abu Dhabi?

SG: It’s my sixth year as the Ambassador of Special Olympics Pakistan and everything related to that cause is an absolute honour. SOP’s Chairperson Ms Ronak Lakhani’s vision to see an inclusive Pakistan is awe inspiring. She is a great ideal for me and many others, and witnessing her will and courage to overcome obstacles is very encouraging and motivating for all of us.

When I came on board SOP I realised there is something missing on Ronak’s checklist and that was the Special Olympics Pakistan’s Anthem, a Special Olympics tradition a lot of other countries followed. Being from the industry I thought of reaching out to people who’d be the perfect voice for this cause and who could pen it better than Anwar Maqsood Sahab, whose words never fail to impress us! And it was unbelievably humble of Strings to lend us their time and creative talent as a gift and we at SOP will forever be grateful to them for their kindness. I produced the song with Omar Adil and Beenish and it was released nationwide by the name of “Tum Asmaan Ho”. It did a few global rounds at different occasions at the World Games in Abu Dhabi.

Tell us about your art classes. How did you come up with the idea of going online?

SG: That was last year. This year I have a surprise for all my fans and friends who appreciated Sarwat Gilani’s Art House and were my regular students virtually.

I feel Covid brought back hobbies in every one’s lives. Mine was going back to my art roots. It was a wonderful experience to have people from our entire country as well as other countri es tag me everyday with the ‘art project of the day’. Without having to leave our homes thousands of people were connecting through art and that was an unreal feeling. Also, It was a great opportunity for me to bond with my kids and other mothers who needed guidance on how to talk, explain and respond to their children. Therefore, my next project in the pipeline is related to children, parents and their creativity. Can’t wait to tell you about it but super excited for all of you to see and experience it once it reaches its conclusion.

PS: An artistic film project is underway for ▸



“Working in films is magical.”
-Sanam Saeed

October and November of 2021. You’ll get to hear more soon!

SANAM SAEED

She’s television’s finest star and has enacted the opinionated girl in her two most successful dramas to date — *Mera Naseeb* and the hugely popular and ultimate favourite, *Zindagi Gulzar Hai*. Tall, svelte, easygoing and poised, Sanam Saeed has established herself as a brilliant actress in the media industry.

“I am firm in my opinions but I am never really as emphatic as the characters I’ve played” - you said this years ago in an interview. Do you think the characters have finally changed or does this statement still hold true?
SANAM SAEED: I haven’t played a very assertive character in a while, there are still all kinds of roles out there. But I might say this statement still holds true for now.

How was it working in films? Mehreen Jabbar and Asim Abbasi are both known for their master craftsmanship.
SS: Working in films is magical. It took me a while to fall in love with acting for film, but I think I’m there now. Mehreen and Asim are indeed two very interesting story tellers who have made a name for themselves telling stories off the beaten path.

You once said, “I feel I’ve found my niche with acting. It allows me to put on a façade, let go of my inhibitions and lose myself in a character. For me, it’s well worth the long hours and the hectic schedules.” Has your career been fruitful, are you satisfied with the roles you have played? Do you think there is much more that is left in you to share?
SS: Without a doubt my career has been fruitful Alhamdulillah. I am so grateful for all the opportunities, and the love and recognition I’ve received for doing my job - which happens to be my passion. I’ve been so lucky to play some incredible roles so far. But there is still so much to explore, learn and create.

What have you been up to in the past one year? What keeps you busy at home? Any hobbies that you are pursuing?
SS: In the past year I’ve done two films, moved house, become more health conscious and focused on new content ideas for television.

How do you choose your roles? Why did you say no to such a strong role in *Churails*?
SS: I choose my roles according to their purpose in the script and the message they carry through them. The dates for *Churails* and another project I had already started were overlapping. I had to finish what I had started first.

What’s next for you?
SS: More films and webseries until I come ▸







RAPID FIRE

Three words that best describe you?
SS: Curious, understanding, indecisive.

Favourite restaurant or cuisine?
SS: Pakistani and Mediterranean.

The one thing you cannot live without?
SS: Good company.

Words of wisdom or favourite quote?
SS: It's the journey that counts, not the destination.

Any book you would recommend?
SS: "The Girl who fell from the Sky."

Favourite song?
SS: "The way you make me feel."

Best holiday destination?
SS: These days it's Turkey.

Most inspirational person you know?
SS: My mother.

Your most memorable experience?
SS: The first time we performed "Chicago", the musical, in Karachi.

One thing that you love about Pakistan
SS: The food and culture.



across the right script for TV.

USHNA SHAH

Beautiful, witty and never afraid to speak her mind, actress Ushna Shah has won a devoted fan following through her powerful performances and forthright demeanor. Born to a family of artists, her love for artistic expression is deep-rooted, but what makes her truly special is her admirable aplomb and poise.

You have always been known for picking out unconventional roles. Be it Raani Begum in *Alif Allah aur Insaan* or Nigar from Balla, your versatility has stood out and garnered a lot of praise. How do you leave your personal mark in every character you choose?

USHNA SHAH: I don't have a process or an inclination to leave a personal mark, it is more about performing with as much sincerity as I possibly can. In Pakistani dramas, we are still limited when it comes to diverse characters. I do see this changing especially with OTT platforms coming in but when it comes to drama serials we still have a long way to go. For the majority of roles, the leading girl must fall into the same familiar persona to be accepted by society, in layman's terms, we aren't given much to play with. The challenge is to be as honest and raw as possible with the characters and to bring something new to the table. I was blessed with *Balah* and *Alif Allah Aur Insaan* but those happen once in a blue moon. Most serials, unfortunately, don't offer such characters yet so when I am given such an opportunity, I take it and am grateful that the audience has accepted, and as you said, appreciated it.

Being the voice for countless, you have been headstrong and determined with your social work and especially animal activism through the years. This year you have even collaborated with WWF as an Ambassador. Truly well deserved, what are your ambitions with it for the future?

US: As with most public figures with a platform, I also believe it is our collective responsibility to speak for the voiceless. In my case, I have always been inclined towards animals hence my voice is, quite literally, for the voiceless. The state of animals on a large scale in Pakistan is abhorrent yet there is still a stigma attached with speaking against it. Very few public figures have taken up this cause and we are often ridiculed for it. The problem lies in awareness: Animal Abuse is not even recognised as a problem, so the number one goal is to educate the next (as well as the current) generation on the importance of kindness towards sentient beings. There also needs to be enough civil societal pressure on the government to create and implement strict laws against the mistreatment and abuse of animals. Our country follows the barbaric and inhumane practice of culling street dogs; this ought to be replaced with spaying and neutering programs that are much better suited to control their population. The horrendous negligence and abuse of animals in zoos in Pakistan often garners international attention, and it is sickening and embarrassing. Zoos need to be replaced with globally recognised sanctuaries or the animals need to be sent abroad. There is also the mistreatment of pets in homes that needs to be addressed, and for that we need Public Service Announcements funded by the Government. Partnering with WWF, an esteemed international agency, gives me an excellent opportunity to bring awareness towards the endangerment of indigenous species, and problems such as illegal poaching as well as the illegal import of exotic wildlife in Pakistan. I highlight the importance of conservation of endangered species as well as the protection of our environment. A part of their MOU is "to build a future in which humans live in harmony with nature", and that is a vision I definitely share with them. These goals will not be achieved overnight, they require continuous ▸

"I hope my fitness journey can motivate people to live their best lives."

-Ushna Shah

“My voice is, quite literally, for the voiceless.”
-Ushna Shah

work. However this work is more fulfilling and important than anything I have done and will do on screen.

We hear that you will be pairing up again with Usama Ali Raza after *Bashar Momin*. Apart from this there is a new film in the works for you. Walk us through your new mega projects.
US: Usama and I are collaborating after seven years. As much as we love and appreciate *Bashar Momin*, we felt that at this stage of our careers we owed it to our audience and country to let our art truly imitate life. Rape and female harassment is nothing new, but social media noise is, and this past year has heard plenty of that. A recurring theme in rape and harassment cases is for the abused to stay quiet because the stigma falls on the victim, not on the culprit. This is what gives them power, to use a woman’s shame as leverage. Through our narrative in this project, we as artists want to contribute to the movement that is challenging the placement of this shame.
The film is written and directed by Syed Zaheeruddin, who is known for his socially conscious storytelling. It also follows similar themes: about raising one’s voice against injustice, not negating the value of a woman’s life and not cowering in front of authorities who abuse their power.

Your recent project with RDB garnered a lot of attention. How important do you feel it is for artists to promote cultural collaboration to preserve this form of art?
US: My recent work was with Manj (stage alias ‘ManjMusik), the lead singer and music producer from the now disbanded group RDB and it will release after Eid *inshAllah*. Having grown up in Canada, my environment was very multicultural and I was especially close with many people from India, especially the Indian Punjab. Manj and I are similar in the sense that I am from Canada with roots from Pakistan and he is from the UK with roots from India, yet we were connected through music, culture and a shared respect and love for the subcontinent. Most people of diaspora have a similar sentiment, we are connected in foreign lands yet divided in our own. Art has the power to break down barriers, and this was an excellent opportunity to do just that. RDB are legends in Pakistan, even Manj’s current music is very much played here, we love it and dance to it at weddings. I hope this collaboration is a stepping stone for our people to create more art together, away from politics and policies.

Fitness has been a strong driving force for you. Keeping one’s mind and body healthy is important in today’s era. Tell us about your motivation to achieve both.
US: Working on the Mind-Body-Soul trifecta is the ultimate display of self love; one must make time for themselves through exercise or sport, meditation and activities that feed the soul. ▸







RAPID FIRE

Three words that best describe you?
US: Ushna H. Shah

Favourite restaurant or cuisine?
US: Cold pizza on a Sunday afternoon.

The one thing you cannot live without?
US: My inhaler or antihistamines; I could die if either were unavailable when needed.

Words of wisdom or favourite quote?
US: Sh*t happens!

Any book you would recommend?
US : My recent favourite is "The 5AM Club" by Robin Sharma

Favourite song?
US: "The Show Must Go On" by Queen, but I'm grooving to a lot of Rotimi these days.

A piece of advice that changed your life?
US: Moving to Pakistan and working in television dramas.

Favourite luxury brand or item you own?
US: Honestly, my mattress.. it's a luxury memory foam and I love it more than any article of clothing or accessory.

Best holiday destination?
US: So far, Bali but my bathtub is a close runner up.

Most inspirational person you know?
US: That chick in the mirror.

One thing that you love about Pakistan
US: The lack of judgement from society.

USHNA'S MAKE UP AND HAIR IN BLUE
OUTFIT : ERIC

In today's day and time, fitness is not a luxury, it's a need. We live in a world that thrives on people's insecurities. Social media has given a higher public visibility of our personal lives to people, resulting in more pressure to be your absolute best. This pressure adds to the already existing stress of our day to day lives and work.

Ironically, at the same time, people are spending more and more time hooked on to the screens on their devices, not investing enough in their own physical health. Pakistan, in particular, will rank quite low if there were a global fitness index in comparison to European or Asian countries and that ranking could go even lower for Pakistani women as they have limited opportunities and awareness to maintain their fitness levels.

For me, my health and fitness are of utmost importance. Exercise helps me reduce stress, and it is scientifically proven that exercise releases endorphins - hormones directly connected to happiness and physical wellbeing. I believe I need to invest in myself and my personal growth; keeping myself fit and healthy is an investment in my own future. It is highly rewarding in the present and I believe, will help me even more in the longer run. I hope my fitness journey can help motivate people to live their best lives as well.

We really appreciate how vocal you have been regarding women's health and PCOS. What drives you to openly discuss these issues, which are still considered taboo to some extent?

US: My drive is 'teenage Ushna'. Before I was diagnosed with PCOS, I was too embarrassed to discuss my symptoms with anyone, even in Canada. The symptoms are physical as well as emotional. Had I been more comfortable and had I known more, I would have had a much easier time growing up instead of wondering whether something was wrong with me. One in 10 women have PCOS, and conventional medicine has not evolved for it in decades. Everyone diagnosed is more or less given the same prognosis in most parts of the world. Most women are not told that there are various types of PCOS and the best way to manage them is to learn about them and then make lifestyle and diet changes accordingly. There are a lot of myths surrounding PCOS that I wish to alleviate as they can cause unnecessary worry and stress to women. My life changed after I did my own research and educated myself, so I am hoping my platform can help other women connect to portals that offer information, or that I can teach them what I know via my posts so that they can manage their PCOS in a better way. And if even one young girl or woman who follows me sees that her symptoms don't make her an anomaly, that they can be managed and that she is not alone, that even the actor she sees on TV has the same problems as her, then I've done justice to the teenage Ushna whose difficulties did not go in vain.

