

Womenia

Gul Panag reflects on motherhood, says she understands her mother's struggles better in her forties





Actress Gul Panag has penned a heartfelt birthday note for her mother Annie Panag. She reflected on how becoming a mother herself has helped her understand the challenges and responsibilities her own mother handled while raising two children.

Taking to Instagram, Gul shared that it was only in her forties that she began to understand how demanding motherhood could be. She also recalled how her mother managed the household, raised her and her brother, and fulfilled the responsibilities that came with being an Army officer's wife.

"Happy birthday, Mum. It's only in my forties that I've begun to understand, rather belatedly, just how challenging motherhood really is. And consequently, how extraordinarily easy my mother made it look," she wrote. Recalling her childhood, the 'Manoranjan' actress said that when her brother Sherbir was around eight years old, her mother was raising two children, managing the home and often working as a teacher to make life more comfortable for the family.

"I often find myself thinking back to when my brother @sherbirpanag was about eight, roughly the age Nihal is now. My mother was raising two children, managing a home, navigating the demands and expectations that came with being an Army officer's wife, and often working as a teacher, as so many Army wives did, to make life a little more comfortable for us," she added. The 'Dor' actress also spoke about the invisible labour involved in being a woman, pointing out that several responsibilities are often expected but rarely acknowledged. Reflecting on her own experience of motherhood, Gul said that looking at her son, Nihal, often makes her wonder how her mother managed everything so effortlessly.

"And somehow, from where we stood as children, she seemed to take it all in her stride. Of course, I now realise that what appeared effortless probably wasn't. There must have been days when she was exhausted. Days when she worried about things we knew nothing about. Days when she had to put her own needs aside because ours came first. And then there's all the invisible labour of being a woman. The things that need doing, the people who need looking after, the expectations that need meeting. So much of it simply assumed, so little of it acknowledged."

The post further read, "But that's the extraordinary thing about childhood. You rarely see the effort. You simply grow up feeling that everything is taken care of. And then, one day, you become a mother yourself. And years later, you find yourself looking at your own child, remembering yourself at that age, and thinking, how on earth did she do it? I suspect I owe my mother a rather substantial apology for all the times I took that extraordinary competence for granted. And an even bigger thank you. The older I get, the more I understand what you did for us. And what you continue to do. And how Nihal is now your favourite, and my brother and I are relegated to second place. And the more I admire you for it."

The carousel of photos featured Gul Panag's cherished memories with her mother and family.

Gul Panag's biological mother is Gurjit Kaur, while her stepmother, Annie Panag, played an important role in her upbringing and helped prepare her for the pageant world. Her parents parted ways when Gul was around four years old. (IANS)

Cold outside, hot between the sheets

Askari Jaffer

WAYS TO TURN WINTER INTO YOUR MOST ROMANTIC SEASON



As winter sets in, cooler evenings and longer nights offer couples the perfect opportunity to bring back romance, intimacy and a little excitement into their relationship. From cosy bedroom moments to fun kitchen dates, here are five simple ways to make the season more special together

From steamy kitchen experiments to candle-lit bedroom dates, the approaching winter is the perfect excuse to turn down the temperature outside and turn up the chemistry at home. Winter has not officially arrived, but the signs are already in the air. The evenings are getting longer, the breeze is turning cooler, and even the plants seem to be preparing for a slower, more intimate season. As nature changes its rhythm, couples have the perfect opportunity to change theirs, too. After all, if the world is getting ready to cosy up, why should your relationship be left out in the cold?

Beyond warm blankets and cups of hot chocolate, winter can be an invitation to rediscover romance, experiment with shared experiences and bring a little playful mischief into everyday married life. From lingering in bed on chilly mornings to turning the kitchen into a space for culinary chemistry, here are five ways to make the coming season deliciously memorable.

1.Bedroom Weather: Forecast Calls for Cuddles and Chemistry

Forget the alarm clock for a morning. When the temperature dips, give yourselves permission to stay under the covers a little longer. Swap hurried goodbyes for slow conversations, forehead kisses, warm embraces and the kind of cuddling that makes getting out of bed feel entirely overrated. For couples looking to turn up the romance, dim the lights, put on a playlist that reminds you of your early dating days and let the evening unfold without a rigid plan. A little flirting, affectionate teasing and uninterrupted time together can make an ordinary night feel like a private getaway. The secret? Make intimacy about connection rather than a checklist of romantic gestures.

2.Kitchen Chemistry: Stir, Taste and Fall in Love Again

Who said romance belongs exclusively in the bedroom? The kitchen can be equally exciting when two people decide to get creative. Pick a recipe neither of you has tried, put on your favourite music and cook together. Think gooey chocolate brownies, cinnamon-spiced pancakes, creamy pasta or a rich, warming soup. Add a playful twist: blindfold each other for a flavour-guessing game, steal a taste from your partner's spoon or turn dessert-making into a friendly competition. The flour on the counter and the occasional kitchen mishap are part of the fun. Sometimes, the most memorable dates are the ones that leave you laughing over a slightly burnt dessert.



3.Candlelight, Soft Fabrics and a Little Sensual Drama

As winter approaches, transform your living space into a cosy retreat. Think warm lighting, plush cushions, soft blankets, scented candles and freshly changed bedsheets. A few thoughtful details can make home feel less like a place where you manage daily responsibilities and more like a sanctuary you share. Plan a no-phones evening, exchange relaxing massages if both of you enjoy them, or surprise your partner with a thoughtfully prepared bath or a cosy indoor picnic. Sensuality does not always need grand declarations; sometimes, it is simply the feeling of being seen, desired and cared for.

