After Atrangi Re and Raksha Bandhan, Akshay Kumar to collaborate with Aanand L Rai for Gorkha

Akshay Kumar will be seen collaborating again with director Aanand L Rai. The Khiladi Kumar of Bollywood has worked with the filmmaker in Atrangi Re and Raksha Bandhan. The filming of the two Bollywood movies have been wrapped up and are awaiting release. And amidst this, Akshay Kumar has signed another film with the filmmaker titled Gorkha. The film is based on the life of the legendary office of the Gorkha regiment of the Indian army. Akshay will be seen essaying the role of Major General Ian Cardozo. This time, Aanand will be producing the film unlike the Atrangi Re and Raksha Bandhan.

Talking about Gorkha, the film will be helmed by national award-winning filmmaker Sanjay Puran Singh Chauhan. Major Cardoza had fought in the 1962, 1965 and especially 1971's India-Pakistan war. Talking about the 1971 war, Major Cardozo was attending a course at the Defense Services Staff College in Wellington. His battalion was already deployed for the war. When the second in command was martyred in the war, he was ordered to replace. Major Cardozo was popularly known as Cartoos Sahib. Cardozo stepped on a landmine during the war and due to the unavailability of proper medic, he amputated his own leg using a Khukri.

Aanand L Rai said, "We are honoured to bring to you the story of a great war hero, Major General Ian Cardozo, whose name is recorded in history for his immense courage in the Indo-Pakistani War of 1971. I am also looking forward to working with Akshay sir again for the third time."

John Abraham's Satyameva Jayate 2 and Salman Khan's Antim box office clash is a mistake, feels trade expert

After a long-time, we will see audience enjoying the cinematic experience as the theatres will be reopening from October 22nd in Maharashtra, which contributes a major chunk to the box office. While we expect biggies like Sooryavanshi and others to bring back the era of cinema, the clashes in this pandemic time have become a topic of discussion as none of the filmmaker would like to compete after waiting for more than one-and-a-half year at the ticket windows. On November 26, John Abraham's Satyameva Jayate 2 will lock horns with Salman Khan and Aayush Sharma's Antim: The Final Truth.

To talk about this box office clash, we had a conversation with trade expert Akshaye Rathi and he said that this is not an ideal clash. He quoted, "Two movies coming together on the same day is not a problem as long as they don't eat into each other's business by catering to the same audience. So, had Satyameva Jayate 2 been releasing with a Bunty Aur Babli 2, I wouldn't mind it because these two films would complement each other. Both cater to very different kinds of

audience and cinema halls would be able to offer something for every kind of a movie-goer.

It's official! Nani and Keerthy Suresh to reunite after Nenu Local for Dasara

This is great news for all Nani and Keerthy Suresh's fans. After Nenu Local, they will be seen together for Dasara. Nani took to Instagram to share a video announcing the film's title. Even Keerthy Suresh took to Instagram to share the same video. She wrote, "Glad to be sharing screen space with @nameisnani once again after Nenu Local. Super excited for this project, can't wait to start the shoot." The actors made the announcement on the occasion of Dussehra.

According to reports, the film is set around the coal mines of the Singareni region in Telangana. It will be directed by newcomer Srikanth, a former associate of Sukumar.

Nani will also be seen in Shyam Singha Roy, which is being helmed by Rahul Sankrityan. It is believed that the supernatural thriller film is set in the backdrop of Kolkata and revolves around the theme of reincarnation. It also stars Sai Pallavi, Krithi Shetty and Madonna Sebastian in pivotal roles. Reportedly, Nani has decided to slash his remuneration to help his producers. The film had apparently suffered heavy losses due to heavy rains. It is believed

that that the actor has cut down his fees so that the producer doesn't have to face more trouble. Also, given the pandemic situation, the V actor understands how much it has affected everyone personally. So, given the circumstances, Nani has reduced his remuneration.

Recipes

Date Pudding

Ingredients

1/4 cup butter
2 egg
1/2 cup pitted dates
3/4 cup wheat flour
1 scoop ice cream
1/2 cup powdered jaggery
1 teaspoon vanilla essence
1 Pinch baking soda
3 tablespoon caramel sauce

Method:

Firstly soak the seedless dates in 1/4 cup of water. Add a pinch of baking soda, give a gently stir and let them stay soaked for at least 30 minutes.

Add butter and jaggery to a bowl. Use an electric whisk to whisk them properly. Once they form a crumbly mixture, add one egg and whisk again. Now add another egg, along with vanilla essence and whisk again to mix the ingredients together.

Now add the soaked dates to the mixture and whisk again. Now sieve the flour into the mixture and use a spatula to fold it in. Mix well using the cut and fold method to make a batter.

Now pour this mixture into two greased pudding moulds or any other circular moulds. Bake in the oven at 180 degrees Celcius for 25 minutes.

