



Anil Kapoor with Smita Patil and Dilip Kumar in 'Shakti'

**A**nil Kapoor is definitely the Man of the Hour! Actually he has been the Man of the Hour for quite some time now, having spent over three decades in the industry. Mind you, he is still going steady. He is different in every film, and displays immense energy and positivity which helps him move ahead with every movie. The lanky actor, who once played the role of Amitabh Bachchan and Smita Patil's son in the cult movie *Shakti*, has come a long way. Over to this 'young' actor, in his early sixties, for a candid tete-a-tete. Excerpts:

**Your energy at this age is often talked about. What is the secret?**

I am a positive person. I try to find positivity in failures as well. I respect time. I am particular about things and try to be on time on my film sets always. My focus and concentration on my work have been consistent over the years and that keeps my energy high. People often talk about my fitness. I work hard for my fitness. I go to the gym, I jog and I also do a lot of spinning, which give me a lot of satisfaction.

**Today the social media can make or break a celebrity. What is your take on it?**

My kids (Sonam, Rhea and Harshvardhan) are all quite active on social networking sites. But I am not. People close to me know that my time management is very good. The most important factor of my life is my peace of mind. I do not want to ruin it at any cost. I am an actor and a producer too. I respect people's belief in me. I do not have the time for social media.

**You hail from a family of actors. What advice do you give them?**

Honestly speaking, I avoid doing that. Sometimes too much advice can also make things boring. I rather take advice from my children.

**Your son Harshvardhan's career is passing through a bad phase. As a father, does that worry you?**

When I started my career in this industry, I also had a rough patch. One of my first films was *Vamsa Vruksham*, a Telugu film and then I did films like MS Satyu's *Kaha Kaha Se Guzar Gaya*. At the beginning of my career, I was looking for work of my liking. I used to meet so many people from the industry, from Tahir Hussain to Sunil Dutt to Shyam Benegal and Aparna Sen. Harsh also has taken some brave steps. He may do commercial masala films in the future. But to create a magic, it takes time.



**THE ACTOR SAYS HE BELIEVES IN THE GOODWILL HIS FATHER, LATE PRODUCER SURINDER KAPOOR HAS EARNED. HE IS ALSO PROUD OF THE FACT THAT HIS DAUGHTER SONAM, IN A SHORT SPAN, CREATED A SPACE IN THE FILM INDUSTRY**

When Sonam started her career and her films were not working, she was criticised by the media so badly. But I had faith in her. People like Sanjay Leela Bhansali and Rakeysh Om Prakash Mehra are visionary directors. They must have seen something in Sonam and Harsh to cast them. Harsh is an old soul. He is my youngest son, but in some ways, he's the wisest.

**You are a father-in-law too. We saw the entire industry attend Sonam's wedding. That speaks volumes about people's love for you...**

Well, I believe in the goodwill my late father Surinder Kapoor has earned. I always knew that people respected him a lot. And then Sonam, in a short span, created her space in the industry. My wife Sunita is an extremely warm person. People love her like anything. She is someone who has been a pillar of strength for all of us, she is the one who goes to the flower market and also to the court if any cases are going on in my name and also to the municipal office to pay taxes. In my long career, people have never seen Sunita standing beside me for a photo. She never clicks pictures. She feels, if we both pose and take pictures then who will manage the home front?



Anil Kapoor with wife Sunita



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