

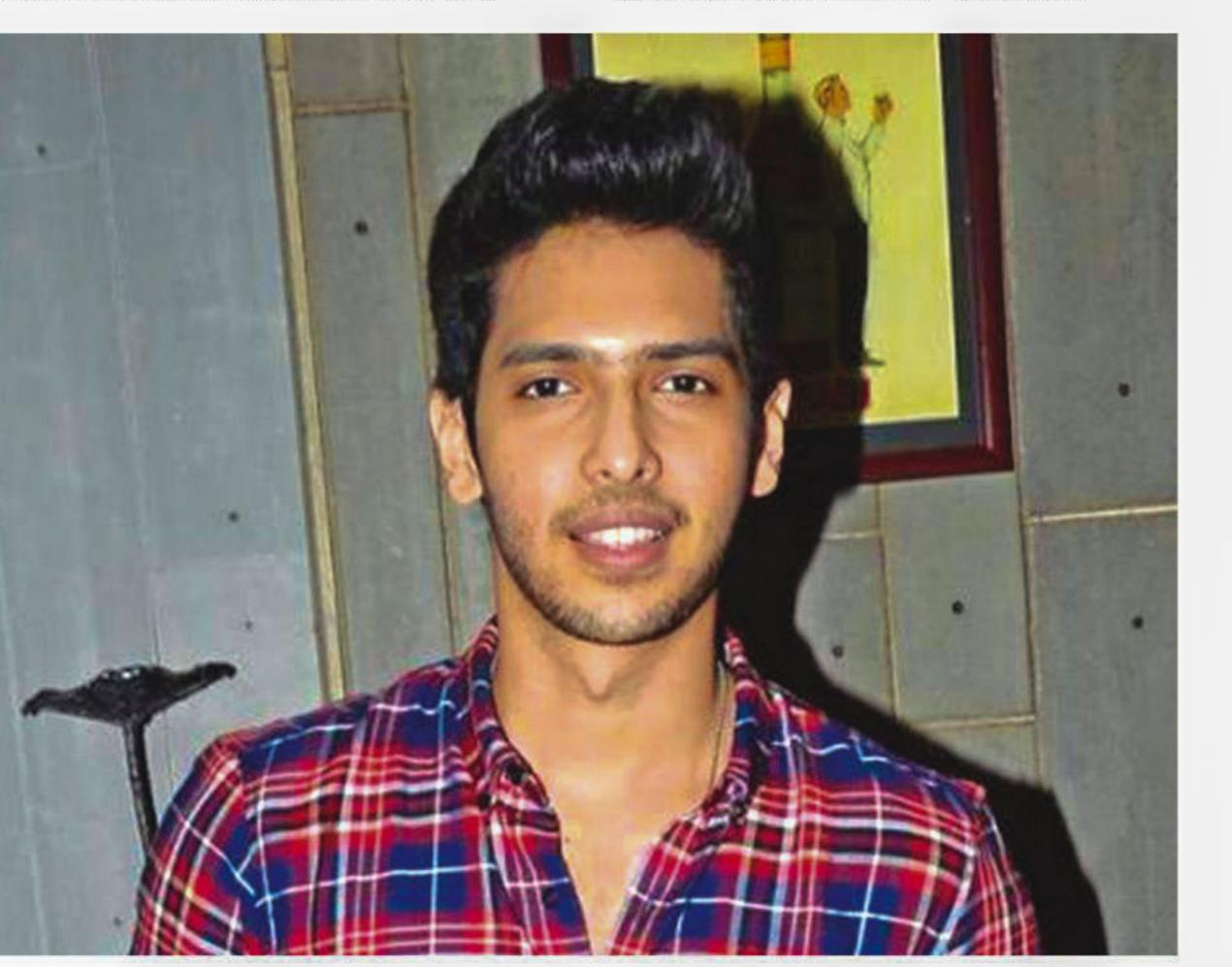
## ARMAAN MALIK

## honoured with Dadasaheb Phalke award!

Singer Armaan Malik was honoured with the Dadasaheb Phalke Award for the 'Most Popular Singer of the Year' category. Armaan, who recently lent his voice for the song "Bol Do Na Zara" from "Azhar", said that the award holds a "special place" for him.

"This year has been a crazy journey for me and every award that I have received has been an incentive to work even harder and better. However, this one holds a special place for me in my life!"
Armaan said.

"This award is considered to be a very important one in one's Bollywood career and I'm glad to get it so early... It feels surreal to know that people out there know me, know my songs and give me so much love. I would like to dedicate this award especially to my musical gurus and teachers Rita Kaul and Qadir Ghulam Mustafa Khan," he added.





## "MASSIVE SOFTWARE UPGRADE" AT 40 Gwyneth Paltrow

Actress Gwyneth Paltrow says that every woman undergoes a 'massive software upgrade' at the age of 40 and her own life saw a 'bunch of changes' at that age. The Oscar-winning actress said, "At 40, my life changed so much. I think every woman around that time gets this massive software upgrade. You're just different. You're upgraded."

The 43-year-old actress, who has two

children with ex-husband Chris Martin, added, "For me there were just a bunch of changes I had to make, to really be true to myself and really live my happiness. And you have to be brave and make the choice to do that, to truly accept yourself and love yourself and really forgive yourself for your missteps. I wish they could teach girls to do this when they are 16 instead of 40, but that's part of life."