Once baked, take out the pudding on a plate, pour some caramel sauce over it and add a scoop of ice cream on the side. Your delicious Date Pudding is ready to be served.

Simple stretches for shoulder pain

Bad posture can often lead to shoulder pain. Hunching over a phone or slouching over the work desk are the two most common reasons that can lead to poor posture and thus shoulder and back pain. To realign your shoulders and loosen things up, here are 10 simple stretches you can do.

Overhead tricep stretch : Doing this stretch lengthens the tricep muscles to help ease shoulder pain. To do the stretch, reach the left arm behind your back, grab the left wrist or elbow with the right hand and pull. Bend the head towards the right, hold for 30 seconds, gently look up and down. Repeat on the other side.

Band pulls: To do the stretch you will need a resistance band. Grab the resistance band, pull the band apart at chest height. Hold the band taught, reach arms overhead. Return to the chest height, stand tall. Reach the band overhead and tilt to the side. Repeat.

Thread the needle; The stretch helps unwind shoulder tension. To do it, start in the tabletop position. Now raise one arm overhead, exhale and release the lifted arm and thread the needle under another arm. Rest shoulder on the mat with hips lifted, breathe and repeat.

Wall twirls: To do the stretch, face the wall, lift your arms up high and place your hand on the wall. Slowly move your body under the raised arm, twirl 360 degrees to starting position. Reverse and repeat.

Sun stretch: You can do this stretch every hour to open your shoulders. To do the stretch, stand with shoulder blades back down, raise arms to your sides, palms facing up. Lift the chin and look up. Release arms and palm down. Look down, repeat for 10 reps.

Doorway stretch: This stretch helps to stretch your chest and shoulders. To do this, stand in a doorway, reach up high, grab onto the frame. Step forward with one leg and lean into the stretch. Now place both hands at shoulder height against the door, press into the frame and lean forward.

General Knowledge Question

1.Which one of the following waves are used by the common TV remote control?

A.Radio waves
B.Lasers
C.Infrared waves
D.Ultrasonic waves

2.Given bellow are the psychological manifestations of noise pollution.

(i)Constriction of blood vessels
(ii)Increase in the rate of heart beat
(iii)Digestive spasms
(iv)Dilation of pupil of the eye

Select the correct options

A.(i) and (ii) are correct
B.(i) and (iii) are correct
C.(ii) and (iv) are correct
D.(i), (ii), (iii) and (iv) are correct

3.Which gas is safe and an effective extinguisher for all confined fires?

A.Nitrogen dioxide
B.Carbon dioxide
C.Sulphur dioxide
D.Nitrous Oxide

4.Which one of the following statements is incorrect about laser?

A.It is a technique for producing intense beams of light, ultraviolet or infrared radiation of different wavelength.
B.Even in diamond laser beam can drill a hole.
C.A variety of lasers have been made from solids like the ruby crystal and semi conducting materials, liquids and gases.
D.All waves in laser, travel in phase.

5.Which one of the following elements the drum of a Photostat machine is made up of:

A.Aluminium
B.Selenium
C.Barium
D.Caesium

6.If we say the child has an IQ of 100, what does this means?

A.The performance of the child is below average.
B.The performance of the child is above average.
C.The mental age of the child is equal to his actual age.
D.The performance of the child cannot be better.

7.Which bacteria is responsible for the formation of curd?

A.Lactic acid bacteria
B.Lactobacillus Acidophillus
C.Lactobacillus aureus
D.Bacillus radicicola

8.Which one of the following bacteria present in the soil produces a peculiar smell if it rains on perched soil?

A.Streptomycetes
B.Staphymycetes
C.Diplomycetes
D.Micrococcus

9.In poorly ventilated buildings which one of the following inert gases can be accumulated?

A.Helium
B.Neon
C.Argon
D.Radon

10.Honey is sweeter than cane sugar or corn syrup. Which one of the following carbon sugars is responsible for this?

A.Dextrose
B.Levulose
C.Sucrose
D.Fructose

11. Which Polymer is used in making non-stick kitchen ware?

A. Nylon
B. Teflon
C. Polystyrene
D. Bakelite

12. Name the polymer used in making bullet proof glass?

A. Melamine
B. Bakelite
C. Lexan
D. Vinyl rubber

13. For pipe insulation which polymer is used?

A. PVC
B. Polythene
C. Teflon
D. None of the above

-Answers:

1. Infrared waves
2.(i), (ii), (iii) and (iv) are correct
3. Carbon dioxide
4. It is a technique for producing intense beams of light, ultraviolet or infrared radiation of different wavelength.
5. Selenium
6. The mental age of the child is equal to his actual age.
7. Lactobacillus Acidophillus
8. Streptomycetes
9. Radon
10.Levulose
11.Teflon
12. Lexan
13. PVC

Government of Jammu & Kashmir
OFFICE OF THE DEPUTY COMMISSIONER KATHUA

PUBLIC NOTICE

It is hereby notified for the general public of District Kathua at large that vide this office Notification No. DCK/SQ/2021-22/615-22 dated: 29.05.2021, the rates of minor minerals in the district has already been notified. A copy of aforementioned Notification is annexed herewith.

