

After KGF 2, Sanjay Dutt now wants to work more in South films; is THIS the reason?



After battling cancer, Sanjay Dutt made an amazing come-back into films with KGF 2 starring Yash. He played the role of the antagonist and his performance was loved by all. The movie also went on to become one of the biggest blockbusters of 2022. He will now be seen in director Prem's upcoming pan-Indian film KD - The Devil, featuring Kannada star Dhruva Sarja in the lead. In a new interview, Sanjay Dutt expressed his wish to work more in south films. The actor launched the Hindi teaser of KD - The Devil in Bengaluru and said that he is really looking forward to play an important role in the film. He also said he feels like he is going work more in south Indian films. The actor was last seen Shamshera also starring Ranbir Kapoor and Vaani Kapoor. However, the film turned out to be one of the biggest disasters.

"KD has an amazing teaser. I know one thing that I have done KGF and SS Rajamouli sir is a dear friend. I see so much passion, love, energy, and heroism in the films made in the South. I think we need to learn that back in Mumbai. Bollywood must not forget its roots," Sanjay said at the event. His words have made us wonder whether he has lost faith in Bollywood movies after its back-to-back failures.

The event was attended by a host of celebrities including Bollywood actor Sanjay Dutt, Sandalwood actor Dhruva Sarja, director Prem, Producer Supriya, Kannada film actress Rakshitha and music director Arjun Janya. While director Prem has lent his voice for the Kannada teaser, Sanjay Dutt, Vijay Sethupathi and Mohanlal have lent their voices for the Hindi, Tamil and Malayalam versions respectively.

25-minute yoga to increase bone density and defy Osteoporosis



Do you know someone who is affected by Osteoporosis? Use this chance to educate yourself on the value of bone health and your options for enhancing it. The fundamental structural component of the body, bones provide protection for several of our critical organs, including the heart and brain. Bones are living tissue that contain numerous vital elements, including calcium and phosphorus, which we all require.

Yoga for Osteoporosis

"Despite the fact that this illness can cause mobility loss and impair fundamental motions, there is good news in the form of yoga. Your bone density can be improved with the aid of yogic activities such as asanas, pranayama, and meditation. Including yoga poses like Paschimottanasana, Vajrasana, and Trikonasana in your practise can help improve bone density," says, Himalayan Siddha Akshar, yoga guru, Founder, Akshar Yoga Institutions

Adipurush update: Prabhas, Kriti Sanon, Saif Ali Khan starrer to change release date?

Ever since the Adipurush teaser dropped, it has been met with criticism across all quarters, with some of it warranted against what looks like pretty shoddily done VFX and CGI, while some of it pretty misguided against the looks of Prabhas, Kriti Sanon and Saif Ali Khan as Ram, Sita and Raavan. Now, the Om Raut directorial is slated to release next year on 12th January. However, after all that's gone down, new reports have been surfacing that suggest the Adipurush release date could be shifted, and the reasons expand further than the current criticism meeting the movie. So, what are these reasons that could get Adipurush postponed?

As mentioned before, the Adipurush teaser has been met with ubiquitous criticism. However, as we also said, this doesn't seem to be the only reason why the makers are contemplating a postponement of the release date. As per a report in entertainment news websites Telugu cinema and Filmy Focus, what has also got the makers of the Prabhas, Kriti Sanon and Saif Ali Khan starrer worried is that three big South movies, including Veera Simha Reddy, Waltair Veerayya and Varisu, starring big names, have been locked for a Sankranti release next year – the same holiday week-



end that the Om Raut film has been looking to cash in on.

Sonam Kapoor getting back in shape, gearing up for work 60 days after delivering baby Vayu

Pregnancy is hard and dealing with postpartum is even harder. But you have to get back and Sonam Kapoor is your inspiration here. The Bollywood actress who delivered her baby boy Vayu 60 days ago is back to the grind. The actress is back to the grind as she needs to get back to work and start the disciplinary routine. Sonam took to her Instagram and shared a video post that shows her working hard to get back in shape and thanked her fellow trainer for helping her throughout pregnancy and even after. Sonam Kapoor looks happy that she has taken one step towards her getting back to work and her army right from Karan Boolani to Rhea Kapoor has shown all the love and motivational comment on her post.

It was BollywoodLife that told you Sonam Kapoor is gearing up for work and look at the diva right here. She is leaving no stone unturned to get back in her shape and once again we have become her admirer and how. Sonam will be making her comeback with sister Rhea Kapoor's film and it



will be one of the kickass projects something that Ms Kapoor has never done her fans are eagerly waiting for her comeback and how.

