

Sudhanshu Pandey on publicly announcing his exit from Anupamaa, equation with Rupali Ganguly: 'Whatever I said was 100 percent the truth'

Actor Sudhanshu Pandey, popularly known for his role as Vanraj Shah in Anupamaa, left fans shocked when he announced his departure from the show in 2024. Sudhanshu's exit from Anupamaa also gave rise to speculations about tension between him and co-star Rupali Ganguly. In a recent episode of SCREEN's Dear Me, Sudhanshu set the record straight, sharing insights on his journey with Anupamaa, the craze surrounding Vanraj Shah, and his friendship with Rupali. Talking about being on the small screen for many years, Sudhanshu said, "Anupamaa was my first daily show, but I began my journey more than two decades ago. At that time, everybody was doing television. Imtiaz Ali, Anubhav Sinha, Mahesh Bhatt, everybody was on TV. I did work with them also. At that time, we used to shoot shows like we did films. That kind of time, luxury. There would be no race against time that the episode has to release day after tomorrow and we are shooting tonight. I didn't belong to TV



till Anupamaa came."

Revealing how he bagged the role in Anupamaa, Sudhanshu Pandey said, "Anupamaa just went on to become a cult of a different kind. I think it was a blessing. To become what Anupamaa became, you have to have some divine

intervention there. Four years back, when I started shooting for the show, I had finished three OTT series. I was shooting for a web series in Kathmandu when Rajan called me. He said, 'I am sitting in the channel to pitch something, but only if you say yes, I will go

ahead with it. My hero has gotten a grey shade, and I cannot see anybody else apart from you playing that role."

The actor added, "He gave me a one-liner, and I liked it. When I came back, he gave me a narration, and that's when we were on for Anupamaa. I did my thinking and asked my astrologer about 4-5 times because it was a daily show and a major commitment. I was a little nervous, but then it finally happened, and the rest is history."

Sudhanshu Pandey also revealed if he misses Anupamaa and how he made Vanraj an iconic character. Sudhanshu said, "I had my run on the show. I enjoyed being with those people and being in that atmosphere. I gained so much from the show. But when you move on, you miss everything, but you move on. It's important to do that mentally also because when you are walking ahead, you cannot keep looking back. It might bring emotional distress. I had a great time shooting for the show. I got so much love for the character.

Sohum Shah recalls developing an inferiority complex over his English skills: 'Therapy helped me a lot'



Actor-filmmaker Sohum Shah, currently basking in the success of Crazy, opened up about his mental health struggles on SCREEN's The Suvir Saran Show. Sohum revealed that his difficulties with English led to

an inferiority complex and shared that he sought therapy to address his mental health challenges. He shared, "There was a time when I used to feel quite inferior. I didn't know English back then. The time I entered the industry, if you

wanted to work in Bollywood but you didn't know English, you wouldn't ever get to play main lead characters. Around 2010-12, there was a notion, a class system. I didn't know Al-Pacino, Game Of Thrones, etc. If you went to clubs, the songs wouldn't appeal to you, and I would feel like a misfit. I spent a decade like this.

I then saw a therapist. I was in a lot of pain. Mental health is of utmost priority. If that is in place, you can solve all other problems." The actor-filmmaker added, "I didn't know how to even order a cappuccino at a cafe. Now it's gotten better. I still cannot speak properly, even today. If we go to a high-end restaurant to eat, I ask my wife to order food because it's tough for me. I knew since 2012 about my mental health issues, but I didn't go to a therapist because I was scared that I would go mad.

Tejasswi Prakash pens a special birthday wish for 'the best human on the planet'

Popular television actress Tejasswi Prakash used social media to pen a special birthday wish for 'the best human on the planet'. She dropped a throwback picture of herself and her brother Pratik Wayangankar from their childhood on her Instagram handle. Her post also included a heartfelt note for her sibling. She wrote, "Happy happy birthday to the best human on the planet @pratik_pgw my PRA My strength, my biggest critic, my best friend and my partner in crime... I miss you so much... can't wait to see you very ssoooooon."

