

## Janhvi Kapoor's 'Return To Shikhar Pahariya' Nightsuit Goes Viral; Fans Call It Cute



**Janhvi Kapoor's Nightsuit With Shikhar Pahariya Reference Goes Viral**

In the viral picture, Janhvi Kapoor is seen wearing a nightsuit that appears to have a personalised message referring to Shikhar Pahariya. The caption, "If lost, please return to Shikhar Pahariya," became the highlight of the photo and soon sparked reactions from fans.

Many social media users found the caption adorable and playful. Reacting to the picture, one netizen commented, "How cute." However, not everyone was impressed. Another Instagram user wrote, "This celebrity are so much cringe.. how much they do pr."

The mixed reactions did little to slow down the buzz around the photo, which continued to circulate widely among fan pages and entertainment accounts.

**Kapoor And Shikhar Pahariya's Relationship**

Janhvi Kapoor and Shikhar Pahariya have been linked for several years. According to reports, the two first started dating in 2016 but later parted ways after Janhvi made her Bollywood debut in 2018.

Rumours of their reconciliation began doing the rounds again in 2023 after they were spotted together on multiple occasions. Since then, Janhvi and Shikhar have often

been seen attending events, visiting temples and spending time together, fuelling constant interest in their relationship.

Janhvi has also hinted at her bond with Shikhar during several public conversations and has lovingly referred to him as "Shikhu." Their frequent appearances and social media moments have made them one of the most talked-about rumoured couples in Bollywood.

There were also rumours that Janhvi and Shikhar were planning to tie the knot this year. However, the speculation was later denied by Janhvi's father, producer Boney Kapoor.

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## Apoorva Arora opens up on her go-to wellness ritual, reveals how yoga helps her manage stress and maintain emotional balance



Apoorva Arora isn't just known for her acting, but also for the stress she puts on yoga to stay fit. On the occasion of International Yoga Day, the popular actress tells *BollywoodLife* how yoga has changed her life. Apoorva - who has been doing yoga consistently for the last six years - has referred to the journey as that of self-discovery, mindfulness, and emotional balance. As Apoorva says, yoga has played a role in helping her stay grounded amid a highly hectic life. For her, yoga serves as a daily source of strength, peace, discipline, and overall well-being. Speaking about her connection with yoga, Apoorva said, "Yoga is no longer just a practice for me or a form of exer-

cise. It has become a way of coming back to myself. There are times when life gets overwhelming and I feel like I've drifted too far from my center.

In those moments, yoga reminds me to slow down, reconnect, and find balance again. Beyond the asanas, I try to apply its principles in my daily life, in the way I breathe, think, and respond to situations. It helps me stay grounded, reconnect with my values, and remember who I am." For the unversed, Apoorva Arora has practiced yoga regularly for the last six years, and has considered it to be an essential part of her daily life.

## Karisma Kapoor Relies On Dadi Ke Nuskhe For Skincare: 'Both Me And Kareena Grew Up With That'

Karisma Kapoor is one of the most loved actresses in the industry, and even at 51, there is no one as stunning as her. In a recent conversation, Karisma revealed that she swears by the mantra of "less is more" and does not follow any extraordinary skincare routine. Instead, she relies on "Dadi Ke Desi Nuskhe."

Speaking to *FPJ*, Karisma revealed her beauty secrets and shared, "Honestly, I don't do anything much." She added, "Whether it was eating ghee, putting it on your face, or using some malai, these were things we saw growing up."

Karisma Kapoor further spoke about how she and Kareena Kapoor have kept their family's traditions alive. The actress said, "Both me and my sister grew up with that, so I think we still stick to it," and summed up, "I believe less is more." Explaining why ghee remains an important part of her daily routine, Karisma added, "Actually, putting or eating ghee is something my grandmother used to do. Whether you put it in rice or on roti, it still goes within and makes you glow. So I think that's important."

**Karisma Kapoor on the work front**

The psychological crime thriller *Brown*, headlined by Karisma Kapoor, finally premiered on ZEE5 on June 5, 2026, after spending several years in development and post-production. According to writer Mayukh Ghosh, one major creative decision played a key role in helping the series withstand the passage of time.



Directed by Abhinav Deo and produced by Zee Studios, *Brown* is adapted from Abheek Barua's 2016 novel *City of Death*. The series stars Karisma Kapoor as Rita Brown, an Anglo-Indian detective in the Kolkata Police investigating the murder of a teenager from a prominent family while battling alcoholism and personal trauma. The cast also includes Surya Sharma, Jisshu Sengupta, Soni Razdan, and Ajinkya Deo.

**More about Karisma Kapoor**

Actor Karisma Kapoor has given some of the best films to Bollywood. The actress has worked in movies including *Hero No. 1*, *Biwi No. 1*, *Hum Saath-Saath Hain*, and many more. It was the iconic *Dil To Pagal Hai*, starring Madhuri Dixit, Shah Rukh Khan, and Karisma Kapoor, that helped the latter win the National Film Award for Best Supporting Actress.

## International Yoga Day: How Shilpa Shetty, Kangana Ranaut, Anupam Kher and other stars LED fitness wave last year

Yoga mats landed everywhere Bollywood stars go, and last year too, it felt like they stretched even further. Mumbai balconies, Delhi parks, and even New York's legendary Times Square all turned into yoga studios. India's film icons weren't just striking poses; they wanted everyone to move, breathe, and realize wellness starts at home. Here's what went down.

**Anupam Kher Brought India to Times Square**

Anupam Kher chose a pretty iconic spot for Yoga Day, Times Square. He was in New York promoting "Tanvi The Great," but he carved out time to join thousands for a mass yoga session right in the heart of the city. He said, "Being at Times Square for the 11th International Yoga Day feels special. Our Prime Minister started this eleven years ago. My grandfather was a yoga teacher, so I grew up around it. I practice it too. Today's vibe proves yoga's more than just movement, it's mental health." Later on Instagram, he called it an honor to represent



Bharat, thanked the Indian consulate, and added, "Practicing yog in this energy was incredible. Jai Hind!"

Rakul Preet Singh & Jacky Bhagnani: *Fit India, Every Day* Delhi's International Yoga Day wasn't just a photo op for Rakul Preet Singh and Jacky

Bhagnani, it's their whole lifestyle. "Fitness is our way of life, not a shortcut to look slim," Rakul said. "Wellness, yoga, fitness, they're a passion. Being part of Fit India feels amazing." The couple earned a "Fit India Couple" honor, but Rakul kept it real for fans: "You don't need

fancy gyms, just start at home." Jacky shared his own story: "I was 150 kg once, now I've lost 75 kg. I wish someone had pushed me earlier. With Prime Minister Modi's vision and 'Sunday on Cycle,' change is real. Proud to be here."

**Shilpa Shetty's At-Home Yoga Routine Goes Viral** Shilpa Shetty made the day about basics. No flash, just a yoga session at home. Her post tied in with this year's theme: "Yoga for One Earth, One Health." "When you have just ONE of something, you have to value it," she wrote. "Balance keeps mind, body, and soul in sync. We should earn, value, and protect our health, not just for ourselves, but for everything around us." Fans filled her feed with praise, calling her Bollywood's "OG yoga queen." Her session mixed breathing, stretches, and a reminder that consistency trumps intensity.

**Janhvi Kapoor wowed the crowd with her glamorous appearance at the IIFA Awards 2024. The actress looked stunning in a glittering golden gown that was the perfect choice for the grand event. Smiling brightly for the cameras, Janhvi also gave a sweet wave to the paparazzi.**