Segregation and lack of health education in schools has made many natural issues for women even more distressing as they are taboos in society. For example: If women weren't shamed for their period and if men were educated on PMS symptoms, then schools and workplaces would be safe and comfortable environments for women. If my platform can help educate these men and women and make lives a bit easier for them, then I am not at all afraid of the stigma that might arise from it. OK!

STYLING AND INTERVIEW : RAO ALI KHAN
WARDROBE: ATELIER ZUHRA
SANAM SAEED'S BLACK OUTFIT: CURATED BY AMAL AND MUNISCHA
PHOTOGRAPHY: RIZWAN UL HAQ
MAKE UP AND HAIR : ARSHAD AND TEAM





ROYAL TRIBUTE

A life of service and devotion

PRINCE PHILIP

Prince Philip, The Duke of Edinburgh, sadly passed away on the morning of 9 April, 2021 at the age of 99. Throughout their decades together, Prince Philip proved himself to be the Queen's greatest ally





Living in the shadow of Her Majesty can't always have been easy for the Duke of Edinburgh but, if he struggled at any point, he never let it be known publicly. Prince Philip made huge sacrifices when he married Princess Elizabeth in November 1947, giving up his promising career in the Royal Navy to be her steadfast companion – a role that he gladly fulfilled for more than seven decades. Prince William perhaps best summed up Philip's devotion to Queen and country when he said, "He totally put his personal career aside to support her, and he never takes the limelight, never oversteps the mark."



Despite being tipped for a top role in the Admiralty, his own aspirations were put on the back burner when Elizabeth unexpectedly ascended the throne in 1952. During her coronation, Philip was the first to swear allegiance to the new monarch. In front of the world he promised to be her "liege man of life and limb", a vow he never faltered in fulfilling. Before the Queen inherited the throne, Philip claimed that he "naturally filled the principal position" within their relationship. However, that was all to change when she came to power. While a decision was quickly made that he would not be privy to state papers or audiences with prime ministers, Philip became a driving force behind his wife. He quietly offered his support and encouraged her to move out of her comfort zone so that she could blossom in her new role. It was Philip who was credited with helping the Queen to excel in the social, crowd- ▸







> **“He is someone who doesn’t take easily to compliments, but he has, quite simply, been my strength and stay all these years; and I and his whole family, and this and many other countries, owe him a debt greater than he would ever claim or we shall ever know.”**
>
> **– Queen Elizabeth II**

pleasing parts of her duties, which she didn’t find easy at first.

In 1957, Time magazine hailed Philip for transforming his “frosty bride” into a “stylish” royal icon. He has also been praised for the role he played in modernising the royal family. As well as introducing many new practices and machinery to the royal household, Philip also led the way in promoting the latest breakthroughs in British sciences and even helped to redesign the Royal Yacht Britannia. As chair of the family’s Way Ahead Group, which discusses royal decisions, Philip was key in abolishing the practice of debutantes being presented at court and in starting informal lunches with the aim of bringing people from different walks of life together. Like Prince Albert, his great-great-grandfather, Philip had to develop his own role as consort. Speaking of his “special” role as the Queen’s number one supporter, his granddaughter-in-law, the Duchess of Cambridge, once said, “All the time William and I are so struck by the Queen’s sense of duty and commitment, and I think to do that by yourself would be a very lonely place to be. But I think to have the support of your husband by your side on those occasions, and behind closed doors, is really special.” The Duke of Cambridge echoed her sentiments, saying, “I should add that no mention of the Queen is complete without paying tribute to my grandfather, Prince Philip, who has devoted his life to supporting her.”

Despite being famously private, the Queen never shied away from giving her husband the ▸





Prince Philip has been praised for the role he played in modernising the royal family.

appreciation he so deserved. Paying tribute to Philip during their golden wedding anniversary celebrations in 1997, she said, "He is someone who doesn't take easily to compliments, but he has, quite simply, been my strength and stay all these years; and I and his whole family, and this and many other countries, owe him a debt greater than he would ever claim or we shall ever know."

While much of Philip's life was dedicated to his service to the Queen, it's believed he still held much sway behind closed doors. He decided to send their son, Prince Charles, to Gordonstoun boarding and day school in Scotland – the same institution Philip attended – and he was reportedly key in persuading Charles to marry Diana, Princess of Wales. However, it was in the darkest times that Philip was most invaluable to the Queen. His role as an immovable cornerstone in her life was never more apparent than during the infamous annus horribilis in 1992, when the royal family was shaken by a string of misfortunes. Their three eldest children – Prince Charles, Princess Anne and Prince Andrew – experienced the heartache of divorce and separation, and the country was plunged into economic recession. Windsor Castle was nearly destroyed by fire and, during a state visit to Germany, demonstrators threw eggs at Her Majesty. Philip also stood by her when the royal family came under fire following the untimely death of Diana in 1997. After the monarch received furious public criticism for staying at Balmoral along with the young princes, William and Harry, in the days after Diana's death and for not flying the Royal Standard at Buckingham Palace at half-mast, Philip joined her as she returned to London to face the public.

Over his many years as a senior royal, Prince Philip always made time for his own passions, including his Duke of Edinburgh's Award scheme and many other charity projects. However, not all of his royal duties were met with enthusiasm. Speaking in an interview in 1992, the Duke said, "I didn't want to be president of the World Wildlife Fund, I was asked to do it. I'd much rather have stayed in the navy, frankly!" The country's admiration of Philip's service was evident in the outpouring of support he received after announcing in May 2017 that he would retire from royal duties, although he had already begun to wind down his official engagements.

Speaking in a 2011 interview about his desire to take a break from his role, Philip said, "I reckon I've done my bit. I want to enjoy myself a bit now, with less responsibility, less frantic rushing about, less preparation, less trying to think of something to say." After so many years of loyal service, it's fair to say Philip's break was well deserved and his legacy firmly secured. OK!

WORDS: LAURA HILLS
PHOTOGRAPHS: WENN





"As an actor, you have to bring your experience in your gut and tweak it so it sounds truthful to you"

ALYY KHAN

The actor extraordinaire on his upcoming projects, how he adapts to working in multiple entertainment industries, and his recent role in the BBC One crime-drama – *The Serpent*.



International star Alyy Khan has dabbled with different entertainment worlds, working in every major industry. His notable film credits include A *Mighty Heart*, *Traitor*, *Actor in Law*, *Mogul Mowgli* and the more recent role of Deputy Naranda Nath Tuli in the BBC One crime-drama – *The Serpent*. *OK*! Pakistan conversed with the seasoned actor about the dearth of roles for South Asian actors in Hollywood, white actors spearheading Asian stories and what the future holds for Alyy Khan.

What brought you to the world of show business?

ALYY KHAN: I've always been fascinated by the stage as a young kid in school. One year we were lucky enough to get the lady who went on to become my guru; Hima Devi of the Hima Kala Kendra. She was a trained dancer from RADA. She came one summer and I fell in love with her! She was a grandmotherly figure to me.

At the end of the term, she actually picked a couple of us and said, "Look, I have this professional drama group. Would you guys like to become members and come during the weekends?" It seemed like a big commitment but we managed to wiggle out a Saturday. From the age of about 10, we spent pretty much every Sunday under the tutelage of Hima Devi, my mentor, my guru.

We would do exams with RADA for correspondence, site reading and improvisation. It was a continuous process of hanging out with like-minded kids from other schools in the city. We had a group and we'd do two plays a year; a children's play and an adult dance drama. So, I grew up on stage in India, performing for Rajiv Gandhi, the then Prime Minister and the World Wildlife Fund among others. I was definitely passionate about acting.

> **"I grew up on stage in India, performing for Rajiv Gandhi and WWF, among others..."**

Having starred in many international projects, why did you decide to act in Pakistan's local drama industry?

AK: So, when I got married, I came to Pakistan to do a local gig with Farida Khanum and the late Jagjit Singh, both very exceptional musicians. I fell in love with a local girl here, so a couple of months later we hooked up and decided to get married. I used to work in Bombay; my wife came and lived with me there. I was a bit tired of the writing in India so I decided to visit England to see what would happen there. My wife's condition was that she didn't want to live in England forever as she grew up in a different part of the world, like I did.

Five years later, we rented out a property and moved back to Pakistan. I decided before I brought my kids to England, I wanted to give them a couple of years of their culture and upbringing in my part of the world, especially when you've got young, impressionable kids. I didn't necessarily work during my initial years in Pakistan but living on Skype and continuing to travel and stuff became tedious after a while.

How do you adapt to working in multiple entertainment industries?

AK: I've been really privileged. I've lived in Pakistan but in an English speaking family, and have also had the benefit of foreign education. I've been to college in England and have spent a lot of time with people of all ethnicities. I used to work in the Canary Islands so I've got lots of Spanish and European friends. ▸



Being in Pakistan is obviously easy because you hear the rhythm and the music of your own language. You are a part of the culture and you automatically immerse yourself in it without forethought. So, if I'm working and doing television in Pakistan, there is no problem. The minute I'm asked to do English work or work in an English language Pakistani or Indian story, it starts to sound false. When I am assigned a role that is maybe brown but set overseas, everything starts to ring true.
As an actor, you have to bring your experience in your gut and tweak it so it sounds truthful to you; mouthing the words depending on the space you find yourself in, so to speak. If I were to do a gig in Pakistan, I would automatically find myself speaking a lot more Urdu while I am speaking English and maybe I'll do less of that if I were on a different set. That's how you get around it.

Do you feel that actors hailing from South Asian backgrounds have a hard time landing constructive roles in the international film market? Why are they mainly reduced to supporting roles?
AK: That's an interesting question. I think East is East, West is West but after living in the UK for a number of years, times have changed. When we

> "*The Valley* explores pertinent issues in today's tech savvy world."

see brown or black actors in the West, we see Denzel Washington as a white man. The way he thinks, he emotes and suits my contention. Brown actors in the UK are pretty white. Their experiences aren't brown enough.
They might speak their native language and also be familiar with their food but they haven't shared any culturally rich life experiences. So, when the writing process begins, the writers in England and their exposure of a brown character is limited to pretty much the same exposure that a character has had living away from say, Pakistan. Very rarely do writers actually pay South Asian countries a visit to make collaborative efforts, work with local civilians and accordingly breathe life into the characters. Maybe those characters are supportive characters unless someone like Riz Ahmed writes his own.

Are Asian actors in general underrepresented in Hollywood?
AK: No, I don't think so. I think Asians are underrepresented in Hollywood, not Asian actors. If there were more brown stories, there would be more brown actors. There is a little bit of a colour-blind in casting but it's not of serious intent. Will we have a black man playing James Bond? Someday! Will we have a brown James Bond? Who knows!

What are your thoughts on the rampant practice of yellowface and blackface in American cinema where white actors get to spearhead stories of Asians and the African-American community?
AK: Yeah, I think when the trend started it was good because at least stories were being told about



> “*The Serpent* is really interesting for me personally.”

different communities. Until recently, white actors were cast to play Asian and African characters and pretend to look like them. However, everyone has widened up and the whole world has become such a small village. It only makes sense to cast authentically. I think most creative people go through that process. I'm not complaining!
I think everyone is getting a fair chance. The proof is in the pudding. This year at the Golden Globes, we've had two brown boys nominated alongside Anthony Hopkins and Gary Oldman, and then there was Chadwick Boseman. You couldn't ask for more diversity.

Talk to us about your role in the BBC One drama-thriller *The Serpent*.
AK: *The Serpent* is really interesting for me personally because during the time of Charles Sobhraj's notoriety, I was living in India. A lot of the actual events took place while I was there. The most memorable event was actually him calling the Goa police and giving himself up. I lived through the time and was quite enamoured by Charles Sobhraj for his sheer audacity more than anything. Times were way more lenient and policing wasn't anywhere as strict. It was easier to move around and he really took advantage of that.
I knew the story. I'd related Charles from India and saw the BBC show. So, when the script came my way, it was very interesting because I was offered the part of the cop who actually catches him, not once but twice – a character called Naranda Tuli, who was a deputy superintendent. I identified with the character and had a good sense of him. I grew out a little moustache and got to play a police officer.

