

expert advice

RELATIONS GALORE...

Q I have an older sister with whom I have not spoken to for years. The problem is that she always found fault in the way I was dealing with the man I was dating — She always sympathised with him. My boyfriend and I broke up, and my sister and I also had a solid row due to it. Since then, we have not spoken. I feel sad that our bond broke so easily over a man. I never doubted my sister. The irony is that the man who was the root cause of all our problems is nowhere on the scene now. At times, I feel betrayed by my sister, for she stood up for someone else. As far as my relationship with my boyfriend was concerned, it was like any other, we had our good times and bad. I am not sure how I should be feeling at this moment.

Sibling rivalry from childhood often lingers through adulthood. In childhood, it seems harmless but when the same patterns repeat as adults, it can bring out the worst in relationships. It appears you share a bond with your sister that is peppered with envy or comparison. Check if you are blaming your sister for your short comings or was she realistic?

Come out of your confusion and get some clarity about the changes you intend to make. Heal from the loss of your relationship and take ownership of it. Schedule a time with your sister to speak your mind out without accusations to establish a long-term relationship.

Q I am a steward with a reputed airline. On a recent flight, I came across this girl who I fell almost instantly in love with. After exchanging a few smiles, I passed on my number to her and took hers. As she left the plane, I began missing her and called her immediately and told her that I am already missing her. She seemed to be a little taken aback by that and hung up in a hurry. After that over the next few days, I tried calling her again and wanted to go see her at her hotel but she kept avoiding my calls. I was reduced to tears and I told her how hurt I was but she didn't seem to care much. Now she rejects all my calls. I have been in a few relationships before but never felt this way about anyone. Do you think I came on too strong? Did I scare her away? How do I win her back?

You seemed to have a felt a strong attraction for the girl. However, it appears the girl doesn't feel the same way about you. Any relationship must be based on mutual love and attraction. Your desperation will make it a heart-breaking experience. And if you continue to believe that she will eventually love you after persistent efforts there is a risk of you losing your image and, being branded as a stalker.

Understand that she is entitled to her reasons for not feeling the same way about you. Check with yourself why you would want to be with someone who doesn't love you back. Do not become bitter. Keep yourself surrounded by family and friends and people who care and love you. Focus on your future that could lead you to a person who loves you.

— These query have been answered by Dr N Sucharita (Ph.d) from Roshni Counselling Centre, Hyderabad. (040-66661117/1118)



Aindritha Ray

'Age' you LIKE IT

Movie stars don't like revealing their age once they turn 40. Why is it such a big deal in these post modern times?

DC CORRESPONDENT

 Age is just a number. Right? Not for these celebrities who are touchy about 'growing old'. In a recent episode of *Bigg Boss*, 45-year-old Bollywood actor Armaan Kohli got offended with actors Tanisha and Pratyusha, for calling him old. Actress Madhuri Dixit, ticked off a scribe for complimenting her about looking good at 46. The otherwise cool Madhuri got rankled and retorted sharply that she was not 90 years old. On *Comedy Circus*, when a fan disclosed actor Ajay Devgn's age as 44, the actor confessed that his secret was out as he told everyone he was 42. Why are celebrities so sensitive about just revealing their actual age? While Madhuri's apprehension's can be understood as Bollywood offers dry up for actresses post their late 30s, the men continue to rule the roost in their late 40s. So what is the big deal? Sandalwood actress Aindrita Ray cites the example of superstar Shivraj Kumar who turned 50 recently. "I am working with Shivanna, in *Bajrangi*, he just celebrated his birthday in style and revelled in the benchmark he has reached. He does not shy away from it. Even actresses who are said to have a slightly lesser shelf life today are working longer and age has nothing to do with it, it's about talent and conviction."

Bollywood has its own definitions of age and marriage,

Fahad Samar, author of Scandal Point

However, for every Shivraj Kumar who revels in growing old, there are actors like Anil Kapoor, who like to retain a mystery factor around their age. Anil, who is in his 50s, hates being called uncle even by stars half his age.

Fahad Samar, author of *Scandal Point*, a book on Bollywood opines, "Bollywood has its own definitions of age and marriage — it does not understand the concept or accept age gracefully. For example, in the west Harrison Ford and Meryl Streep still take up lead roles, even in their 60s and are not treated as fossils. I think, age is a state of mind and the more mature an actor the better his performance



Madhuri Dixit

should be rather than complaining about such trivial issues."

Bollywood director Karan Johar, is an exception. He not only threw a lavish bash to celebrate his 40th year but he openly jests about growing old and working with people half his age. Thankfully he is not alone. Author of *The Ekkos Clan*, Sudipto Das has just turned 40 recently. He says, "I don't feel insecure at all because I am financially secure at this age and my creativity hasn't even faltered. Some people may say that you tend to be more creative when you are young but I feel that I have matured as a writer at this age." Actor and singer Vasundhara Das who recently released her Sufi music album, says, "Age is all in the mind. Unless you are 60 and physically age is catching up with you, it really doesn't matter. Even Hollywood is full of an amazing line up of talented stars who are above 40. I feel an artiste can move mountains if they are driven. I travel all over the world for my concerts and it's only my love for music that drives me and age will never be a bar."