It has been observed by the District Administration that some lessee/ license holders and sellers are reportedly overcharging from the general public/ consumers for the minor minerals like screened/washed sand, crusher dust, crusher bajri (aggregated 40-63 mm) and crusher bajri (aggregated 10-20 mm) over and above the rates notified by this office.

Now, therefore, through the medium of this Notice, the public at large is hereby informed that if any such case of overcharging of minor minerals occurs, the same may be immediately brought into the notice of the District Administration, Kathua so that action as per rules is initiated against such defaulters. The mobile numbers of Additional Deputy Commissioners/Assistant Commissioner, Revenue/ Sub-Divisional Magistrates as well as District Minerals Officer are notified as under:

1. Addl. Deputy Commissioner, Billawar - 9419270182
2. Addl. Deputy Commissioner, Basohli - 9419316577
3. Addl. Deputy Commissioner, Kathua - 9419136100
4. Assistant Commissioner(R), Kathua - 9797342423
5. Sub Divisional Magistrate, Bani - 9419114661
6. Sub Divisional Magistrate, Hiranagar - 9419166602
7. District Minerals Officer, Kathua - 8803544894

No:DCK/SQ/2021-22/2454-58
Date: 18/10/2021
DIP/J-8130/21 **Dt. 18-10-21**

Rahul Yadav, IAS
Deputy Commissioner,
Kathua

Notification

Whereas, Govt. vide Order No. 1569-GAD of 2018, dated: 22-10-2018 issued by General Administrative Department J&K Government, sanction has been accorded for constitution of "**Multi Departmental District Level Task Force Cell**" headed by Deputy Commissoner concerned to evaluate price/sale of Minerals at pit head and ;

Whereas, the Hon'ble High Court of Jammu & Kashmir at Jammu order dated 11-06-2020 in the WP (C) No. 1019/2020 titled M/s TBA Infrastructure Pvt. ltd. & others Vs Union Territory of Jammu & Kashmir & Others, directed to fix the sale rates in respect of raw/crushed Minerals in larger interest of general consumers and Government works and.

Whereas, Government of J&K, Department of Mining vide Government Notification issued under S.O- 60 of 2021 dated 23-02-2021 inter-alia has also directed that the Deputy Commissioner of the District may from time to time, by notification in the official Gazette, fix the maximum price of finished product per cubic meter for whole of the district or different areas and different prices may be fixed for different kinds having regard to specific gravity, size, compressive strength colour and end use. while fixing such price per cubic meter for Minor Mineral all relevant cost factors would be taken into account and;

Whereas, a meetings of "**Multi Departmental District Level Task Force Cell**" was held under the Chairmanship of undersigned on 17-04-2021, wherein the sale rates of Minor Minerals at source were reviewed and rationalized by the committee after threadware delibration to ensure that Lessees/License holders/ Crusher Unit holders do not charge exhorbitantly from the consumers and to unify the rates of Raw/Processed material with that of neighbouring districts which were not considered during previous fixation of rates.

Whereas, the meeting of Committee was held on 29.05.2021 under the Chairmanship of Deputy Commissioner, Kathua and discuss the issue of revision of rates of Raw/Processed Minor Minerals and finalized the rates to be charged by the lessees/license holders/crusher unit holders.

Now, therefore, in view of the above I Rahul Yadav (IAS), Deputy Commissioner, Kathua do hereby notify the maximum price/sale rates to be charged by Lessees/License holders/Crusher Unit holders for the Minor Minerals at source/unit is as under.

Sale Rate of Minor Minerals at source/Unit (Per cft)

S. No.	Name of Minor Mineral	Sale Rate at source/Unit		
		Rate Rs. per cft (A)	Loading Rate Rs. per cft (B)	Final Rate Rs. per cft at source / Unit (A+B)
01.	Nallah Sand	3.50	1.50	5.00
02.	Nallah Boulder	3.00	1.50	4.50
03.	Nallah Muck (RBM)	3.00	1.50	4.50
04.	Nallah Bajri	4.50	1.50	6.00
05.	Crusher Aggregate (6 mm & 10 mm)	12.00	1.50	13.50
06.	Crusher Aggregate (12 mm & 75 mm)	12.00	1.50	13.50
07.	Crusher Aggregate (80 mm & above)	10.50	1.50	12.00
08.	Screened / washed Sand	12.00	1.50	13.50
09.	Crusher Dust	10.00	1.50	11.50