Tejasswi Prakash shared a fun video on her official IG. The clip features her recreating Kareena Kapoor's iconic character "Poo" from "Kabhi Khushi Kabhie Gham...", adding her unique charm and energy to it. Channeling her inner "Poo", she recreated the famous dialogue from the movie, "Yeh kaun hai jo subah-subah Poo ko disturb kar raha hai?". On the professional front, Tejasswi Prakash is currently a part of the reality cooking show, "Celebrity MasterChef". The recently released trailer of the show featured Tejasswi Prakash revealing to Chef Ranveer Brar that he is on Nikki Tamboli's 'hitlist'. As Chef Ranveer Brar and Vikas Khanna visited Tejasswi Prakash and Nikki Tamboli's counter, Tejasswi Prakash informed him that he was on Nikki Tamboli's 'hitlist'. While Ranveer Brar looked surprised, Chef Vikas Khanna inquired about the "hitlist". To this Nikki Tamboli replied, "I have never been a fan of anyone, but when I saw him and his attitude towards his work, I became a fan." Ranveer Brar could not help but smile after being complimented like this.

Baaghi franchise gave me an identity: Tiger Shroff



Actor Tiger Shroff, who will next be seen in Baaghi 4, on Sunday credited the film franchise for giving him an opportunity to prove himself as an action hero. Shroff shared his new poster from the upcoming film on Instagram on the occasion of his 35th birthday. "The franchise that gave me

an identity and allowed me to express my eagerness to prove myself as an action hero... is now the franchise that is changing my identity. Hes def not the same this time but i hope you guys accept him the way you did 8 years ago #gratitude #SajidNadiadwala's #Baaghi4 (sic)" he wrote. Baaghi 4 is directed by A. Harsha and produced under

the Nadiadwala Grandson Entertainment. It will be released on September 5.

The production banner also wished Shroff on social media.

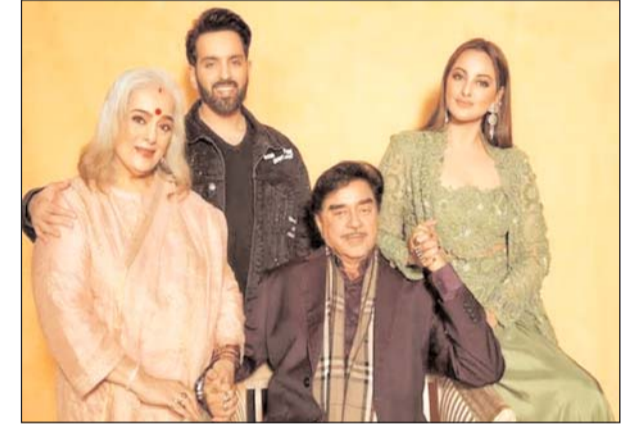
"Happy Birthday @tiger-jackieshroff! Wishing you an action-packed year ahead Ronnie! #SajidNadiadwala's #Baaghi4 Directed by @nimmaharsha. Releasing in cinemas on 5th Sept 2025," read the caption.

Tiger Shroff made his acting debut in 2014 with Heropanti. However, it was his second movie Baaghi (2016), which cemented his position in the industry as a rising action hero. The film's success spawned a franchise with the two installments releasing in 2018 and 2020, respectively.

Baaghi 4 also features Punjabi star Sonam Bajwa and Miss Universe 2021 Harnaaz Sandhu.

Sonakshi Sinha opens up about equation with her brothers Luv and Kush: 'Bhaiyonn ko jalan toh hoti thi'

Actress Sonakshi Sinha tied the knot with Zaheer Iqbal in June 2024. Her wedding was an intimate affair, attended by family and close friends. However, her brothers, Luv and Kush, were noticeably absent, sparking speculation about tensions between the siblings. Now, in an interview with HauteTerry, Sonakshi has opened up about her bond with her brothers, stating that they were not only jealous of her but would also beat her up as a kid. Sonakshi said, "Main sabse choti, ghar ki ladki, sabse laadli, toh bhaiyonn ko jalan toh hoti thi toh mujhe padti thi (I was the youngest child, the daughter of the house, so I was the most adored. My brothers used to be jealous of me and would beat me up)." Last year, Shatrughan Sinha had also spoken about his sons Luv and Kush Sinha not



attending Sonakshi Sinha's wedding. He had said, "I won't complain. They may still not be so mature. I do understand their pain and confusion. There is always a cultural reaction. Maybe, if I was their age, I might have had a similar reaction to it. But, here is where your maturity, seniority, and experience come in place. Hence, my reaction was not as

extreme as my sons." Earlier, Luv Sinha had also taken to Instagram, slamming the 'false online campaign' over reports of him not attending Sonakshi's wedding. He had written, "Why I chose not to attend. Running an online campaign against me on a false premise won't change the fact that for me, my family will always come first."

