

Kaisi Yeh Yaariaan, CID Actress Ruma Sharma On Film Debut With Jeena Dil Se: 'I Didn't Want To Limit Myself'



Ruma Sharma has reached a major career milestone with her feature film debut as the lead in *Jeena Dil Se*. The actress, known for television shows such as *Kaisi Yeh Yaariaan* and *CID*, chose to step away from the small screen while her TV career was on the rise to explore new opportunities. That decision has now paid off with her first leading role in a feature film.

"I took a conscious break from television to explore different formats of entertainment and focus on building myself as a performer beyond daily soaps," says Ruma. "During that period, I worked on digital content, reality shows, and several creative opportunities that allowed me to learn and grow in ways I hadn't imagined."

The actress admits that stepping away from television wasn't an easy decision. Television had given her recog-

ognition, visibility, and a strong foundation as an actor. However, she felt the need to challenge herself creatively. "Television taught me discipline and consistency, and I will always be grateful for that. But somewhere I felt I needed to step out of my comfort zone. I didn't want to limit myself to one format. As an actor, you constantly want to explore different characters, different mediums, and different storytelling styles."

While many actors fear losing momentum after taking a break from television, Ruma saw it as an opportunity to rediscover herself. "There is always uncertainty when you decide to take a different route. You don't know what the outcome will be. But growth only happens when you're willing to take risks. Looking back today, I can say that every decision, every challenge, and every phase contributed to the person and performer I have become."

In *Jeena Dil Se*, the actress plays Prachi, a pivotal character whose journey drives much of the narrative. For Ruma, the role represented far more than just another acting assignment.

"Debuting as a lead in a feature film is a dream every actor carries somewhere in their heart. When I got the opportunity, it felt surreal. There was excitement, nervousness, gratitude—everything at once. It's a moment I had visualised for years. The love and appreciation I've received have been overwhelming. Whenever you take a risk in your career, there is always a question mark in your mind. But seeing audiences connect with my work makes every challenge worth it." For Ruma, *Jeena Dil Se* is more than a debut film—it is proof that stepping away from comfort zones can sometimes lead to the most rewarding chapters of one's career.

Rakul Preet Singh Recalls Fitness Accident That Left Her Bedridden For 40 Days: 'It Affected Me...'

Rakul Preet Singh, who was recently seen with Ayushmann Khurrana in *Pati Patni Aur Woh Do*, has spoken about the fitness accident that left her bedridden for quite some time. During her appearance with her husband, Jacky Bhagnani, on Neha Dhupia and Angad Bedi's show, *Double Date*, Rakul opened up about a painful fitness setback, sharing that she suffered a severe lower back injury after attempting an 80 kg deadlift without the support of a safety belt.

Rakul Preet Singh revealed that one mistake during a workout session resulted in a slipped disc, triggering weeks of intense physical discomfort and emotional strain. She said, "No matter what your trainer tells you, deadlift is the worst exercise to do. It's an ego lift." Looking back on the incident, she shared that despite consistently using a safety belt during deadlifts, she chose not to wear one that day, a decision that ultimately led to the injury.

The actress added, "That one mistake caused me a slipped disc and 40 days of bed rest. It was not only a physical injury; it affected me mentally too. It was mentally overwhelming because I was going through physical turmoil. Suddenly, I was unable to do anything, and that really triggers you." She further spoke about how Jacky stood by her during that difficult phase. Rakul said,



"It's very important that your partner supports you at that point, and that was Jacky's biggest contribution when I was injured. He was there for me." Meanwhile, Rakul has been receiving love and appreciation for her performance in *Pati Patni Aur Woh Do*. The film also starred Ayushmann, Wamiqa Gabbi and Sara Ali Khan. It is a spiritual sequel to the 2019 Kartik Aaryan, Ananya Panday and Bhumi Pednekar starrer *Pati Patni Aur Woh*.

