

Chapter 1 : Kareena Kapoor: I'm definitely writing a book on motherhood

Being a huge fan of Kareena Kapoor, I was very excited about reading this book. And indeed, the book has some excellent plus points: Kareena Kapoor has, on certain places, written very honestly, and given some good and useful advice's to her fans.

Wednesday, February 13, , She introduced the size-zero diet and made it immensely popular in the country. Her style is a trend that is copied by millions of women. One of the highest paid actress of Bollywood and glamour queen talks about her personal life in Style Diary of a Bollywood Diva. The book has revealed her personal life and secrets that were not known to anyone. The book begins with a regular middle-class lifestyle of Kareena Kapoor in South Mumbai. Her book is divided into two sections. When you flip into the pages of the book, you can find out details of Kareena, her style, fitness regime, career and her relationship with hubby, Saif Ali Khan. The "body basics" explains how Kareena or Bebo transformed from the chubby actress to the size-zero style diva. Want to know the confessions made by the style diva, Kareena Kapoor Khan in her book? Check out the 7 confessions of the actress. Kareena has confessed that she loves online shopping. Net-a-porter, Shopbop, Bergdorf Goodman, she has shopped at all! If you think that celebs are extremely hygienic then let me tell you, Kareena Kapoor has confessed in her book Style Diary of a Bollywood Diva that she loves to wear jeans for one month. In the pages of her book, Style Diary of a Bollywood Diva, Kareena has revealed her secret affection towards makeup. Kareena wanted to be a lawyer: This is one of the biggest confessions of Kareena Kapoor. The self-obsessed and flamboyant glam diva wanted to become a lawyer. Although, she used to accompany her sister Karishma to the sets, Kareena never dreamed of becoming an actress. Affection towards Fab India kaftans: Kareena has been recently affectionate towards kaftans from Fab India. The loose fitting kaftans are comfortable for her. But, her hubby Saif and mother kept running behind her to make Bebo change into something more fitting. A little granny-auntyish, but I just love how comfortable they are. These are the 7 confessions of Bollywood glam diva, Kareena Kapoor Khan. If you are a die-hard fan of Bebo, you would love to read the gyans on fashion and fitness in her book, Style Diary of a Bollywood Diva.

Chapter 2 : Kareena Kapoor's Fitness and Diet Secrets - Indian Weight Loss Blog

Kareena Kapoor (pronounced [kʰæːriːnaː kʰæːpuːr]; born 21 September), also known by her married name Kareena Kapoor Khan, is an Indian actress who appears in Hindi films. She is the daughter of actors Randhir Kapoor and Babita, and the younger sister of actress Karisma Kapoor.

Yummy mummy Kareena Kapoor Khan is looking fabulous than ever and getting back into shape with the help of dietician turned author Rujuta Diwekar. Kareena prodded Diwekar to write a book on pregnancy and how to stay healthy before, during and after. Pregnancy is a time when a woman is at her most vulnerable phase and this exposes her to many half-baked truths. The book opens with a personal note by Bollywood actress Kareena Kapoor Khan, who shares her experience of motherhood “ from her pregnancy till the birth of her son Taimur. Here in this exclusive excerpt, I am going to share Kareena Kapoor pregnancy tips. I thought how insensitive people can be even if a woman has just delivered. It got me thinking about how women must feel about and deal with changes in their body post delivery. Maybe their world shatters, maybe they feel so under-confident that getting back into fab shape starts feeling like a faraway dream. I decided to share with you what I learned during my pregnancy and post delivery, my personal notes you can call them. I have made a conscious effort to eat correctly, exercise and generally lead a more disciplined life, since So, for you, if it starts with getting in shape for a wedding, job, holiday, choose your diet plan cautiously and ask yourself the big question “ does it have the potential to evolve into a lifestyle? So before conceiving, prepare your body. Make health a priority and clean up your diet. A friend of mine stopped exercising, and we all know many who quit their careers due to their pregnancy. You are alive, with another life inside you, so if anything, live every moment twice. Do you have to be careful of hydration, meal timings or calcium intake? But do you have to give up on living your life and make it all about the pregnancy and the growing stomach? And this is exactly why a history of staying healthy helps. Staying active during pregnancy has more than one benefit. Not only does it helps in ensuring a comfortable child birth but also makes your body more energetic and stronger. While exercise is important during your pregnancy and post pregnancy “ the kind of exercises will differ as per the stage of your pregnancy. It acts as a catalyst for weight loss once the baby is out! Just like pregnancy gives you a specific shape, albeit a round one, post delivery too, you are in a specific shape. The extra fat is required for many important tasks such as lactation and protection of both the baby and the mom from infections and illnesses. If you have a long history of fitness and ate right through the pregnancy, then just like the body grew, it will also shrink back naturally. The key here is patience and compassion. Eating very little, or nothing, in a bid to lose that weight is just silly. If you think, losing weight means shopping for exotic food, you are wrong! Veggies from your local bhaji wallah will do the trick! Simply eating regular home cooked meals and seasonal foods is the secret. I remember specifically the conversation between me and Rujuta post my delivery when I told her to put me on the Tashan diet. She said no, we have to be careful, compassionate, feed the body well or risk hormonal imbalances later. Lolo Karishma Kapoor was in agreement with Rujuta. She had knocked off some 25kgs post her second delivery and famously done it eating rice and fish curry, and she in my eyes is the fittest mom out there. Very sweet he is, I know. Tummy Toning Exercises After Pregnancy. Give your body some recuperation time. Pregnancy is tough, delivery is tougher and the toughest job of your life, motherhood, is just about to start. It takes a village to raise a child, goes a famous African proverb. So surely allow your family to help you with the baby “ the husband, maasi, older cousins, let them spend some time with the baby while you get some peace and time to yourself. Having your own life, staying healthy, keeping up with your work life are all important for the baby. A baby who grows up around a healthy and happy mom can build a good life for herself and contribute towards society much more meaningfully. We even have science now backing this up: So be kind to yourself. In a Facebook chat before the official launch of the book, celebrity nutritionist Rujuta Diwekar went live with Kareena Kapoor Khan and they discussed food, fitness and everything on pregnancy. This happens to the best of us and it is a combination of the weather and the hormones getting back to what they were pre pregnancy. So what can you do? Rujuta said that the answer lies in ancient Indian wisdom. Get a hair massage champi with warm coconut