4.Flirt Like You Have Just Met

Marriage can make couples wonderfully familiar with each other, but familiarity should not mean that flirting disappears. This winter, bring back the butterflies. Leave a cheeky note in your partner's jacket, send a playful message during the workday or plan a surprise date without revealing the destination. Dress up for dinner at home, recreate your first date or share three things you still find irresistible about each other. Small gestures can create anticipation, and anticipation can make even a routine weekday feel special.

5.Take the Romance Outdoors, Then Bring It Home

Winter's pleasant evenings offer a reason to step outside together. Take a long walk, explore a neighbourhood café, visit a garden or simply watch the sunset while sharing a warm drink. Notice the changing leaves, the winter blooms and the quieter pace of the world around you. Once home, continue the date with a favourite film, a shared blanket and a conversation that goes beyond work, bills and everyday logistics. The aim is to create moments in which you are partners in life and lovers in your own little world.

A Season for More Than Just Staying Warm

According to Sybil Shiddell, Country Manager of Gleeden India, "Winter gives couples a wonderful opportunity to rediscover intimacy through the little things they often overlook during their busy routines. Whether it is spending a slow morning together, cooking a meal as a team or creating a more sensual atmosphere at home, these shared experiences can help couples reconnect emotionally and physically. Romance does not always need an elaborate plan; it often begins with the willingness to make time for each other, communicate openly and keep the spark alive." As the days grow cooler and the plants prepare for their seasonal transformation, relationships, too, can benefit from a little nurturing. This winter, let the blankets be warmer, the conversations longer, the kitchen more adventurous and the bedroom a little more exciting. Because while the weather may be getting colder, your relationship certainly does not have to.

Kiara Advani hints at no more pregnancies ahead, says 'bass ho gaya ab' on Koffee With Karan

Actress Kiara Advani appeared to hint that she does not want to have any more pregnancies as she joked about her date nights with husband and actor Sidharth Malhotra on the upcoming episode of 'Koffee With Karan'.

Kiara and Sidharth are set to make their first joint television appearance together on 'Koffee With Karan Season 9'. The latest promo of the episode released by the makers, gives a glimpse of the couple's playful chemistry with host Karan Johar.

During the conversation, Karan asked the couple how they make sure their date nights do not end at dessert. Kiara, who was seen cradling her baby bump, responded with a cheeky, "Ab bass ho gaya!", leaving Sidharth and Karan in splits.

The conversation then moved towards whether the couple would like to roleplay a particular character. Sidharth responded by drawing a line between their professional and personal lives, saying, "We don't want to bring our work home and certainly not to our bedroom!"

The promo also features the couple talking about their wedding and recalling a moment when Karan hilariously threw Shahid Kapoor off the stage when he attempted to join him during a dance performance.

While making their entry on the show, Kiara was seen flaunting her baby bump for the first time on national television and ever since they announced their second pregnancy.

Talking about Kiara and Sidharth, the couple is set to embrace parenthood for the second time. They had announced their



second pregnancy a few months ago, with a social media post where they shared a picture featuring two pairs of baby shoes along with the message, "The greatest gift of our lives. Coming soon."

Kiara and Siddharth are already parents to their daughter Siara, whom they welcomed in 2025.

The couple got married in an intimate ceremony in Suryagarh, Jaisalmer, in February 2023, after dating for a few years after falling in love on the sets of the movie, Shershaah. (IANS)

CROSSWORD



ACROSS

1 Resound (4)
4 Egyptian sacred beetle (6)
8 Impair (3)
10 Distinctive doctrines (4)
13 Poisonous alkaloid (8)
14 Ready for (5,2)
15 Tune (6)
17 Spirited (9)
21 Offer a price (3)
22 A wise bird, so we are told ! (3)
23 Comparative words (2,1)
26 Most intimate (9)
27 Assails (6)
28 Distinguished (7)
32 Papal election meeting (8)
34 Jokes (4)
35 A type of sea-eagle (3)
36 Put an end to (6)
37 Elevator innovator (4)

DOWN

1 Buffalo's lake (4)
2 Ex-India skipper Adhikari (4)
3 Wish for (4)
5 Duplicates or reproduces by asexual means ? (6)
6 Bollywood's Aishwarya __ Bachchan (3)
7 Adieu (3,3)
9 2016 Summer Olympics host (3)
11 Small firework (5)
12 Light meal (5)
15 Stubborn creature (4)
16 Very (2,2)
18 Competes (4)
19 Charged particles (4)
20 Possess, have (3)
23 In the company of; along with (5)
24 With __ __ in my heart : happily (1,4)
25 Counting frame (6)
26 Sloping type (6)
28 Adam's wife (3)
29 Just a pond or a lake ! (4)
30 The orient (4)
31 Sounds of disapproval (4)
33 Modem prefix (3



Solution to November 11

SUDOKU

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				9		2	1	

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7	2	8	6	9	4	1	3	5
1	9	4	2	5	3	8	7	6
2	8	3	9	6	7	5	4	1
6	4	7	8	1	5	3	9	2
9	5	1	4	3	2	6	8	7

Solution to November 11