What gets you into a character?
AK: Wanting to participate; wanting to be a part of the narrative, and seeing how everyone breathes life into a character. The idea is to breathe nuance into a character and bring in some inspiring personality trait. Even if it's inspiring in a negative way, it should be fun. That's what I look for; to bring some vital energy source to a role.

Which past character has left a mark on you personally?
AK: Several characters. I did an important film in recent years. Important because it deals with mental health issues. It is a film called *The Valley* set in the Silicon Valley. A very important subject of expectations! It deals with Neal, a well set Indian businessman in Silicon Valley with two daughters. The elder one is like the father; very driven and very studious. She studies anaesthesiology and microbiology. The younger one is more creative, into Steinbeck and art but she doesn't realize that she is living under the shadow of her elder sister. She ultimately commits suicide.
The film deals with many cases that students experience in demanding institutes. A whole bunch of suicides took place in Palo Alto. Kids used to lie down on train tracks to take their lives. At one point in my life, as a young dad, the film made me evaluate the relationship I had with my children, and my expectations from them. *The Valley* explores many pertinent issues in today's tech savvy world, so I think such a character resonated with me quite a lot.



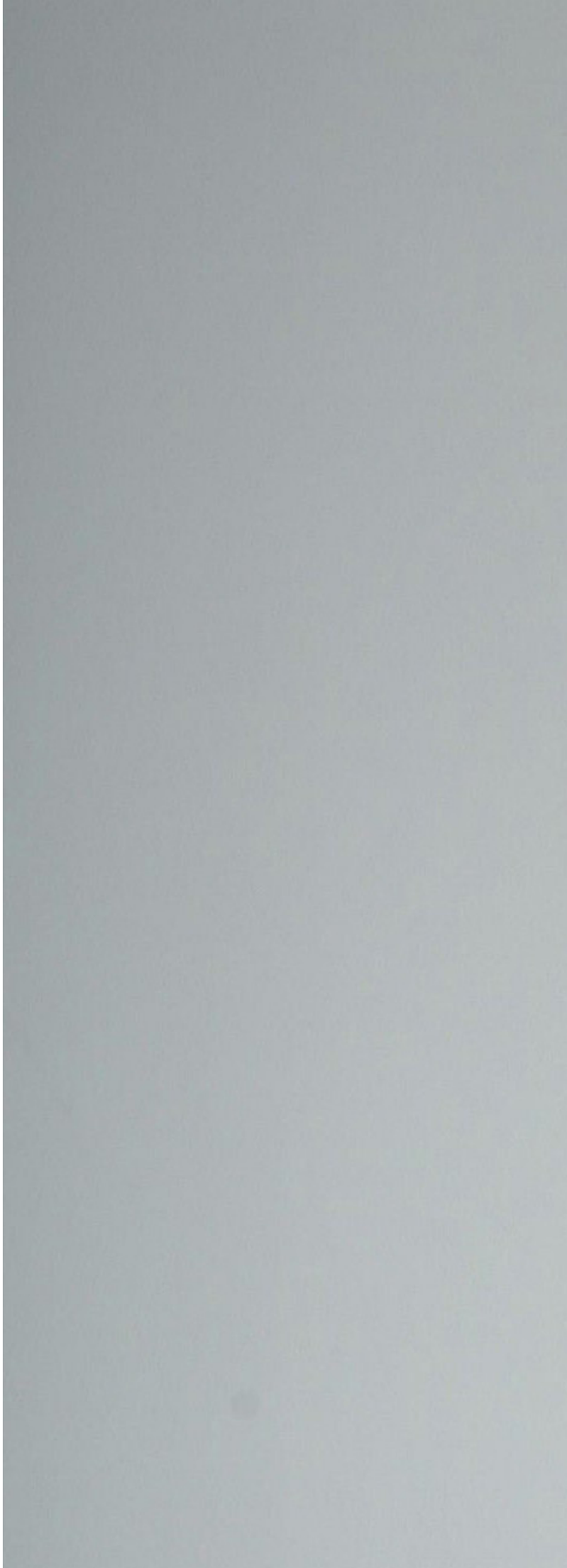
Finally, let us know where we can see you next on-screen?
AK: Lots of interesting projects in the works! A really tough time to travel. I have two young kids but like a bunch of people, I've been waiting to go overseas simply because it's so uncertain. You don't want to get quarantined. However, the flipside to the uncertainty is that everyone's been forced to create really interesting, local content.
With web series in fashion, there are lesser censorships, lesser restrictions from channels and channel heads. The creative process is allowed to be much more open-ended. It's a fun time to be around and actually take part in all these local projects. At the moment, we're doing some interesting work. Lots of stuff on the web soon! OK!

INTERVIEW: HAIDER RIFAAT
CO-ORDINATION: RAO ALI KHAN
PHOTOGRAPHY: SHAHBAZ SHAZI
GROOMING: NABILA'S SALON

“It’s important to show your real self”

EMMA ROBERTS

The talented actress on her love for romantic comedies, starting her own book club, and savouring the new phase of her life







Emma Roberts is best known for her work in fright fests such as *The Hunt*, *Scream Queens* and the *American Horror Story* TV series. Last year, she finally got her long-awaited wish to play in the kind of romantic comedy that made her aunt, Julia Roberts, famous.

A Netflix production which began streaming worldwide on Oct 28th, *Holidate* sees Emma co-star opposite Australian actor Luke Bracey in a story about two singles - Sloane and Jackson - who share a marked disdain for the holiday season and having to pretend to be full of good cheer. After a chance meeting, they decide to save themselves the embarrassment of attending various holiday season functions as lonely singles by pretending to be dating. Displaying no romantic interest in each other, they both feel it's a safe and easy way to sail through the endless stream of parties and family get-togethers. Inevitably, their artificial pairing evolves into something more as the approach of Christmas sees them drawn into the festive spirit.

"It's a rom-com that is fresh but also nostalgic and it takes on every holiday and romantic comedy clichés," Roberts says. "I fell in love with the script - it made me laugh, it made me feel good, and I thought there were so many original and unexpected moments. Right now we can all use a movie we can walk away from which leaves us smiling and feeling good, especially with how crazy the world is right now."

Directed by John Whitesell, *Holidate* co-stars Frances Fisher, Kristin Chenoweth, Andrew Bachelor, and Jessica Capshaw.

In 2019, the 28-year-old Roberts appeared in her very first romantic comedy, *Little Italy*, a light-hearted romp in which she plays a Cordon Bleu chef who returns from England to her native Toronto where she goes to work in her Italian father's pizzeria. (Coincidentally, the film is directed by Donald Petrie who was also the director of *Mystic Pizza*, one of the key films that launched Julia Roberts' career.)

"I would love to do more romantic comedies," Roberts said after completing *Little Italy*. "I've had *My Best Friend's Wedding* and *Notting Hill* on repeat since I was seven. Rom-coms make me so happy."

While hunkered down with boyfriend Garrett Hedlund in their L.A. home, Roberts is doing what she can to make the best of life in the coronavirus era.

How would you describe your character Sloane, who like Luke Bracey's character, Jordan, is jaded by love and dreading the prospect of enduring another holiday season as the eternal single?

EMMA ROBERTS: Sloane is kind of "over it" when you meet her - she's over the holidays, she's over her family, she's over love, and at the opening of the movie she's trying to make the best of the holidays and then her little brother gets engaged and that's just the cherry on top of her life right now, which is not what she wants...So she was a fun character to play because she's just so done when you meet her.

You've said before how much you wanted to get the chance to do more rom-coms as opposed to the horror fare you're best known for. What did it feel like to be able to make *Holidate*?

ER: I was intrigued right from the title of the movie...I love it so much. I loved it when I read it, I loved it when we made it, and I'm so proud of it after seeing it!

Your famous aunt Julia Roberts first made her name as the queen of romantic comedies. What makes you love the genre so much?

ER: Rom-coms are something that everybody loves, and I feel that we need to have things that we can watch that are going to make us smile and make us laugh and aren't so serious.

I feel we're living in a difficult time right now and real life is serious enough... People want to feel good and rom coms can be inspiring and make us appreciate a lot about romance and relationships and finding good moments in life...These kinds of movies can lift our spirits and I think that's important.

Have you ever asked your aunt Julia for any rom-com acting tips?

ER: No. Whenever we meet up it's with family and friends and we don't talk about work at all. We just hang out and catch up about personal things and have fun

Do you have a favourite movie that you would take to a desert island?

ER: My favourite movie ever is *My Best Friend's Wedding* — and not because it stars my aunt. I watch it all the time and I know every line in it. It's also the movie I like to watch whenever I'm working on a film in a different city and I'm feeling homesick. ▸



EMMA ROBERTS AT THE 2020 VANITY FAIR OSCAR PARTY

"I look like a real person."



> “Rom-coms make me so happy. Real life is serious enough.”

Apart from acting, you've also started your own book club, Belletrist. What led you to get involved in that?
ER: I love to read. Books and storytelling have excited me since I was a kid. I really just wanted to create a place that curated books for people, especially young women.
I feel like there are so many amazing books out there that you never hear of and I really wanted to not only showcase authors we all know, but authors you've never heard of...I truly believe that reading one book can change your life and to be curating a list for people in hopes of that is exciting for me.

Can you give us a short list of your favourite books?
ER: I love “Carthage” by Joyce Carol Oates. It has a bit of a “Gone Girl” vibe to it. “Blue Nights” by Joan Didion; it's just a heart wrenching, lyrical book. Then “Slow Days, Fast Company” by Eve Babitz. It's a great book about Los Angeles in the ‘60s and ‘70s.

You have a large fan base. What are your views about social media and how you project yourself to your fans?
ER: We live in a world of Facebook, Instagram, and Twitter, and everyone's constantly posting photos of the best versions of themselves and adding filters and Face Tuning and creating this image and this life that may not be real.
I think it's important to show your real self, for me at least. Because even though I'm an actress and I look a certain way and this and that, I definitely see pictures of ad campaigns and feel insecure and think, “Why don't I look like that?”
I look like a normal person. And I think it's important for people to know that, because I think it's really easy to get caught up in always worrying that your hair and makeup are perfect or if you have the coolest clothes. And it's more important to just live your life and have fun. It's about being comfortable in your skin.

You're noted for your fashion sense. Have you always been a fashionista?
ER: Always. My mother, when I was a child, tried to dress me very nicely but I insisted on putting on crazy hippie outfits. I liked dressing up and I remember once I went to school with an ostrich feather boa and all my friends looked at me like I had lost my mind. So I started being less ostentatious and more stylish after that experience! (Laughs)

You grew up in Los Angeles. Does it ever feel too incestuous in terms of the constant exposure and the dominance of the film industry?
ER: When I return to L.A. I feel at home. For those who don't live there, I know, Los Angeles is a strange place, all scattered, with film crews that film all over the city. But I find it relaxing - the sun, the palms...



Having done a lot of work in horror movies and TV shows, what's the scariest moment you ever had on set?
ER: I don't really get scared making those movies. There's a lot of technical stuff involved, and you always know what's coming. It's not like watching it in a movie theatre or at home on TV.
The scariest thing I've ever done was in a movie called *Nerve* [2016]. I had to do this scene where I'm riding on a motorcycle and when I read the script I kind of assumed that it would be a stuntwoman doing that scene.
But of course when we started shooting, they told me that they wanted me to be riding the motorcycle for real! [Laughs]
So here I was in this sparkling green mini-dress and it was basically “OK, action...” and suddenly I'm riding on the back of the motorcycle with the stunt guy and we're going 60 mph along Park Avenue and heading into a tunnel.

Did you freak out?
ER: It was terrifying! I hadn't been on a motorcycle in over ten years and even though it was fun in a way it was also very scary. What was really nerve-wracking for me was wondering what would happen if something went wrong because I was riding on this bike bare-legged so there was a very real level of fear involved.
But when you have the chance to ride a motorcycle at 4 am in New York City after they shut down Park Avenue for you, it's the kind of a once-in-a-lifetime experience that you have to do. OK!

INTERVIEW: BY JAN JANSSEN (WENN.com)
PHOTOGRAPHS: WENN

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OK! Red CARPET



Dua Lipa in a sheer Versace gown at the Grammy Awards 2021.



Gugu Mbatha-Raw wore a metallic Louis Vuitton dress and Messika jewellery on the BAFTA red carpet.



Rose Byrne in Miu Miu and Messika jewellery.

