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An inspiration...

Anupam Kher thanks Salman, Akshay for being fitness inspiration

Veteran actor Anupam Kher has thanked superstars Anil Kapoor, Salman Khan and Akshay Kumar for inspiring him to stay fit.

Anupam, who has been working out for one year and has lost 14 kg, took to a micro-blogging site to thank the stars.

"Time to thank people who inspired me to be fit. Anil Kapoor, Salman Khan Akshay Kumar and Rujuta Diwekar," Anupam posted.

The 'A Wednesday' star also added that his fitness trainer is a great inspiration.

"My trainer Anthony Jadhav really is a great inspiration and hard task master. Lost 14kgs. Jai Ho. Kuch Bhi Ho Sakta Hai," he wrote.

The 61-year-old actor also shared a before and after photograph of his transformation.

He captioned the image: "Weight loss and fitness has a lot to do with your 'will' to do so. One year result. Here is a Before and After picture."

Anupam Kher

Have a small but important role: Sikandar

Sikander Kher

Actor Sikandar Kher, who will be seen in the second season of the TV drama series '24', has been roped in for the American show 'Sense 8'. The actor says his role is small but important.

"I was approached for the show a few months back. It's a small but an important role and it takes the story ahead," Sikandar said in statement.

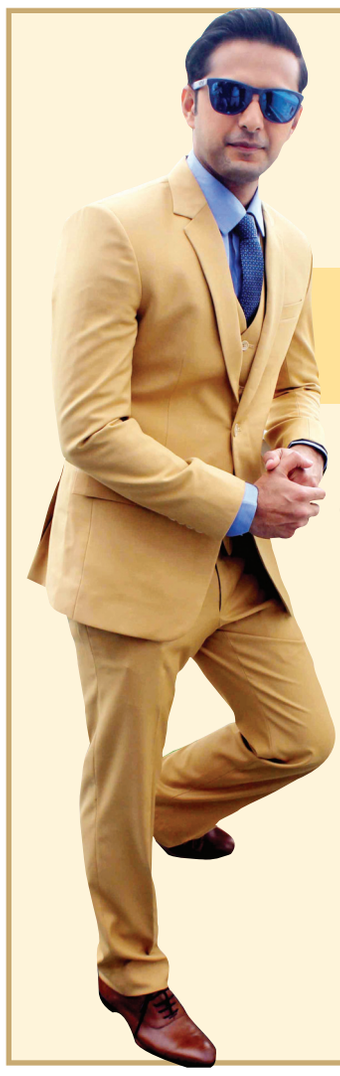
'Sense 8' is an American science fiction drama web television series created by Lana and Lilly Wachowski and J. Michael Straczynski.

It is being produced by the Wachowskis' Anarchos Productions and Straczynskis' Studio JMS, along with Javelin Productions and Georgeville Television.

The series tells a story about eight strangers from different parts of the world who suddenly become sensates, which means human beings who are mentally and emotionally linked. Sikandar plays a grey character in the show.

"The first season of the show was a massive hit, and I hope season 2 also gets the same appreciation by the audience as season 1 did," he added

Ajay Devgn one of the finest actors



Says Vatsal Sheth had earlier worked with the actor

Actor Vatsal Sheth, who had shared screen space with Ajay Devgn in 2004 film 'Taarzan: The Wonder Car', says he is one of the finest actors in Bollywood.

Vatsal says that he is close to Ajay and has always considered him as his elder brother.

"I am pretty close to Ajay sir. I have always looked upto him as my elder brother. He is always there for me whenever I need him. I talk to him for advice for all decisions. It feels really great to have such a support...I think that he is one of the finest actors we have," he told.

Vatsal, who is currently a part of the TV show 'Rishton Ka Saudagar - Baazigar', said he would love to work with Ajay again.

The 'Singham' star along many other Bollywood celebrities had earlier wished Vatsal for the show, which airs on Life Ok.

"Best of luck brother Vatsal Sheth. Wishing you a great run with your new TV show," Ajay previously posted.

Asked how does it feel to receive wishes from many stars, he said: "That very sweet and kind of them to talk about my show and I really am thankful to them. It feels nice to know from the film industry...I have some great friends and they are always there to support me."