oil. Include coconut in your meals with chutneys, salads, a little bit in the tadka, curries. Dry coconut in the form of laddoo or halwa helps replenish your hair. It also prevents greying. Til ka laddoo or mithai and adding til to your tadka or sabzi is equally useful. How to maintain that new mom glow? What you eat is what shows on your face.

Chapter 3 : Kareena's 7 Confessions From Her Book - www.nxgvision.com

This book was just a gigantic research project for Rochelle Pinto. She went through all the Kareena Kapoor interviews she could get her hands on and put them together into a book which is little more than a glorified magazine.

Kapoor family Pictured with mother Babita left and sister Karisma. In an interview with journalist Vir Sanghvi , Kapoor stated that growing up with the two of them helped her become strong and independent. She is the paternal granddaughter of actor and filmmaker Raj Kapoor , maternal granddaughter of actor Hari Shivdasani , and niece of actor Rishi Kapoor. According to Kapoor, the name "Kareena" was derived from the book Anna Karenina , which her mother read while she was pregnant with her. Pyaar Hai opposite his son, Hrithik Roshan. Set during the Indo-Pakistani war of , the film centers on a man who illegally transports civilians back and forth across the border. Her performance was acclaimed by critics; Taran Adarsh of Bollywood Hungama described her as "a natural performer" and noted "the ease with which she emotes the most difficult of scenes", [15] while India Today reported that Kapoor belonged to a new breed of Hindi film actors that breaks away from character stereotypes. Bollywood Hungama reported that the success of the film proved a breakthrough for her. Featured opposite Shah Rukh Khan , Kapoor found herself challenged playing the complex personality of her character Kaurwaki a Kalingan princess with whom Ashoka falls in love. Filming the big-budget production was a new experience for Kapoor, and she recalls it fondly: All six films in which she starredâ€” Mujhse Dosti Karoge! When Kapoor was initially offered the film she refused it, explaining that she would be uncomfortable in the role. The film, consisting of three chapters, tells the story of six individuals linked by a car accident. In a Times of India review film critic Subhash K. Jha described her role as "fey and insubstantial", but further stated that "she turns these character traits to her own advantage to create a girl who is at once enigmatic and all-there". During the filming of Fida , the actress began a romantic relationship with Kapoor, whom she later described as having "a major positive influence in my life. Set against the backdrop of the Mumbai underworld , the film follows the story of an online heist in which her character, Neha Mehra, becomes involved. Although the film was unsuccessful at the box office, Kapoor received positive reviews for her performance, and some critics noted a distinct progression from her earlier roles. Nikhat Kazmi of Indiatimes believed that to become a serious actress Kapoor was embodying a maturer, more-jaded character beyond her years in Bewafaa. She first starred in the thriller 36 China Town , followed by the comedy Chup Chup Ke ; both were moderately successful. The film directed by Vishal Bhardwaj is a tragedy of sexual jealousy set against the backdrop of the political system in Uttar Pradesh. I did some filmsâ€”which I now regretâ€”purely for the money. Today, I want to do selective films. Following her break-up with Shahid Kapoor, there was speculation in the media that she was dating Khan who later confirmed their relationship at the Lakme Fashion Week. Director Imtiaz Ali was not a well-known figure before its production, with only one feature credit to his name, but Kapoor agreed to the film after being impressed with his "mind-blowing" script. He is a great guy. A sequel to the film Golmaal: Fun Unlimited , the film had an ambivalent reception from critics, and Kapoor received mixed reviews. The Indian Express believed the screenplay was derivative, concluding: Set in Los Angeles, it was the first Indian film to be shot at Universal Studios and featured cameo appearances by Hollywood actors. Describing the film as "an emotionally draining experience", Kapoor explained that it was difficult to disconnect from her character. Jha described it as her "most consistently pitched performance to date" played "with splendid sensitivity" and "credib[ility]". Several actresses were considered for the role, though Kapoor was eventually cast under the recommendation of Khan. She is so spunky and spontaneous you wish there was room for more of her. It remains one of her highest-grossing films to date. In , Kapoor appeared in the romantic comedy Milenge Milenge , a production delayed since Kapoor played the role of the career-oriented Shreya Arora a character originally played by Julia Roberts and refrained from watching the film again so she could bring her own interpretation to it. Set in Las Vegas , the romantic comedy follows the story of two strangers who get married one night after getting drunk. She played Riana Braganza, a carefree young woman, and was particularly drawn to the qualities of her character: Even though she does not have a house or a job, she is a positive