ROCKSTARS



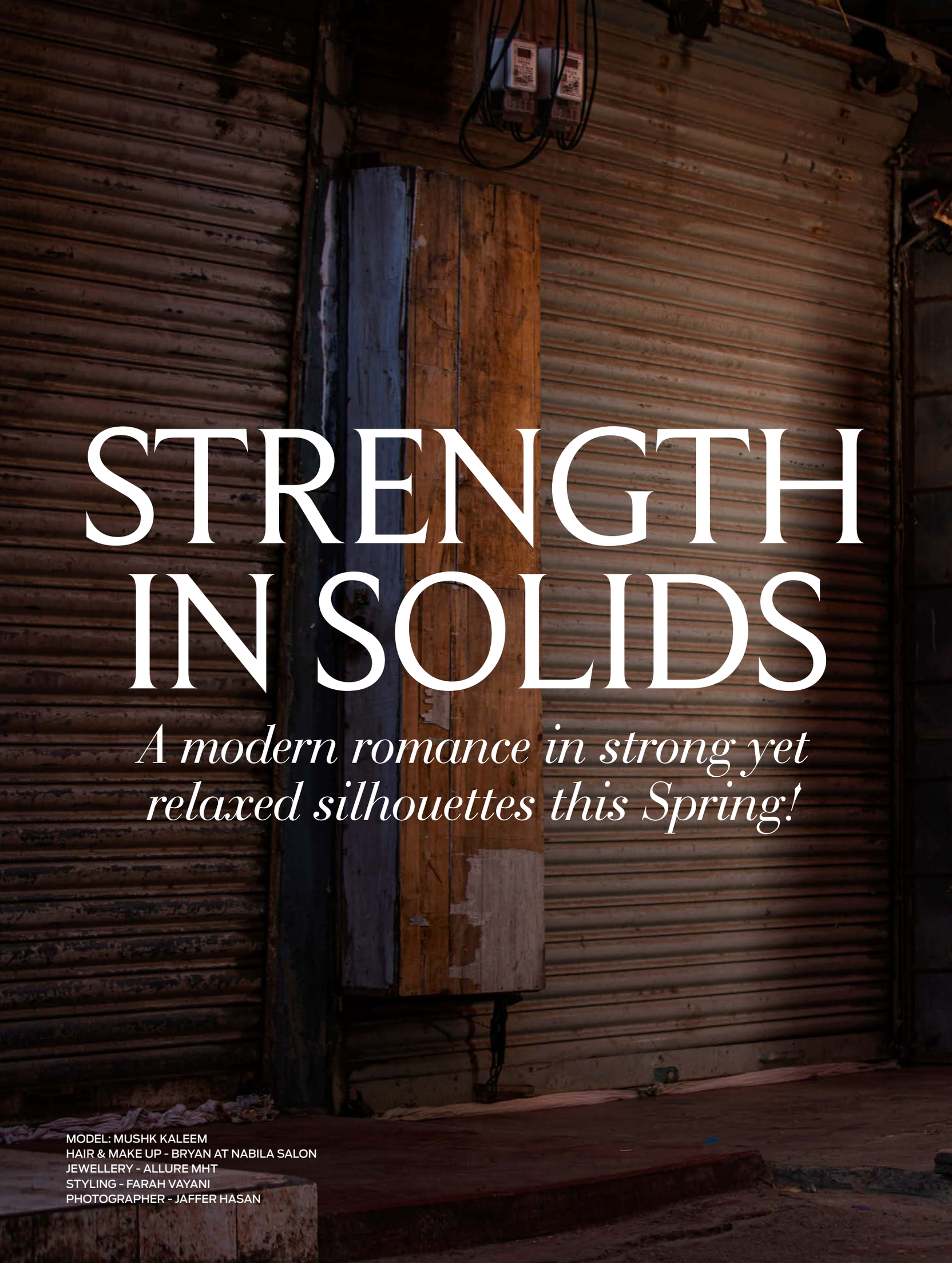
Renée Zellweger in a silver Armani Privé dress at the BAFTAs.



Anna Kendrick in Zuhair Murad and Messika jewellery on the BAFTA red carpet.



Phoebe Dynevor in an asymmetric Louis Vuitton gown paired with sparkling jewellery.



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DESIGNER: AYESHA FAROOK HASWANI







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PKR 200, 000



THE RAMADAN EDIT

Amp up your wardrobe for Ramadan with our Ramadan Edit! This month, pick some of your favourite conservative selection of dresses, skirts and accessories which will not only be perfect for iftaars but will last you through to summer!



H&M
Satin Kaftan Dress,
PKR 5,000



Celine
Oversized Square-Frame Leopard-Print Acetate Sunglasses,
PKR 65,000



Christopher John Rogers
Color-block satin-trimmed cotton-poplin shirt dress,
PKR 200,000



H&M
Glittery Metallic Kaftan,
PKR 6,000



Ganni
Printed Georgette Midi Dress,
PKR 40,000



Loewe
Ibiza Pochette leather-trimmed woven raffia shoulder bag,
PKR 80,000



Anita Ko
Zoe 18-Karat Gold Hoops,
PKR 300,000



Dodo Bar Or
Ally open-back intarsia-knit midi dress,
PKR 100,000



Loewe
Nano Puzzle bag in classic calfskin,
PKR 191,560





Racil
Alaya crepe de chine and chiffon dress and shirt set,
PKR 140, 000

Michael Michae Kors
Silk Chiffon Shirt,
PKR 40,000



Rotate Birger Christensen
Dawn Satin Jacquard Midi Dress,
PKR 65,000



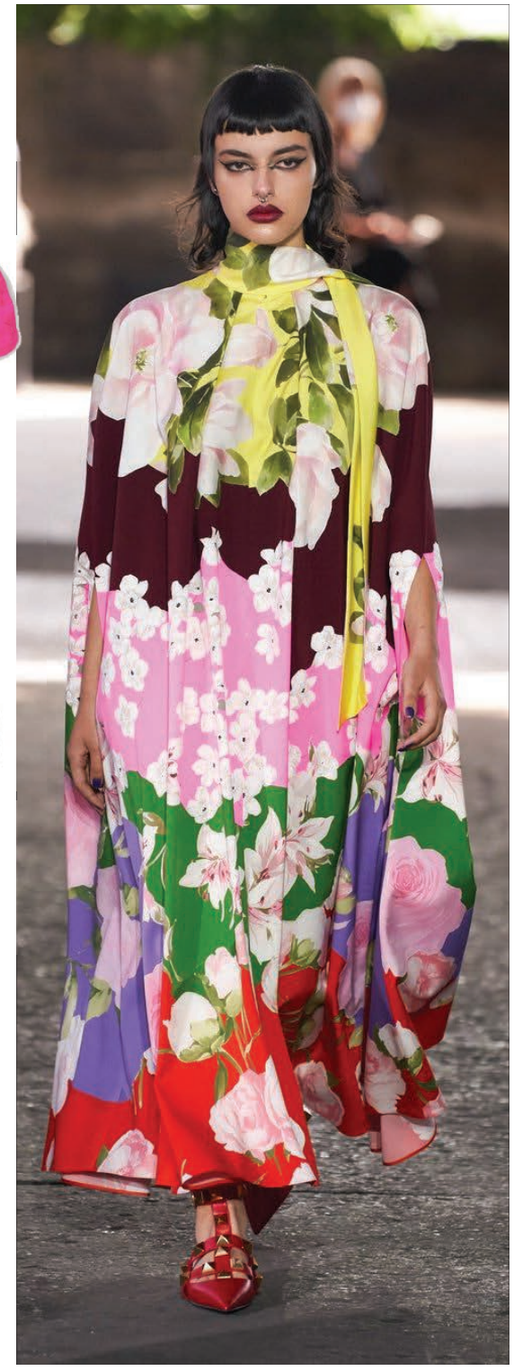


Loewe
Asymmetric patchwork cotton-chambray shirt dress,
PKR 200,000

H&M
Jacquard-weave kaftan,
PKR 5,000



Bottega Veneta
Small point top handle bag,
PKR 942,450





Love Shack Fancy
Saratoga crochet-trimmed scalloped floral-print cotton-voile midi skirt,
PKR 60, 000



Roger Vivier
Buckle-detailed glossed-leather mules,
PKR 124,300



Valentino
Floral-print cotton-poplin maxi shirt dress, PKR 500,000



Celine
Oversized s002 sunglasses in acetate with polarized lenses,
PKR 75,000



Roger Vivier
RV Bouquet embellished satin clutch,
PKR 340,670

STOCKISTS: LOEWE, www.LOEWE.com; CELINE, www.celine.com; LOVE SHACK FANCY, www.loveshackfancy.com; VALENTINO, www.valentino.com; H&M, www.hm.com; BOTTEGA VENETA, www.bottegaveneta.com; GANNI, www.ganni.com; VINCE, CHRISTOPHER JOHN ROGERS, ANITA KO, VINCE, MICHAEL KORS, ROTATE BIRGER CHRISTENSEN, DODO BAR OR, RACIL, www.netaporter.com; prices are approximately





OLIVIA WILDE

The actor and style guru of our bohemian dreams has always had an innate sense of what to throw together without second thought and look fabulous! Here is how to achieve her fantastic look.

GET THE LOOK

H&M
Light blue women's tailored coat, PKR 5,364



VICTORIAS SECRET
Light pink, lace bralette, PKR 5,725





FOUNDRAE
Red star disc drop necklace, PKR 161,122

LIDIA MAY
Pena Top handle rose bag, PKR 65,931



THE CLUTCHER
Light blue loose, palazzo style pants, PKR 37,871



DH GATE
Light brown, round hat, PKR 1,761



STOCKISTS: DH GATE www.dhgate.com; H&M www.hm.com; THE CLUTCHER www.theclutcher.com; FOUNDRAE https://foundrae.com/necklaces.html; LIDIA MAY www.lidiamay.com; VICTORIAS SECRET www.victoriassecret.com; prices are approximate



FORMAL FUNK

Men's formal wear doesn't have to be boring! Take cues from the talented Bilal Ashraf and funk it up a few notches.



GUCCI
Slim-Fit Cotton Blend Velvet Blazer, PKR 371,900



TOM FORD
White Slim-Fit Pinned-Collar Double-Cuff Cotton-Poplin Shirt, PKR 70,000



BERLUTI
Alessandro Capti Leather Whole-Cut Oxford Shoes, PKR 313,800



CHARVET
Printed Silk-Faille Flower Lapel Pin, PKR 22,200



PRADA
Saffiano Leather, Steel and Enamel Pin Badge, PKR 36,000





DRIES VAN NOTEN
Unstructured Cotton-Blend Gabardine Blazer, PKR 148,500

DOLCE & GABBANA
Sacred Heart Brooch, PKR 107,000





TOM FORD
Shelton Slim-Fit Cotton-Velvet Blazer, PKR 526,720



ERMENEGILDO ZEGNA
Slim-Fit Micto Gingham Cotton-Seersucker Suit Trousers, PKR 113,800



GEORGIO ARMANI
Pleated Prince of Wales Wool and Silk-Blend Suit Trousers, PKR 180,000



SAINT LAURENT
Slim-Fit Stretch Cotton-Blend Twill Chinos, PKR 79,000



GUCCI
Resin Double G Brooch with Crystals, PKR 101,650



GUCCI
Jordaan Horsebit Burnished-Leather Loafers, PKR 113,750

BALMAIN
Double-Breasted Logo-Jacquard Cotton Blazer, PKR 410,800

STOCKISTS: DRIES VON NOTEN, TOM FORD, BALMAIN, GUCCI, PRADA, ERMENEGILDO ZEGNA, GEORGIO ARMANI, SAINT LAURENT, BERLUTI, CHARVET www.me porter.com; GUCCI, DOLCE & GABBANA www.farfetch.com; *prices are approximate*

BVLGARI BAROCKO

With Rome as the Italian jewellery brand's muse for over 130 years, Bvlgari lavishly embraces its heritage with its latest collection, which aims to recreate the grandeur of 16th century Rome. The Barocko Collection is a contemporary take on Roman Baroque art and architecture that celebrates life and beauty.



BVLGARI
Lady arabesque necklace



BVLGARI
Ruby and diamond earrings

BVLGARI
Sapphire lace necklace



BVLGARI
Chiaroscuro necklace



BVLGARI
Emerald and diamond earrings



BVLGARI
Cabochon exuberance earrings



BVLGARI
Tourmaline, turquoise, amethyst and diamond ring



BVLGARI
Ruby and diamond ring



BVLGARI
Multicolour gemstone and diamond earrings



BVLGARI
Multicolour gemstone and diamond necklace



BVLGARI
Colour delight earrings



BVLGARI
Rosso caravaggio necklace



BVLGARI
Emerald and diamond necklace



BVLGARI
Emerald and diamond necklace



BVLGARI
Lady arabesque earrings



BVLGARI
Lady arabesque bracelet



BVLGARI
Sapphire and diamond necklace



What's IN HER BAG?