Sandeep Reddy Vanga says he's not violent in real life because we live in a democracy: 'If it were the Stone Age'

Although he has directed only three films so far — Arjun Reddy (2017), its Hindi remake Kabir Singh (2019), and Animal (2023) — Sandeep Reddy Vanga is one of India's most controversial filmmakers at the moment, with his movies frequently facing criticisms for glorifying violence and normalising misogyny. While Vanga recently asserted that he is not a violent person in real life, he suggested that this is largely because of the democratic system we live in, implying that without it, people might be far more aggressive. When asked whether he shares the violent traits of his protagonists, Vanga told Komal Nahta on his YouTube show Game Changers: "I cannot do that in a democracy. Otherwise (if not for democracy), obviously; because the person opposite us would also do the same. If it were the Stone Age, he would do something, and you would react accordingly, right?" Surprisingly, Vanga expressed support for censorship in filmmaking. When asked if his



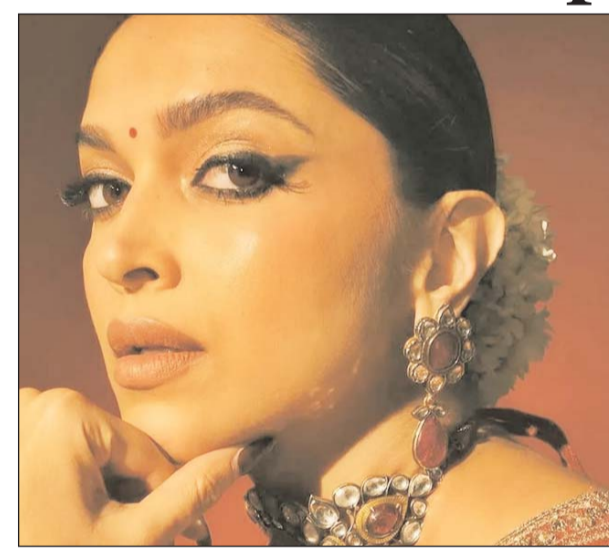
films would have been more violent without censorship, he responded that nearly everything he had filmed made it to the final cut. "Whatever I shot was pretty much there in the movie. A few words were muted. However, had censorship not been there, maybe the movie would have had more explicit language." He further maintained that film certification and censorship should be

handled by retired filmmakers who understand the nuances of storytelling, rather than by those people who might cut scenes without proper context. "I feel censorship should be controlled by senior, retired directors, not by people who don't understand filmmaking. It would be easier to reason with them because an ex-filmmaker would understand more. I feel

the intention should be clearly judged more than talking about just one scene." Sandeep Reddy Vanga also emphasised that while censorship is necessary, there should be more flexibility. "There should be censorship, otherwise people would shoot anything and show it to audiences," he said, while advocating for a more flexible system. "Hollywood has censorship too. What you can do, however, is to categorise films appropriately, such as R-rated, instead of refusing certificates or chopping a film," Vanga added. He, nonetheless, acknowledged that an "A" certificate can significantly impact a film's commercial success. "Of course, we can't manipulate to get a U/A. I understand Animal receiving an 'A' certificate, but Kabir Singh shouldn't have. We didn't contest it because Arjun Reddy had also been given an 'A'. Though I was upset then, the censor officer told me not to worry and even predicted that the movie would be a success.

Deepika Padukone reveals hiding therapy visits from the paparazzi

Deepika Padukone has been always vocal about her mental health issues. The actress has openly talked about going through depression when she was at the zenith of her career. While she is a proud advocate of mental health now, she wasn't always comfortable talking about it. It was only after her therapy sessions, that she understood that the taboo around mental health issues needs to be broken. In a recent interview, the actress opened up on hiding her therapy visits from paparazzi. Deepika Padukone identified that she was not doing well on the day she collapsed. During her conversation with the CEO Magazine, she talked about 2014 when she was at the top of her career. "I was at the top of my career, doing everything I loved." However, on the day she collapsed, she felt off in the



morning after waking up. While stress was a part of her professional life, what she was feeling that day was different. Recalling, the 'Jawan' actress said, "I went for a whole bunch of scans, but over the next couple of weeks, I realized I wasn't feeling any better." She said, "There was this weird feeling in my stomach. I would