Fitness plays important role in modelling

Dabboo Ratnani who is judging the second season

Celebrity photographer Dabboo Ratnani, who will be co-judging second season of 'India's Next Top Model', says fitness must be more important than being thin for models.

The show, which begins on Sunday on MTV channel, will have Ratnani co-judging the show with actress Lisa Haydon while MTV VJ and actress Anusha Dandekar and grooming expert Neeraj Gaba will be the mentors of the contestants.

"We have a mix of girls and all of them are not that thin. The contestants are not particularly thin... They are more fit as that is one important criterion. Fitness plays a very important part in modelling," Ratnani told.

Ratnani said models' fitness is also required as they have to flaunt one size that the designers make.

"It is what the models have to wear on the shoots and on the ramp, so the models have to be fit," added the photographer, who is known for his annual calendar and is also the cover photographer for leading fashion magazines.

'India's Next Top Model' will have 13 new faces competing with each other.

Ratnani shared that the second season will have a much more "confident approach because the first season did really well".

"It was accepted widely by everybody. This time the girls are more confident. This time there are more girls who look like models. Everything is larger than before and challenges are more daring," he said.

Dabboo Ratnani

A CEREMONY FOR ACHIEVERS...

Fempowerment Women Achievers Awards, an initiative of Molecule Communications where women achievers are honoured in their respective fields, the USP of these awards is their transparency, the one and only Women Awards where the nomination process is open and anyone can nominate any woman. Nominations have been received from the every corner of the country in all the 16 categories including Special Recognition for a Man by Women. The winners were selected after a strict and unbiased process through the Screening Jury and the Final Master Jury comprised of professional and respectable names from the society.

The jury members included noted director Subhash Ghai, Chairman & Editor in Chief - Business World Annurag Batra, Global Head For Leadership, Learning & People Management - Essar Group - Adil Malia, Senior Lawyer Mrunalini Deshmukh, noted Journalist & Author Bhawana Somaaya and MD- Morgan Stanley Ridham Desai.

Kiren Shrivastav, Ridham Desai, Adil Malia, Mrunalini Deshmukh, Bhawana Somaaya & Annurag Batra

"Proud to be associated with Fempowerment women achievers awards. The categories and uniqueness in the concept is very good. Congratulations to Molecule and Zee for this initiative" said Mr. Ridham Desai, Managing Director, Morgan Stanley India.

"The motto of our awards is to empower, encourage, applaud and create more achievers. We have focused on the nominees through the rigorous process of our team at Molecule; it is a result of hard work & thorough research of 7 months. We are grateful to all the Jury members (Screening & Main) for investing their precious time to ensure we get the BEST ACHIEVERS!!"- Kiren Shrivastav, Founder - Fempowerment Women Achievers Award & CEO Molecule Communications Pvt Ltd.

Bhawana Somayaa, Critic Columnist & Author said "The awards are a sincere effort in a new direction."

Zee TV & Zee Studios Business Head Akash Chawla said, "As a powerful medium of influencing positive changes in society, Zee TV has pioneered socially relevant television programming and addressed pertinent, topical issues over the years. The objective of Fempowerment Women Achievers' Awards is in sync with our commitment towards the cause of empowering women. The idea is to recognize and acknowledge the contribution of women achievers across fields who will be role models to countless other women in India."

As a broadcaster committed to empowering women to making a difference to Indian society, Zee TV has associated with the awards and will soon telecast the ceremony.

No label please

Sexy, sensuous label doesn't bother me, Says Surveen Chawla

Actress Surveen Chawla, who took on bold roles in films like 'Ugly' and 'Hate Story 2', says labels like sensuous and sexy don't bother her.

Asked if such labels are bothersome, Surveen told: "For me, the sexy and the sensuous label doesn't bother me. It bothers me to a point when people cannot look beyond that or don't have the vision to see you in any other light."

Surveen says there is a problem of being typecast and being slotted into genres in Bollywood as compared to the west.

"This is the problem of typecasting and slotting, which we go through in our industry particularly. It's not so much in the west because you see people doing diverse kind of roles," added the actress, who will be seen in the TV drama series '24: Season 2'.

The show will be aired on Colors channel.