Farah Talib Aziz gives us a peek into her chic bag!



Wallet – a gorgeous LV padlock.



Hand sanitizer – if you aren't carrying this around these days, please start!



Blush – another emergency touch up product.



Lipstick – this completes any look!



Sunglasses by Louis Vuitton – A lady's best accessory.



A moleskin diary – this is essential!



Masks, masks, masks – the more they are, the better and safer we all are.

Chewing gum – self-explanatory!





Eye pencil – just in case a touch up is needed.



Almonds – healthy snacking is key!



Water bottle – hydration is key!

Pictures of my children.



Tasbih – always praising Allah is the key to life.

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EYE SPY

TARGET PUFFINESS, FINE LINES AND DARK CIRCLES WITH THESE IMPRESSIVE NEW CREAMS FOR YOUNGER-LOOKING PEEPERS



1 Estée Lauder Re-Nutriv Ultimate Diamond Transformative Eye Serum PKR 33,885
This luxury product has ingredients that read like a Harrods shopping list – black diamond truffle, pearl and 24-carat gold – and a price tag to match. It boosts collagen production after just two hours, and testers reported eyes immediately looked more energised.

2 SkinLabo Intensive Eye Lift For Bags And Dark Circles PKR 5,250
This one's purpose is clear – it targets these two key signs of ageing around the eyes. It's already gathered hundreds of five-star reviews online, with shoppers praising its instant effects.

3 Vichy Neovadiol Rose Platinum Eye Cream PKR 5,900
This is designed to tackle the signs of ageing in mature complexions – saggy skin, wrinkles and dark circles – and is a great choice for anyone with sensitive skin.

4 e.l.f. Holy Hydration! Eye Cream PKR 2,200
Packed full of hyaluronic acid, peptides and vegan collagen, this lightweight cream is deeply hydrating without feeling heavy.

5 Philosophy Purity Eye Gel PKR 3,950
Containing skin-energising ingredients such as caffeine, vitamin C and ginkgo biloba extract, this fresh-feeling gel instantly makes eyes look more awake.

6 Lancôme Rénergie Multi-Lift Lifting Firming Anti-Wrinkle Eye Cream PKR 10,900
From Lancôme's smart antiageing line comes this rich cream which firms the skin in this delicate area, tightening contours and reducing the appearance of wrinkles.

WORDS: LAURA MULLEY PHOTOGRAPHY: MEGAN BRAMLEY

THE LIFE OF ANUSHA BAWANY

Anusha Bawany, the high-powered editor turned entrepreneur, opens up about her life!



Favourite travel destination?
Barcelona! The pulse of that city is electric.



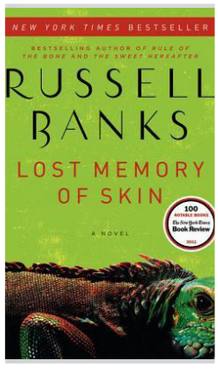
Signature scent?
Montale.

First thing you'll do post the pandemic?
Give everyone a squeeze! I've forgotten the art of a simple hug.



All time favourite film?
Dirty Dancing.
Nobody puts baby in a corner...

Last book you read?
Lost Memory of Skin by Russel Banks. A truly eerie read.



What's your instant mood lifter?
My dad! Nothing gives me more pleasure than annoying him.



Favourite restaurant?
In K-town, Test Kitchen. Otherwise Phat Phuc Noodle Bar in London.

Getting in shape or couch potato?
Does watching workout videos in bed count?



Most exciting celebrity encounter?
I once ran into Jared Leto in Budapest. His skin was like porcelain – and I'm pretty sure I forgot to blink or breathe the whole time.



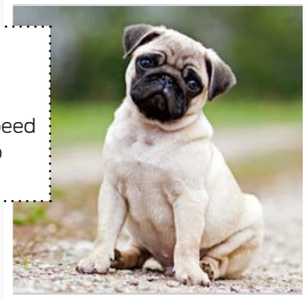
Ideal weekend?
Good friends, good food and a good night's sleep!

Current song on repeat?
Hawaii Remix by Maluma ft. The Weeknd.



Guilty pleasure?
Trashy reality TV and Flaming Hot Cheetos.

Three things you can't live without?
My pug, fast speed internet and lip balm.

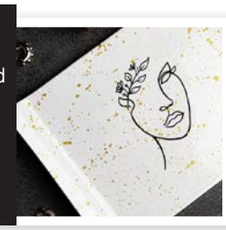


Last show you binge watched?
Have decided to go back and re-watch all of *The Sopranos*! Wish me luck.



Skincare essentials?
A solid SPF, classic Vaseline and a decadent moisturiser (currently obsessed with the Hyaluronic Cloud Cream from Peter Thomas Roth).

Last thing you splurged on?
Well, I recently started my own business, Viel! So I guess more than a splurge... it was an investment in myself!



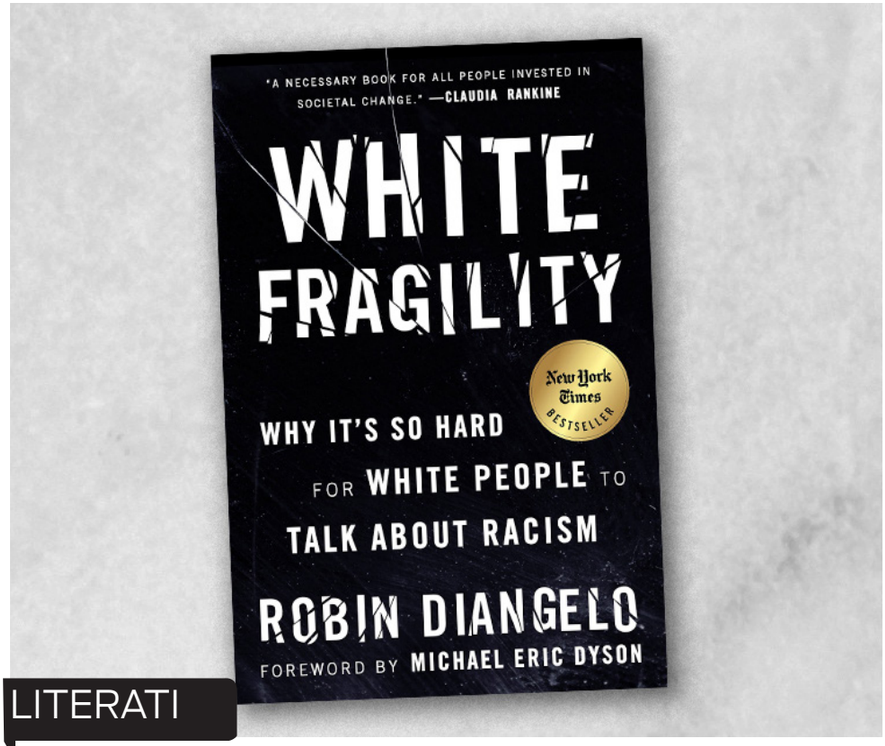
ENTERTAINMENT



MOVIE

RAYA AND THE LAST DRAGON

With a rather impressive IMDB rating, this animation is based in a realm called Kumandra, a re-imagined earth inhabited by an ancient civilization. Here, a warrior named Raya is determined to find the last dragon. Raya is Disney's first Southeast Asian princess, and she is an instant hit amongst everyone who has watched the film. entertaining film.



LITERATI

WHITE FRAGILITY

In today's world everyone has become aware of what's going on around them, especially injustices. With the killing of George Floyd and the very recent conviction of the police officer who murdered him, this book could not have come at a better time. The book by Robin Diangelo discusses in great length "why it's so hard for white people to talk about racism", highlighting an array of defensive and destructive behaviours used by them and tangible advice on how to stop it.



TV SHOW

THE CIRCLE USA

COVID times call for some light-hearted, entertaining reality TV and that is exactly what *The Circle USA* offers. The TV show is now in its second season and we can't wait for the next episode to be released. The series is a twist on a popularity contest but with complete strangers living in the same apartment building who have zero physical contact. These participants vote on one another's popularity based on communication solely via the Circle software, so basically just through messaging one another, not knowing if they have been communicating with someone who actually is who he/she says they are or with someone who is 'cat-fishing' them.

SUGAR AND SPICE

...AND ALL THINGS NICE – THAT'S WHAT THESE SPECTACULAR SHOW-STOPPING EASTER TREATS ARE ALL ABOUT



Bundt cake

SERVES 10-12; COOKING TIME: 50 MINUTES; PREPARATION TIME: 30 MINUTES

INGREDIENTS

- 225g softened and cubed butter, plus extra for greasing
- 350g self-raising flour, plus extra for dusting
- 400g golden caster sugar
- 6 eggs
- 1 tsp vanilla bean paste
- 50ml maple syrup
- 1 tsp cream of tartar
- 100ml whole milk
- 200g blueberries
- 100ml water
- 400ml double cream
- 1 tbsp lemon curd

1. Preheat the oven to 170°C/325°F/gas mark 3.
2. Lightly grease a 25cm bundt tin with a little butter and dust lightly with flour.
3. Cream together the butter and sugar until smooth and pale.
4. Whisk in 1 egg at a time until fully combined and smooth. Mix in the vanilla paste and maple syrup.
5. In a separate bowl, sift the flour and cream of tartar. Add the milk then fold gently into the batter until fully combined.
6. Spoon the mixture into the bundt tin and give the tin a gentle tap so the mixture is level and fills all the gaps.
7. Place the tin in the middle of the oven and bake for 50 minutes until lightly golden and a toothpick comes out clean when poked in the middle.
8. Leave the cake to cool fully before turning out.
9. While the cake is cooling, simmer the blueberries and water together until the mixture is reduced by half.
10. Press through a sieve, discard the skin and seeds then cool fully.
11. Whisk the cream until it forms soft peaks then add the lemon curd and blueberry coulis. Spread the cream mixture over the cake, decorate as desired and serve. ▷

Mini simnel cakes



SERVES 12 COOKING TIME: 50 MINUTES PREPARATION TIME: 30 MINUTES

INGREDIENTS

- 180g softened butter, plus extra for greasing
- 180g soft light brown sugar
- 3 large eggs, beaten
- 180g plain flour
- 1 tsp baking powder
- A pinch of salt
- 1 tsp mixed spice
- 300g mixed raisins
- 50g glacé cherries, chopped
- 50g mixed peel
- Zest of 1 orange
- Zest of 1 lemon
- 300g golden marzipan
- Icing sugar, for dusting
- 1 tbsp apricot jam
- 1 egg white
- 1 small bag of chocolate mini eggs, to decorate

1. Preheat the oven to 140°C/275°F/gas mark 1 and lightly grease 8 loose-bottomed mini sandwich tins.
2. Beat the butter and sugar together until smooth and fluffy.
3. Mix in 1 egg at a time until smooth and fully combined.
4. In a separate bowl, sift the flour, baking powder, salt and mixed spice.
5. Fold the flour mixture through the batter and mix well.
6. Add the raisins, cherries, mixed peel and zests then mix until evenly combined.
7. Spoon the mixture into mini sandwich tins ¾ full, smooth the tops and make small dips in the middle – this will help it rise more evenly.
8. Bake for 50 minutes or until risen and a toothpick comes out clean.
9. Leave to cool for 5 minutes then remove the cakes from the tins and allow to cool fully on a cooling rack.
10. Knead the marzipan a little until it becomes pliable.
11. Roll the marzipan into a ball then squash down with the palm of your hand. Dust with a little icing sugar and roll to ½cm thick.
12. Using a biscuit cutter the same size as your mini cakes, cut 8 rounds of marzipan 1 at a time. Each time you cut, leave the biscuit cutter on and crimp the edge of the marzipan so that it stays the same size as the cake.
13. Heat the jam in a pan and gently warm until it's loose enough to brush.
14. Brush the jam on to the top of the mini cakes then stick the marzipan to the cakes. You may wish to trim the tops flat so that the marzipan sits nicely on top.
15. Brush the top of the marzipan with a little egg white and grill until lightly browned. Alternatively, you can use a blow torch to brown the marzipan.
16. Decorate with the chocolate mini eggs and serve.