person [One, it is nice to see the spunky actress in her element again since *Jab We Met*. Kapoor was enthusiastic about the project, but it met with a tepid response and she was described as miscast. When the director reinforced his faith in her, she agreed to do the film after having read the completed script. *The Answer Lies Within*. She was cast as the ambitious and career-oriented Kia Bansal, and was particularly drawn to the project for its relevance and novel concept. Co-starring alongside Shahid Kapoor, Alia Bhatt and Diljit Dosanjh , Kapoor was initially reluctant to do the film due to the length of her role, but agreed after having read the completed script and partially waived her fees to star in it. Thakkar of *The Deccan Chronicle* wrote that she was successful in "deliver[ing] a strong and hard hitting performance. During her five-year association with the retail chain Globus , Kapoor became the first Indian actress to launch her own line of clothing for women; she described the collaboration as being "special" and "reflective of my personal sense of style". It addressed the weight loss concerns and eating habits of women in various parts of their life, and featured Kapoor in a voice-over for the audiobook. *The Style Diary of a Bollywood Diva*. Co-written alongside Rochelle Pinto, it became the first book to be launched under the Shobhaa De imprint of Penguin Books – a set of series that included celebrity memoirs, guides and biographies. She performed at a fundraiser for the World Youth Peace Summit in November , [] and participated in a concert to raise money for victims of the Indian Ocean earthquake and tsunami. Her first tour *Heartthrobs: The concert* was originally scheduled to commence in April , but was postponed due to the arrest of Salman Khan.

Chapter 4 : Kareena Kapoor Pregnancy Tips: Before, During & After By Rujuta Diwekar

Kareena Kapoor - The Style Diary of a Bollywood Diva with Rochelle Pinto book review: A mind-numbing read When you read the title of the book, you expect Kareena Kapoor to blow you away with.

She has surprised million of her fans because of stunning outlook and size-zero figure. Her strong determination, disciplined life and dedications towards her workouts make her one of the hottest heroines in the Bollywood industry. Right from her first movie Refugee to till date, she has been the cynosure of directors, producers and actors. Every time, Bebo has surprised everyone either with her movies, item songs, size-zero figure or marriage with Chote Nabab-Saif Ali Khan. Kareena size- zero figure The heart throb actress toils a lot to get size-zero figure. She followed strict diet regime and well planned fitness mantra under the supervision of Rujuta Diwekar, a renowned nutritionist and dietician. She has to skip butter, cheese, paranthas, pasta instead gave priority to foods like soups, salads, yogurt, vitamins, and minerals. What is size zero? The question of size zero meaning raises too many curious questions. If somebody has certain body measurement as given below, it means the concerned person has zero size. For size zero figure, following criteria is needed. This slim avatar was due to her disciplined workout and strict diet plan. Her dazzling beauty with size zero figure inspire many to lose weight. The fitness freak Bebo has managed to keep her fit and slim with diet and exercises and looks ravishing in every outfit. In the Bollywood fraternity, the dusky beauty is known for sexy and gorgeous looks, sizzling figure, sexy curvaceous figure, and above all stunning beauty. All these are credited to her disciplined workout and strict diet plan. Kareena Kapoor diet secrets and diet plans To maintain her body slim and sexy, balance diet also plays an important role besides exercises. She starts her day with fruit juice or milk, likes to keep her diet strictly vegetarian, simple but healthy. She believes that to be fit and healthy, one has to be positive attitude towards life. Balanced diet, soul cleanliness, simple yet vegetarian diet as per climatic condition is good to make you calm, relaxed, and healthy. Her diet plan and diet routine includes: Protein shake and fruits Dinner: Chapattis, dal or vegetable soup Water: Take boil glass of water everyday She prefers to take meals after every three hours to make her active and energetic throughout the day. Nuts and soya milk is also the parts of her meals. She also likes to take sugar and ghee but in moderate quantity. She likes to devote one to two hours daily for her fitness workout. She is one of the keen followers of yoga and believes that yoga is effective in synergizing your body, health and mind. She loves to practice power yoga and hot yoga to maintain her sizzling look. Kareena Kapoor fitness tips Because of her fitness freak, she is the most envied actress in Hindi cinema. Her fitness mantra revolves around strict diet program, cardio workouts and a blend of power yoga, hot yoga and ashtanga yoga. Cycling and weight is also in her regime. More thrust upon fresh and green vegetables such as spinach, fenugreek, broccoli, etc. She keeps eating every two hours. According to her, yoga is good for health, body and mind. Apart from cardio exercises, she performs yoga for two hours in spite of busy schedule. The credit to make her body toned and flexible went to Payal Gidwani Tiwari, a renowned celebrity yoga trainer. To some extent, her yoga module is hot yoga that leads to weight loss and also maintain her body slim, flexible and sexy. The gorgeous lady performs following yoga to make her active, flexible, and energetic.

