

KARAN SINGH

MD, Associated Capsules Group
(ACG) Worldwide → Age: 39

CROWNING ACHIEVEMENT

Karan Singh has taken ACG Worldwide – his inherited empire and one of India's largest pharmaceutical equipment manufacturers – and turned it into the ancillary backbone of the global pharmaceutical industry, employing over 4,500 people across 100 countries. With clients like Cipla, Abbott and Pfizer, ACG, which makes everything from hard gelatin capsule shells to foils and tablet-manufacturing tools, has recently expanded its factories in Brazil and Croatia and ventured into Thailand in a bid to increase its worldwide market share. In the 16 years since he joined the business, Singh, an alumnus of the Harvard School of Business, has overseen the company's shift from local to "glocal", also making the brand the second-largest manufacturer of hard-shell capsules in the world.

FUTURE PLANS

With an estimated \$500 million turnover for 2018, Singh wants to introduce virtual reality and automation to better explain the breadth of his company's services to potential customers.



LUKE COUTINHO

Founder, Holistic Health Store, Reset and Pure
Nutrition; Co-Founder, GOQii → Age: 38

CROWNING ACHIEVEMENT

On Facebook, Coutinho will tell you that chewing cardamom after a meal reduces acidity and boosts lung health; and that overdoing your fruit intake can spur indigestion and body fat because of the high fructose levels. Over 50,000 people tune into his live videos, and over 20,000 clients across the world swear by his methodology. With an MD in Alternative Medicine, Coutinho promotes holistic health, focusing on preventive methods, healing and lifestyle changes. If all this is too New-Agey, he also co-founded GOQii – a fitness band that transfers a user's daily physical activity and sleep data to one of 500 consultant coaches – and Reset, Mumbai's swish gym frequented by Bollywood stars like Shahid Kapoor and Tiger Shroff.

DREAM RUN

His cancer initiative is helping people go from the fourth stages into remission. While chemotherapy may still be necessary, Coutinho works on managing the side effects of these harsh treatments through balanced nutrition at a cellular level.

TAAPSEE PANNU

Actor → Age: 31

CROWNING ACHIEVEMENT

Every time Taapsee Pannu's appeared on screen this year – as a lawyer in *Mulk*, a wayward Juliet in *Manmarziyan*, a hockey player in *Soorma* – she's held her own, if not outright stolen the scene from more seasoned actors. It's been a revelatory time, she says: Audiences now watch films if she's on the billing. Having conquered the South Indian film industries a long time ago, she's now building a template for a new kind of leading lady in Bollywood, opting for characters with a strong spine; and insisting on not playing the same type twice. With three giant projects on her slate for 2019 already – Sujoy Ghosh's *Badla*, R Balki's *Mission Mangal* and Ashwin Saravanan's bilingual *Game Over* – she demonstrates a capacity for hard work as deep as her range.

IN FOCUS

Pannu's inclination to keep things fresh extends beyond her acting career: A few years ago, she launched a wedding planning company. And this year, the squash fanatic bought a stake in the Premier Badminton League team Pune Seven Aces, which counts rising star Lakshya Sen and Olympic champion Carolina Marin among its ranks.