Lemon curd and meringue roulade



SERVES 8 COOKING TIME: 25 MINUTES PREPARATION TIME: 30 MINUTES

INGREDIENTS

For the meringue

- 6 egg whites, at room temperature
- 1 tbsp cream of tartar
- 340g caster sugar

For the lemon curd

- 270g caster sugar
- 6 egg yolks
- Juice of 4 large lemons
- 120g butter
- 360ml double cream

1. Preheat the oven to 180°C/350°F/gas mark 4 and line a large baking tray with baking paper.
2. In a large, clean, dry bowl, whisk the egg whites and cream of tartar with an electric beater on high until you get firm peaks. While still whisking on high, add the caster sugar 1 tablespoon at a time until very stiff and glossy.
3. Spread the meringue evenly over the prepared baking tray and bake for 10 minutes. Turn the oven down to 140°C/275°F/gas mark 1 and bake for a further 15 minutes.
4. Flip the meringue over on to another sheet of baking paper and carefully remove the baking paper from the meringue base.
5. To make the lemon curd, gently beat the caster sugar with the egg yolks using a balloon whisk in a heavy based pan.
6. Add the lemon juice and butter. Put over a medium heat, continuously whisking until the curd thickens – this should take 8-9 minutes.
7. Tip the curd into a bowl and cover with cling film until cooled.
8. In a separate large bowl, whisk the double cream until it forms soft peaks.
9. Gently fold the cooled lemon curd through the whipped cream then spread evenly over the meringue, leaving 2cm on the long edges.
10. Using a sharp knife, make a shallow score 2cm in along the bottom long edge and fold that edge into the lemon curd cream.
11. Using the baking paper to support the meringue, roll it tightly and transfer to a platter with the fold on the bottom. Decorate and serve.



XAVIER LASSERE

Xavier Lassere, head of international sales at one of the biggest luxury brands in the world talks to OK! Pakistan about life at Maison Chopard and his Pakistani experience





Describe a typical day for you.
Xavier Lassere: A typical day would include me waking up at 6:00AM, have breakfast with my family and join my second family, my business family, at Maison Chopard to interact with our partners from multicultural origins.

Have you visited Pakistan before? Tell us about your experience.
XL: I cannot pretend that I visited before; it was merely a stop. This time I realised how big Karachi as a city is, how passionate the people of the country are, the food is good and the potential here is high!

What led to your interest in watches and the luxury sector?
XL: For a man, what is important is to wear the right shoes, match your belt, and to wear the right watch on your wrist.

What are your tasks at Chopard and how has your journey been so far?
XL: I'm a member of their international sales team, and my daily task is to share a first class experience with our B to B partners as well as our B to C partners.

We're excited to have Chopard in Pakistan. What are some of your favourite pieces from the collection and what makes them special?
XL: What makes Happy Sport special this year is our Pure Alpine campaign this April and the face of the brand is Julia Roberts!

Which design feature of the watches do you absolutely love and what do you see as the products' strength?
XL: My most favourite collection is the Haute Joaillerie LUC collection with its complications. This year it is in the purest respect of the Swiss watch making traditions.

What are your plans for Chopard in terms of design and global growth?
XL: We plan to continue protecting our DNA and expect to meet ▶



Rapid Fire:

Favourite celebrity to work with?
Caroline Scheufele.

A piece of advice that changed your life?
Listen.

Favourite luxury brand/item you own?
My family.

Best holiday destination?
Costa Rica.

Most inspirational person you know?
My wife.

Describe yourself in three words.
Passionate, Ffoodie and always in motion.

Most memorable experience?
My first Cannes Film Festival with Maison Chopard.

The one thing that surprised you about Pakistan?
The traffic – it's excellent compared to other cities and the open-minded people. It's a rich country with different experiences.

> “My style, I would say is more casual and relaxed, very Mediterranean. Brands-wise I prefer ‘real’ brands – those that stick to their initial skill and expertise.”

with more local customers who were buying from out of the country, but are now available in Karachi and we will offer our partners and fans a local experience at the Dolmen Mall.

What has been the biggest motivation and challenge to breaking into the Pakistani market?
XL: I didn’t see any challenge. The people are very trendy. They are looking for brands and know very well what luxury is. The only challenge was what to eat and how to resist the local cuisine!

How would you describe your personal style and which luxury brands do you like to wear yourself?
XL: My style, I would say is more casual and relaxed, very Mediterranean. Brands-wise I prefer ‘real’ brands – those that stick to their initial skill and expertise. My perfume is Gallant, my suit and shoes are Italian, but my watch is Swiss made by Chopard.

What inspires you?
XL: The people, very much... but also, nature and the environment.

Who are the most inspirational people you have ever known and how have they affected your life?
XL: I would say my mum and the Scheufele family because they are the right example of doing the right thing at the right moment with complete authenticity.

Is there any advice you would like to give to young, upcoming individuals?
XL: I would say look around. I-watches are of course very appealing, but at the end of the day you will understand that the real mechanical watch that you receive from your grandfather will work after a few minutes without any intervals or intervention. It’s like a transmission from the past to the future.

How have the last few months been for you? What have you learnt from this pandemic?
XL: That was a challenging time. Hopefully we will be back to our normal and real lives soon. What I did learn was patience, and I also understood that no matter what you own, the most important thing is what you are.

TEXT: FARAH VAYANI
PHOTOGRAPHS: UZAIR KHAN





UP CLOSE WITH

CAREY MULLIGAN

ACTRESS CAREY MULLIGAN ON HER CHILDHOOD, MAKING THE MOST OF LOCKDOWN, AND HER MISSION TO CHANGE THE STIGMA AROUND ALZHEIMER'S

She's known for her starring roles in Hollywood blockbusters such as The Great Gatsby alongside Leonardo DiCaprio and *Drive* with Ryan Gosling, but it's Carey Mulligan's latest flick, *Promising Young Woman*, that has the critics falling over themselves. The black comedy thriller, which was curated by Emerald Fennell, one of the writers behind *Killing Eve*, follows the story of two women and explores tough subjects such as rape, suicide and revenge.

"I think it is very timely as a film," Carey tells us. "It's not a horror, but it's something close to it."

Away from Tinseltown, the 35-year-old Brit is a homebody at heart, and has spent lockdown in the West Country with her husband, Mumford & Sons frontman Marcus Mumford, and their two children, Evelyn, five, and Wilfred, three.

Here, Carey lifts the lid on the importance of the movie, her very different upbringing and why spreading awareness of Alzheimer's disease is a cause so close to her heart...

How have you coped with life in this weird new world of lockdowns?

I've spent lockdown in the West Country, thankfully, with space around me. I felt very lucky to be in a place with a garden and lots of space for the kids. People have had a nightmare in so many different ways, and we have been lucky enough to have a nice time to spend together as a family. We feel really fortunate.

In normal times, you often head out on the road with Marcus and your family. How much of a challenge is it to raise children on tour?

Marc's job requires a lot of travel, but we have been lucky enough to be able to travel around as a family and make it work for the most part. I feel very comfortable in hotels. My father was a hotel manager, so we lived in quite a few different places when I was growing up. I feel very much at home in a hotel. Of course, it's wonderful to have a sense of home – but as long as I'm with the people I love, I don't feel bereft. That feels like enough of a home to me.

What was it like to grow up in hotels?

In retrospect, it was like a fairytale. I loved it, but I didn't really know any different. There's a part of me that wonders if perhaps I enjoy living in a community with lots of people around. When we lived in hotels, there was always the kitchen staff and the guys on the front desk, as well as the concierge and all these people who were weirdly a part of our lives. My mum says that when I was little, the maids would put me in the laundry basket on the trolleys and take me from room to room – and it was dreamy. I had a very blessed childhood. There was definitely a sort of magical

element to it.

Sounds like it! As a family, do you and your husband try to avoid working at the same time?
So far, we have pretty much been lucky to be able to tag team. There has been the occasional crossover, but we've mostly been able to balance it out so we're not working intensely at the same time.

You sound very grounded. Have you ever had much of a wild life?
My own wild life? I never really had one. I started working when I was 18 years old and I kept going. I mean, I'm sure I cut loose when I was a teenager, but I have never been rebellious. I'm pretty boring. My wild life is more to do with country walks and crackling log fires.

We loved you in Promising Young Woman. What do you think of the timely themes of the story?
Emerald has felt connected to the #MeToo movement and this is clearly a moment where lots of people are finally telling stories about their experiences. I think we have been massively inspired by survivors, and their bravery and courage. But in lots of ways, this is about uncovering the parts of our culture that are a little bit more subversive and grey, and difficult to land on. It's not all black and white.

What changes have you seen in the industry in terms of the #TimesUp and #MeToo movements?
I certainly feel that there has been change in the last couple of years. Not long after the #MeToo movement started, I did a play at the Royal Court Theatre in London. On the first day of rehearsals, before anything else, I was given a five-page document about behaviour in the workplace. I read it and signed it – and from then on everybody knew what was appropriate and what wasn't. Things like that are really good, concrete steps in the right direction.



The film follows the story of two young women. Who are the women in your life?
My closest friends are probably from school. I met my two best friends when I was 14, and they're not in the industry. One is an artist and the other works in travel PR. You know, it's odd to think I've known them for 20 years now. That seems like way too long, but they've been a rock for me the whole way through my life. I feel very, very lucky to have them.



You've been involved with the Alzheimer's Society for a number of years. What drew you to the charity?
My grandmother had Alzheimer's disease for a long time. She passed away a couple of years ago, but I was young, about 14, when she started to show symptoms. I feel there was and still is a vast misunderstanding of Alzheimer's. There's this belief that it's a natural part of aging, as opposed to a brain disease. I wanted to de-stigmatise it to try to improve society.

What are your memories of your grandmother's experience of the disease?
My grandmother went on a walk from our house one day and didn't come home. She got lost and couldn't remember her way home. I wanted her to live in a society that could identify someone who is struggling like that and take care of them. That's what the Alzheimer's Society does, as well as a lot of research and support. They do a great deal of work trying to make our society more understanding of what dementia is and how to help people with it.

What can people do to help those with Alzheimer's disease?
Well, if you see someone struggling – perhaps they can't figure out the coins in their purse, or they seem to not be aware of their surroundings – it's my hope to live in a society where we could help that person and not ignore them. That's a big part of my work with the Alzheimer's Society – spreading awareness of what dementia is and what we can do to help people. It's about early diagnosis and the support you can get as a family, too. I'm very happy and honoured to be involved with them. OK!

WORDS: ALAN TANNER
PHOTOS: COMIC RELIEF, EYEVINE, FOCUS FEATURES, MATTHEW G LLOYD/GETTY IMAGES, WARNER BROS



A SHOT IN THE ARM

From mad myths to medical facts, here's everything you need to know about the Covid-19 vaccines

It's been almost a year since the first case of Covid-19 was reported on home soil and now over three million Brits have caught the virus, which has proved fatal for upwards of 80,000 people.

Thankfully, the muchhyped vaccines are now here offering protection and a glimpse of normality to our lives. But despite the anticipation of pub grub, holidays and Christmas 2.0 with the family, wild rumours have made some nervous about being inoculated.

According to a YouGov survey, one in five Brits say they're unlikely to take the vaccine. We consulted Dr Amir Khan, of GPs Behind Closed Doors, to debunk the myths and answer our most pressing vaccine questions.

What are the differences between the vaccines?

Three vaccines have been approved for use in the UK – Oxford/AstraZeneca, Pfizer and Moderna.

"The Pfizer and Moderna vaccines work by injecting a small piece of genetic material into your arm," says Dr Khan. "mRNA enters cells and asks them to start making the spike protein – the key by which the virus infects us. Your immune system recognises it as 'foreign' and starts making cells to attack and kill. Memory cells will form which will kill the real coronavirus if you come across it before it causes serious symptoms.



"The Oxford vaccine uses a virus that causes the common cold in chimpanzees but is harmless to humans. It's been genetically modified to programme your cells to make the Covid spike protein. Your immune system kicks in and kills the spike protein and will remember it if you come across coronavirus."



Will the vaccines work against the new strains of Covid?

"Yes, they will," says Dr Khan. "The vaccines trigger a number of different immune cells that



attack different parts of the coronavirus spike protein. So although there are some changes to the spike protein in the new variant, much remains the same. It's still susceptible to our immune system response stimulated by the vaccines."

I have fillers – will the vaccine make my face swell?

"There have been reported cases of the Moderna vaccine causing swelling in those with dermal fillers, but this was only a tiny number among thousands," assures Dr Khan. "Side effects linked to fillers are so rare and mild, they shouldn't dissuade people from getting vaccinated."