just keep crying and breaking down at the drop of a hat. I just didn't feel like myself." A few days later, Deepika's parents flew to Mumbai to be with her. Her mother advised her to see a therapist. Subsequently, the professional diagnosed Deepika with depression and anxiety. However, when Deepika first started

seeing a therapist, she decided to keep it private and would hide her visits from the paparazzi. "We didn't want it to be seen that I was going to the therapist... We were so covert and didn't tell anyone about how I was feeling." Following this, when she started feeling better, Deepika started questioning the stigma and the taboo attached to mental health. "I wondered why we had hushed everything up and why there was so much stigma around mental health. I decided that I wanted to go public and share my journey and my experience with the world." Subsequently, Deepika Padukone opened up about her depression on national TV and talked about mental health. The actress also founded The Live Laugh Love Foundation, a non-profit that aims to create awareness around mental health.

Karishma Tanna starts March on a positive note: Let go of what is holding you back



Renowned television actress Karishma Tanna decided to start March on a positive note. She took to her Instagram account and shared that for her, the new month brings fresh starts and opportunities. Sharing two pictures of herself posing

in a white sleeveless top, paired with black denim, Karishma Tanna wrote, "Here's to March. A new month filled with fresh starts and opportunities. Let go of what is holding you back and look forward to this beautiful life. M for March, M for

motivation, M for manifestation. Have a good day!!" Earlier, Karishma Tanna used social media to share her health update with her fans. Assuring that she is feeling much better after battling a cold and cough, the 'Scoop' actress dropped a clip saying, "Hi everyone, good morning, so I am finally feeling better. I am recovering from my cold and cough, yet there is a lot of construction happening in Bandra that's not changing; that's not stopping, but just a quick update that I am recovering." Going by the reports, Karishma Tanna was affected by the ongoing construction in Bandra. The constant dust from the construction work contributed to her cold and cough.

Raveena Tandon slams men for recording Katrina Kaif during her holy dip at Maha Kumbh: 'Disgusting'

Katrina Kaif recently visited Mahakumbh in Prayagraj to offer prayers and take a holy dip at Triveni Sangam. Shortly after her visit, a video began circulating on social media showing a group of men secretly recording Katrina without her consent while making inappropriate comments. While the clip drew sharp reactions from netizens, Raveena Tandon, who attended the Mahakumbh, also condemned their behavior, calling it "disgusting". The video shows two men recording themselves and then panning to Katrina, who was taking the snan next to them. One of them said, "Ye main hu, ye mera bhai hai, aur ye Katrina Kaif (This is me, this is my brother and this is Katrina Kaif)," with many people laughing around them.



In the comments section of the video, Raveena wrote: "This is disgusting. These kind of people spoil a moment that is supposed to be peaceful and meaningful." A section of users also called out the men for their behaviour. A user wrote, "Very bad... Mass bullying." Another user commented, "This is disrespectful

so many ways." "It's embarrassing," read a comment. Mahakumbh Mela, which concluded on February 26, saw celebrities Vicky Kaushal, Sonali Bendre, Guru Randhawa, Juhi Chawla, Anupam Kher, Preity Zinta, Akshay Kumar and Rajkumar Rao in attendance.

Charli XCX's Brat reign continues, as she clears the decks at BRIT Awards

Charli XCX's Brat reign continues, as she cleared the decks at this year's BRIT Awards — the U.K.'s leading music awards show. She won five awards at the 2025 Brits including artist, song and album of the year for Brat, as well as the Songwriter of the year, which was announced ahead of the glitzy ceremony, in London Saturday. The awards come hot on the heels of Charli's wins at the Grammys last month, where she took the coveted Best Album. Chappell Roan won Best International Artist and Best International Song. Fontaines D.C. won Best International Group. The Cure received their first nomination in 30 years, for their deeply orchestral record Songs of a Lost World. The Beatles were also nominated for the first time since 1977 for their first and only original recording of the 21st century. Sabrina Carpenter took to the stage, performing a medley of her hits, including whimsical country track Please, Please, Please — which she recently re-recorded with Dolly Parton. Carpenter was also the recipient of the Global Success Award — the first time an international artist has received the honor. The show featured a tribute to the late One Direction member Liam Payne after the singer was found dead aged 31 last year. Founded in 1977, the Brits have evolved from a rough-around-the-edges industry event to a slick showcase for U.K. talent that has boosted the careers of future megastars including Adele.