Anushka Sharma's Re-Post On Homeopathy Sparks Backlash, The Liver Doc Calls Her 'Illiterate Celeb'

Actor Anushka Sharma's endorsement of homeopathy has sparked a long-running debate around the alternative medical system, drawing strong reactions from both supporters and critics on social media.

The discussion began after Anushka Sharma shared a video featuring homeopathic physician Rajan Sankaran in conversation with entrepreneur Namita Thapar. In her post, the actor credited homeopathy and Sankaran with influencing her personal health journey.

"Homeopathy played an important role in my life and Dr Rajan Sankaran has been a key part of that journey. I deeply value his insights on health and mindful living," Sharma wrote.

The video focused on the role of homeopathy within modern healthcare and argued for cooperation between different medical systems rather than competition. During the discussion, Sankaran said homeopathy should be viewed as part of a broader treatment ecosystem and acknowledged that every medical system has limitations. "Homeopathy doesn't treat conditions, it treats people. By treating people it heals them. By healing the human, their pathology also heals. Homeopathy can treat everybody. But can it cure everybody? Like every system it has limitations. Because modern medicine does not have long-term solutions, multiple solutions for multiple sclerosis, allergies, eczema, so these are all illnesses for which I would say even modern medical doctors refer their patients for homeopathy. We are

living in an era of integrated medicine. We are not here to prove the superiority or inferiority. It's not either or anymore. We need to know the strengths and limitations of each system," he said.

Hepatologist Cyriac Abby Philips, widely known online as *The Liver Doc*, who has been one of homeopathy's most vocal critics, slammed the video shared by Anushka Sharma and took aim at all three public figures associated with it. Referring to Rajan Sankaran, Namita Thapar and Anushka Sharma, he described them as a "triangle of shame." "Supplement Seller – Legalized Quack – Illiterate Celeb," he wrote.

The hepatologist reiterated his long-standing position on homeopathy, arguing that its remedies do not contain active medicinal ingredients. "Homeopathy is 'medicine' made of water, alcohol, and sugar. So you're paying premium prices for fancy sugar pills containing precisely no medicine at all," he wrote.



Gennifer Garner On Cutting Work To Raise Kids Amid Ben Affleck Split: 'I Gave Everything To Mothering'

Bollywood star Jennifer Garner said she dramatically reduced her workload while raising her family and then worked even less following her separation with her Hollywood star husband Ben Affleck.

The actress, who has three children with her Affleck, told *InStyle*, "First of all, when you're in a performance kind of role, you give up a year/year-and-a-half of performance while you are pregnant, having a baby, recovering."

The actress, who has given out films such as *13 Going on 30*, *Juno* and *Dallas Buyers Club*, added, "When my kids were little, I worked so little, and then we had such an upheaval in our family, that I really hardly worked for a long time."

Garner and Affleck, married in 2005, welcomed their eldest daughter the same year and announced their separation in 2015 before finalising their divorce in 2018, reports *femalefirst.co.uk*.

Despite the end of their marriage, the pair have remained



committed co-parents and have frequently been photographed together at family events over the years.

She also told *InStyle* her children Violet, Seraphina and Samuel found it difficult whenever work took her away from

home, but said they were "such bricks" about losing time with their mother.

Speaking about filming her new project *The Five-Star Weekend* with older children, Garner said, "To have this year and a half where I just indulged (in

acting), because this job is very selfish. It's all about your schedule. It's not about what the kids have going on at school. It's not about pick-ups and drop-offs and making it home for dinner."

Garner said the experience reminded her acting remains an important part of her identity. She added, "I relate to that feeling of like, 'Okay, I gave everything to mothering. I'm still their mom, I'm not going anywhere, I'm still all-in'. I'm also really grateful to have this part of my life back."

The actress added she no longer feels guilty about balancing work and family commitments. She said, "I don't apologise to my kids for it."

{Instead, Garner said she thanks them for supporting her career while maintaining boundaries that allow her to remain present in their daily lives.

She said, "But that's part of life. Working hard is part of life, and messing up is part of life. Tripping and falling—there's room for all of it."