I'm being treated for a serious illness. Can I receive a vaccine?

"The vaccines are safe to take with most underlying conditions and will offer protection to those with serious illnesses and those receiving treatment for one," Dr Khan explains. "But always discuss it with your specialist first."

Will the vaccine make me ill?

Dr Khan says, "You're not being injected with the coronavirus so you can't get Covid from the vaccines. After I had mine I just had a sore arm for 24 hours – a small price to pay to protect myself."

Are there any hidden longterm effects?

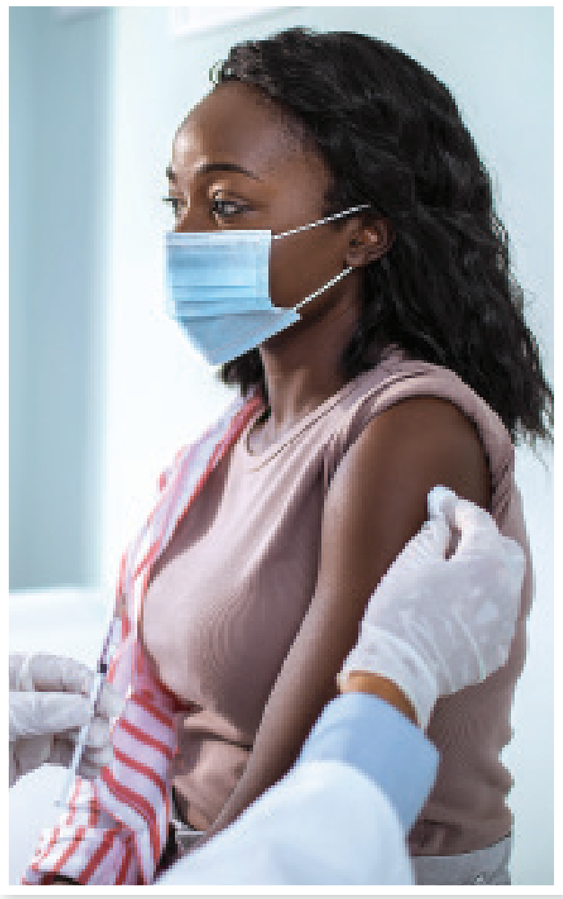
"Most side effects from vaccines happen within the first 15 minutes of receiving them [tiredness, headache or mild flu-like symptoms and, rarely, skin rash, swelling and anaphylactic shock.] Many of the ingredients have been used in other vaccines and medicines for years. The approved vaccines are safe with no evidence they'll cause long-term side effects," explains Dr Khan.

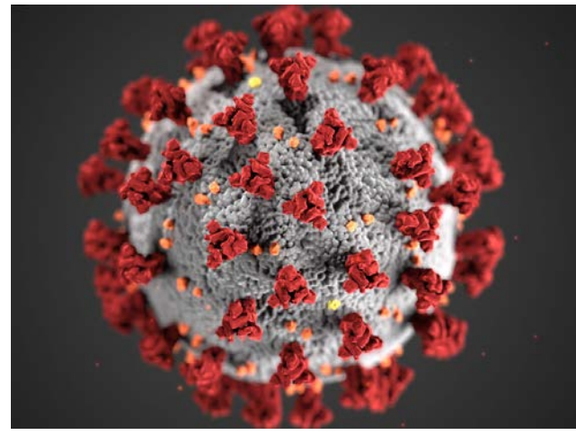
Will the vaccine affect fertility?

"Absolutely not," states Dr Khan. "This myth was created by social media. Bogus reports claimed the Covid spike protein was similar to an important protein required for a healthy placenta (the organ that connects mum with baby during pregnancy). The two proteins are not even remotely similar enough for the immune system to confuse the two. You can have the Covid vaccine even if trying for a baby."

The vaccines were developed so quickly – are they really safe?

"The reason they were developed so quickly is because we had record numbers of scientists, volunteers and resources working together," Dr Khan reveals. "No stage was left out of the trials but many stages were done simultaneously to speed up the process. The MHRA (which regulates vaccines) scrutinised with its usual rigorous standards."





Wildest vaccine myths debunked

THE VACCINES CONTAIN MICROCHIPS TO TRACK US ALL

This idea surfaced when Microsoft boss Bill Gates reportedly commented about using vaccine records to track who has been tested. The technology isn't a microchip and isn't tied to the Covid-19 vaccine.

THE VACCINES USE ABORTED FOETUS TISSUE

Untrue. Cloned human cells – artificially grown in a lab – have been used to research how the virus and vaccine interact with our bodies.

PEOPLE COULD DIE AFTER RECEIVING THE VACCINE

A hoax stated that an Alabama nurse died after her jab but there have been zero deaths caused by the Covid-19 vaccines. Or any others. In fact, 86% of the world's children take life-saving vaccinations every year.

AFTER THE VACCINE, I DON'T HAVE TO FOLLOW GOVERNMENT GUIDELINES

Some people have tested positive for Covid-19 after their vaccination, plus we don't know if we can still act as carriers. You're not fully protected until the effects kick in (days to weeks, and following your second dose), so it's important to keep wearing your mask and to practise social distancing.up?" You can download these from my website, www.phonebreakup.com.'

I've already had Covid, do I need to be vaccinated?

"Yes. There should be at least a four-week gap between a positive test and getting the vaccine," Dr Khan advises. "You may have antibodies if you've had Covid, but we don't know how long they last and what protection they offer. Think of the vaccine as a booster for your immune system." OK!

WORDS: KIRSTEN JONES
PHOTOS: GETTY

ARE YOU AT RISK FROM A SILENT KILLER?



reports of links between Covid jabs and blood clots have got us all worried, but what are the dangers? OK! investigates

Following the news that under-30s in the UK will be offered an alternative to the AstraZeneca Covid jab and that some countries have suspended its use entirely over fears it can cause blood clots, Google searches on the condition have surged.

But experts, including the World Health Organization, reassure us the vaccine is safe.



To put things into perspective, at the time of writing, out of 17 million doses of the AstraZeneca shot delivered, 37 cases of potentially serious blood clots have been reported in Europe. Also, most of the 18 countries that suspended its use have since reinstated it, although investigations are ongoing.

But as concerns persist, we asked Dr Paul Ettlinger, GP at The London General Practice, to give us the lowdown on a health condition that can often go undetected until it becomes an emergency...

What are blood clots, Dr Ettlinger?

"A clot is when the body turns liquefied blood into solid blood to stop a cut from bleeding. The clot is usually then broken down, but sometimes you might get persistent clots, such as deep vein thrombosis (DVT) or a pulmonary embolism (PE) when the clot travels to the lung. Both can be very serious if not caught and treated in time."

What are the tell-tale signs?

"A DVT is usually found in the leg, so look out for a painful throbbing and swelling in the calf, often after a period of immobility – that's why long-haul flights can be a cause. Breathlessness, particularly a sudden acute onset, and chest pain on breathing, can be signs that a clot has broken off and entered the lung. Severe migraines too can be a potential warning."

Who's at risk?

"There are lots of hereditary clotting disorders, including haemophilia, where the blood is too thin to clot. Also congenital disorders, where it's too thick to clot. If you know you have a family history, you may be on preventative medication. Most people don't know they're at risk. If you're obese, bedridden post-op, have very prominent varicose veins, have suffered an accident, are pregnant or on an oestrogen oral contraceptive pill, you may be at increased risk, too."



Are they always fatal?

"No. They can be, but they're very treatable if caught in time. We even treat them at the GP practice now with anticoagulant tablets."

How can I protect myself?

"Support stockings compress the veins in the legs and prevent blood pooling and causing a clot. Anticoagulants, which thin the blood, can be prescribed by your GP. Maintain a healthy weight, keep moving and stay well hydrated. There's evidence that turmeric, garlic and vitamin E can be helpful in preventing clots, but the scientific research is lacking."

Should I fear the vaccine if I'm over 30?

"No. There are more DVT and PE cases in people who didn't have the vaccine than in those who did. More than 501 million doses have been given across 140 countries and these thrombosis incidents are very, very rare."

OK! PAKISTAN

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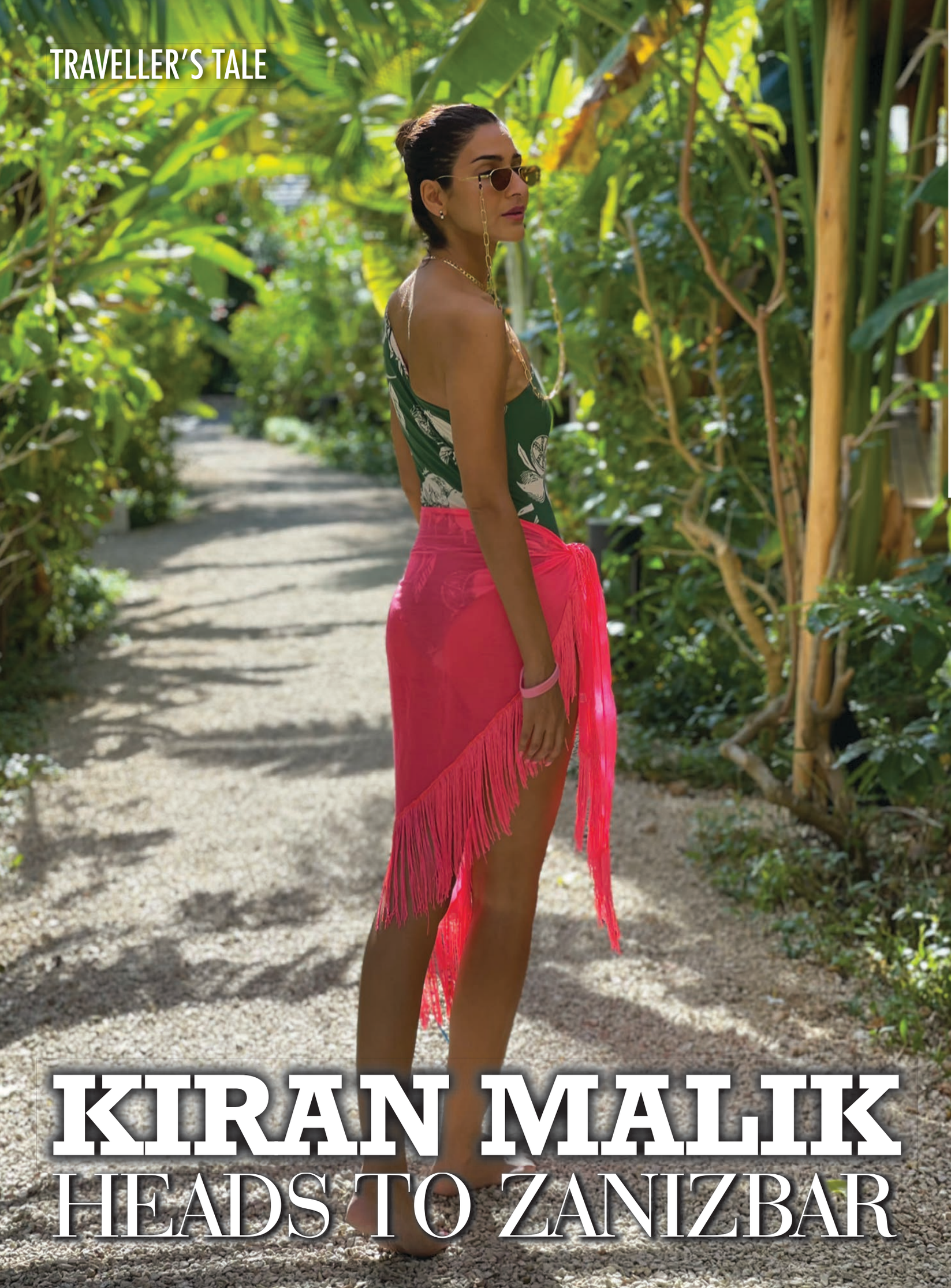


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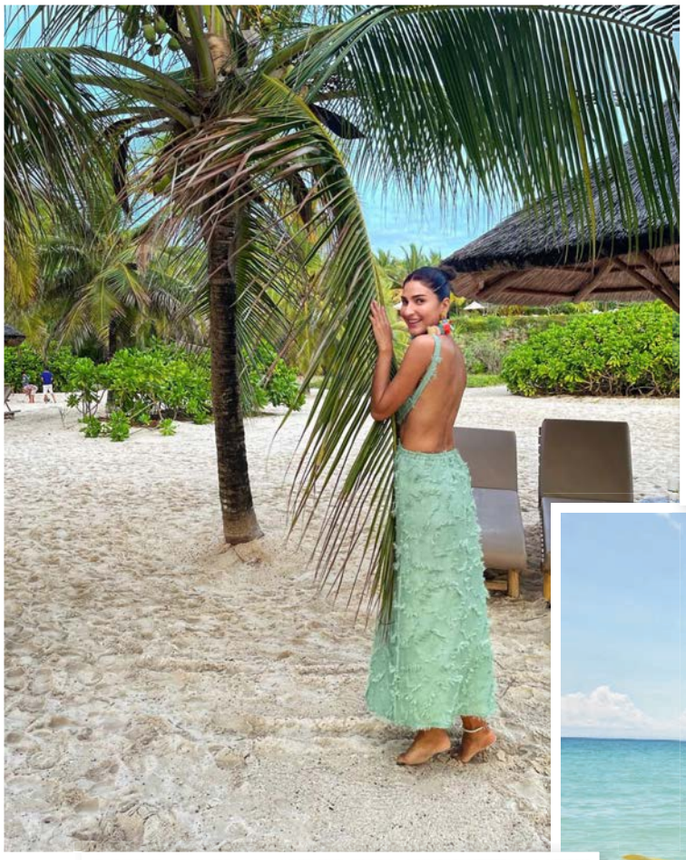
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KIRAN MALIK HEADS TO ZANIZBAR















Where did you go?
Kiran Malik: Landed in the very echo friendly and historic Island of Zanzibar.