Chapter 5 : Kareena Kapoor - Bio, Filmography, Videos, Photos, News - DesiMartini

Kareena Kapoor attended the launch event of Soha Ali Khan's first book looking this hot! The girl was wearing a sexy customized attire by Bibhu Mohapatra for the event. Her voluminous hair and nude makeup rounded off the look perfectly.

Unlike most people, she does not start her day with tea or coffee. Read what happens when you start your day with tea or coffee here. Her day starts with fruit or milk. For breakfast, Kareena goes for museli or chillah bread slices and milk. Every three hours she takes light snack like nuts or soy milk or sandwich with Electral powder. Lunch for Kareena consists of chapatis and dal with lots of green veggies and minus any rice and fatty foods though she loves cheese and occasionally pairs it up with a sandwich. During dinner, she keeps it very light: She makes sure to drink at least glasses of boiled water every day. She emphasises on taking in the right and balanced amounts of carbs and proteins. For Chamak chalo " curvy look, Meal 1: A Banana Two hours later Meal 2: Bowl of curd Two hours later Meal 4: Cheese toast Two hours later Meal 5: Small bowl of Makhana Two hours later Meal 7: Hummus is a Middle-Eastern dip which is made with chickpeas, tahini, olive oil, lemon juice and garlic. Hummus has immense health benefits. The chickpeas in hummus make it an excellent source of protein and dietary fibre, whereas the tahini consisting of sesame seeds is an excellent source of methionine, complementing the proteins. It also has virtually no trans-fats and is very popular with vegetarians as a source of protein. When eaten with pita bread it serves as a whole meal; a very good protein-fibre combination. There are so many benefits of having ghee. My grandmother is 84 and she is still fit and looks beautiful. One should eat everything especially healthy and not junk food. I would eat and burn it out in gym. Kareena Kapoor has never spared an opportunity to get back at other actresses in her league. The occasion this time was the launch of a book by her close friend and dietician Rujuta Diwekar. Check out her DVD here. How do you like Kareena " Curvy or Size 0? You may also like reading ".

Chapter 6 : The Style Diary of a Bollywood Diva by Kareena Kapoor

Kareena Kapoor Khan. , likes 12, talking about this. Kareena Kapoor Khan You will be entertained by Latest Photos,videos, B-town news.

Chapter 7 : 5 big confessions from Kareena's new style book | Vogue India | Fashion | Insider

Born in a family of actors, Kareena Kapoor is a popular Bollywood actress known for her versatility. The name Kareena was inspired from the book Anna Karenina by Leo Tolstoy, which her mother read while she was in her womb.

Chapter 8 : Kareena Kapoor Fitness Workout, Diet Plan and Yoga Exercises

Kareena Kapoor was born in Mumbai, Maharashtra, India to Randhir Kapoor and Babita. She has a sister name is Karisma Kapoor, who is an Actress. She did schooling at Welham Girls' School, Dehradun and then admitted to Mithibai College but she later dropout from college.

Chapter 9 : I feel small and lame in front of Soha Ali Khan: Kareena Kapoor | The Indian Express

Rujuta Diwekar has always set a lot of things straight about the Indian Diet through her books, 'Lose Your Weight, Not Your Mind' or 'Women and the Weight Lo.