What made you go there?
KM: It was appealing as not many Pakistanis have ventured there till now. I also wanted to discover Zanzibar's interesting history and experience the local Muslim culture. Plus the site of un-spoiled white sand beaches was really enticing.
It also helped that the island remains open to the outside world in the current pandemic.

What did you pack?
KM: Sun cream, flip flops, beach wear, umbrella (as it's tropical), and of course the travel guide. Don't forget to keep a wad of US dollars!

What was your favourite meal/restaurant?
KM: It's hard to choose but it has to be the fresh sea food cooked in Tanzanian style served on the iconic roof top terrace of Emerson on Hurumzi. Another favourite was the highly Instagramable The Rock.

What was the biggest highlight of your trip/most memorable moment?
KM: Doing lots of water sports with my daughter and making new friends from cool places like Budapest.

Favourite shopping destination?
KM: The winding streets of Stone Town with local sellers displaying their eclectic art and quirky jewellery.

Some sights worth seeing?
KM: House of Wonders, Prison Island with 150-year-old turtles, and early morning sunrise walks across the beautiful Kendwa beach.

What are some spots for a night out?
KM: Normally there are full moon parties that are known to be quite happening but have been suspended due to Covid-19.

Travel essentials?
KM: Sun cream, beachwear, and mosquito repellent are a must.

Any travel tips you would like to share?
KM: Buy a very generous and affordable data pack at the airport. Hire a car with a driver as the police won't bother you that much. Build an appetite for seafood as it's delicious. Spoil yourself at one of the resorts in the north of the island - I highly recommend Zuri Zanzibar. OK!

PHOROGRAPHS COURTESY: KIRAN MALIK

GREECE IS THE WORD

DISCOVER SUN-KISSED BEACHES AND A LAID-BACK VIBE AT A FAMILY FRIENDLY RESORT NEAR PICTURE-PERFECT PALEROS

WHY GO?

After what feels like a lifetime in lockdown, the concept of a holiday where the children are kept amused from dawn to dusk is very appealing. Well, the newly refurbished Mark Warner Paleros Beach Resort on the west coast of mainland Greece most definitely delivers. Sandwiched between the turquoise Ionian sea and rugged mountains swathed in olive groves, it's situated a 30-minute stroll from the sleepy town of Paleros. Here, quaint Greek tavernas line the waterfront, while the child-friendly, open-air lounge bar Senso Mare just up the hill hits the spot for a family dinner and sundowner. The unspoiled coastline offers visitors a snapshot of traditional Greek life with some impressive ancient treasures, such as Kechropoula Castle and the archaeological site of Sterna, thrown in for good measure. Who said history was boring?

WHY STAY HERE?

The low-rise resort, which underwent a top-to-toe refurbishment in 2019, has an idyllic



EAT IN A GREEK TAVERNA BY THE SEA





CYCLING IS ONE OF THE MANY ACTIVITIES AVAILABLE



PALEROS RESORT



RELAX IN THE PALM-TREE LINED MAIN POOL

seafront setting nestled in a sheltered bay. There's a village vibe to the clusters of pretty terracotta-roofed buildings scattered among the lush, flower-filled gardens. There are 130 rooms (with family options), which all have a balcony or terrace, while a palm tree-shaded main pool takes centre stage. There's also two smaller pools (one for adults and one for kids), plus a wide range of all-inclusive water and land sports, which British-run Mark Warner is renowned for. It's easy to see why children love it, with well-run kids' clubs, tennis, sailing lessons and more. If you stay on a half-board basis, breakfast and dinner at the main restaurant are included. Guests can also enjoy leisurely lunches at the beachfront Taverna Avli.

MUST-DO ACTIVITIES?

The hotel's sandy bay provides safe conditions for water sports including sailing, windsurfing and kayaking lessons. Socialising with fellow guests is encouraged thanks to regatta races, quiz nights and tipsy tennis matches! *OK*! experienced a three-hour kayak safari to Cleopatra Beach where we sipped a refreshing mojito at the beach bar. Another highlight was the sunset stand up paddle boarding trip to Paleros to watch the sun sink behind the mountains. For an adrenaline rush, we signed up for a water-skiing lesson. Our instructor soon had us skimming across the waves like a pro! Landlubbers can partake in exercise classes, from early morning yoga to circuit training and dance classes. Or book a pampering spa treatment. Our heavenly one-hour Elemis Ocean Wrap, where we were ensconced in seaweed and essential oils and treated to a head and scalp massage, was so relaxing we dozed off.

WHAT CAN YOU DO NEARBY?

Hop aboard a boat trip from Paleros harbour to Lefkada island, where you'll find spectacular beaches. One of the most dramatic is Porto Katsiki, a sandy stretch backed by limestone cliffs and accessed by steep steps. Look out for dolphins and sea turtles as you go, as well as the private island of Skorpios where Aristotle Onassis and his wife Jackie Kennedy Onassis lived. Take a guided mountain bike tour to visit St Demetrios monastery – it's home to an 11th-century church built into the rock face. For sea views, it's an easy cycle from the hotel along the scenic coastal path to Paleros. OK!

WORDS: JULIA BROOKS EDITED BY: ANNABEL MACKIE, *OK*! TRAVEL EDITOR PHOTOS: GETTY, ALAMY

OK! WORLD IN ACTION



ALMOST 100 YEARS AFTER HE ENTERED THE WORLD ON A DINING ROOM TABLE IN CORFU, PRINCE PHILIP'S FINAL JOURNEY BEGAN AT 14.38 BST ON A CHILLY SPRING AFTERNOON IN THE ENGLISH TOWN OF WINDSOR



A TIGER PLAYS IN WATER AT A ZOO IN CHIANG MAI, THAILAND



US PRESIDENT JOE BIDEN WITH HIS WIFE, JILL, AND A PERSON WEARING AN EASTER BUNNY COSTUME, ON THE BLUE ROOM BALCONY OF THE WHITE HOUSE IN WASHINGTON DC



THE EVER GIVEN IS PARTIALLY REFLOATED IN THE SUEZ CANAL, EGYPT. THE 400M (1,300FT) CONTAINER SHIP WAS FREED FROM THE SHORELINE AFTER IT RAN AGROUND, BLOCKING ONE OF THE WORLD'S BUSIEST TRADE ROUTES FOR ALMOST A WEEK

HOROSCOPE & TAROT

IT'S WRITTEN IN THE STARS!

CAPRICORN



Dec 22 – Jan 20

The spotlight this month is at your home base. Slow changes are going to start a momentum and moving could be one of the things that you could see in the immediate future. Preoccupation about this change could bother you, but they will pass briefly. Insecurities about your role and responsibilities at home could be bothering you, so communication with loved one could clarify and define the situation for you.

TAURUS



Apr 21 – May 21

Privacy seems to be very important for you this month but you also desire to put your best front forward. Sudden changes connected to your work area could be present and these changes will not make you very happy. Adaptation should be the key to this situation as changes are very hard for you to take. You should be prepared mentally to receive a learning experience in this area.

VIRGO



Aug 24 – Sep 23

The spotlight this month is on your area of outside resources of income. News concerning this in connection to a partnership or your mate could be on the agenda for you. Preoccupation could be created by this situation. Intuition and sense of responsibility will come into play. There should be lots of activities connected to your personal sources, some unexpected expenses related to your line of work could come to pass. Inclination to act rashly should be curtailed and prudence be called for.

SAGITTARIUS



Nov 23 – Dec 21

Entertainment and social activities with good friends will come your way. Lots of communication between you and friends will also be featured, bringing unexpected news. An experience that will be brought up to the forefront should be well learned. Your work area is bringing you pleasant circumstances and some of you might be promised financial reward, but remember that promises are only promises, so follow up.

AQUARIUS



Jan 21 – Feb 19

Interchange of ideas with sibling or close relatives about changes will bring you a learning experience and a different outlook into your life. Avoid confrontations as emotions could get in the way; cooperation will be necessary. Your work area will be calling for adjustments as differences will abound. Fast acting could be detrimental so a friendly approach could be the best way.

GEMINI



May 22 – Jun 21

This month could find some of you involved with friends and charitable activities. These could be connected to your work or business, but uncertainty could be causing you some worries. News could be reaching you connected to your position or status in the community, bringing information that could be very useful to you. Impulsive action to seek enjoyment on a trip could be cause of a disagreement; cooperation and refrain should be looked into.

LIBRA



Sep 24 – Oct 23

For some of you wedding bells could be ringing right now and some of you could also be entering into business partnerships. Minor differences in your point of view with loved one could come to a head and become blown out of proportion. So, iron out whatever you do not agree upon before anything is signed and sealed. New opportunities for career promotion together with a delayed financial reward could be in the picture for you.



SABA QAMAR
APRIL 5, 1984

PISCES



Feb 20 – Mar 20

The spotlight this month is on your area of personal resources and values. You will be learning a thing or two concerning your joint finances and mate or partner will be giving a lot of input in this area. Interchange of ideas at your work place will be necessary as inner conflicts seem to be playing you. Negotiations in a friendly atmosphere should take place. Keep your mind open to suggestions that could be very beneficial to you.

CANCER



Jun 22 – Jul 23

Social status and the community seem to be very much on the forefront for you this month. Entertainment and social activities are also plentiful. Activities at the home base have been increasing. Some of you could be changing residence but this could cause you many unexpected expenses that could dip into your shared resources. Informing yourself before you get involved or sign anything would be advisable. A friend with good intentions could be misinformed.

SCORPIO



Oct 24 – Nov 22

The spotlight this month is on your area of work. Responsibilities need to be clarified as lack of communication is impairing your understanding of them. Issues should be faced and discussed. Changes at your home front seem to be happening in an unexpected fashion, giving you sense of having your hands tied in spite of your needs. Remembering past experience could be helpful. Tension and frustration could be worked out in a loving manner with mate or partner.

ARIES



Mar 21 – Apr 20

A sense of well being will be setting the tone for the month. Optimism connected to changes have been occurring in your area of shared resources. Your feelings of personal responsibilities does not seem to be defined, in order for you to comprehend what other people expect from you. Call for clarification. Desire to acquire a luxury item on impulse for entertainment purposes could backfire unless you give this some thought. It is very unlikely that you will, before you jump into it.

LEO



Jul 24 – Aug 23

This month, some of you Leos will be getting a more philosophical outlook into your life. As the month progresses, you will be looking at a deeper meaning into where you are going. Disagreement with mate or partner could be rocking the boat, negotiation with feelings toward each party will smooth the way. Asserting yourself during this challenging circumstances will be very beneficial for all.



SHAAN SHAHID
APRIL 27, 1971

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CONSTELLATION 29MM

Born in 1952, the Constellation quickly became a symbol of OMEGA's high quality manufacturing and record-breaking precision. Today's Master Chronometer certified models, tested at the highest level by the Swiss Federal Institute of Metrology (METAS), guarantee more accuracy, reliability and supreme resistance to magnetism from electronic devices, such as phones and laptops. Almost 70 years later, the Constellation remains a star performer.

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