Recipes

Chilli Garlic Paratha



Ingredients

- 1 cup wheat flour
- 1 teaspoon chilli flakes
- 1 tablespoon chopped coriander leaves
- 1 tablespoon butter
- 2 teaspoon grated garlic
- salt as required

Method:

In a small bowl, add butter. The butter need not be melted but must be at room temperature.

Now add red chilli flakes, grated garlic and chopped coriander leaves.

Give a good mix to combine the ingredients.

In a large mixing bowl, add wheat flour and salt as per taste. Now add 1 cup of water in batches and mix well to form a thick and lump-free batter.

Now add the butter mixture to the liquid dough and give a good mix to make the final mixture.

Heat a non-stick tawa well. Now pour 2 ladles of the liquid dough on the tawa and spread in circular motions to give it the shape of a paratha.

Let it cook from one side, then flip towards the other side. Smear oil and again flip towards the other side.

Press all the sides of the paratha using a spatula to make it cook evenly.

Your Chilli Garlic Paratha is now ready to be served. Enjoy!

General Knowledge Question

1. Socrates was the wisest man of the ancient world and developed the method of enquiry and instruction, belonged to

- A. France
- B. Athens
- C. Greece
- D. China

2. Richter scale is used for measuring

- A. density of liquid
- B. intensity of earthquakes
- C. velocity of wind
- D. humidity of air

3. Prince Charles and Princess Diana of Britain announce their separation in

- A. 1990
- B. 1991
- C. 1996
- D. 1997

4. Paleontology is a branch of science that deals with the

- A. behavior of animals
- B. origin and growth of plants
- C. the forms of life as revealed by fossils of animals or plants
- D. formation of new stars

5. Sir Humphry Davy was a British chemist who

- A. invented the safety lamp for miners
- B. discovered the anesthetic properties of nitrous oxide

6. Sonia Nazario of "Los Angeles Times" was awarded Pulitzer Prize in 2003 for

- A. commentary
- B. editorial writing
- C. music
- D. feature writing

7. The air we inhale is mixture of gases. Which of the following gases in the mixture is highest in percentage?

- A. Carbon dioxide
- B. Nitrogen
- C. Oxygen
- D. Ozone

8. Oxford university was founded in

- A. 1139 AD
- B. 1163 AD
- C. 215 BC
- D. 55 BC

9. The American General who led the revolt against the British and declared American independence was

- A. George Washington
- B. Bill Clinton
- C. George Bush
- D. None of the above

10. Regular meetings of Trusteeship Council

- A. George Washington
- B. Racking Horse
- C. Skiing
- D. Tennis

(UNO) are held

- A. once a year
- B. twice a year
- C. thrice a year
- D. four times a year

11. Radioactive substances can be produced readily in

- A. an electron gun
- B. an atomic pile
- C. a transistor
- D. a Wilson cloud chamber

12. The 2002 Commonwealth Games were held in

- A. Canada
- B. UK
- C. Australia
- D. Malaysia

13. Profit made when an asset is sold more than the price at which it was bought is called

- A. capital
- B. capital-gain
- C. capitalism
- D. None of the above

14. Florence(Chadwick) is the associated place for which of the following sport?

- A. Snooker
- B. Racking Horse
- C. Skiing
- D. Tennis

ASTRO SPEAK



ARIES

MAR 21 - APR 20

The wheel of fortune will turn in your favor early as the moon enters Sagittarius while forming an auspicious aspect with Jupiter. Use this energy to your advantage by meditating on your goals, as the power of visualization can help you manifest some truly wonderful scenarios. Unfortunately, disharmony within your love life or professional ambitions could act as an unpleasant distraction.



TAURUS

APR 21 - MAY 20

Intense interactions will bring forth an emotional rush as the moon enters Sagittarius and aspects Jupiter. Hidden desires may suddenly rush to the surface, helping you make headway within the plans you've been concealing. Unfortunately, a pragmatic disposition could cause you to disconcert from the dreamy energy at play, as Mercury squares off with Pluto, especially if you pander to the belief that something is too good to be true.



GEMINI

MAY 21 - JUN 20

Love will come from every direction this morning, dear Gemini, as the Sagittarius moon shares a sweet connection with expansive Jupiter. This cosmic climate will multiply any good vibes you send out, so be sure to approach the day with an open and gracious heart. Unfortunately, trouble could brew as Mercury squares off with Pluto, and the belief that something is too good to be true.



CANCER

JUN 22 - JUL 23

Take a moment to find connectivity between your body and soul this morning, dear Cancer, as the moon enters Sagittarius while forming a sweet connection with Jupiter. Nurturing your health can help elevate your intuitive abilities right now, so be sure to drink plenty of water, eat well, and tend to your physical needs. Watch out for emotional triggers as Mercury squares off with Pluto, which could be particularly stressful on your romantic life.



LEO

JUL 24 - AUG 23

You'll be brimming with creativity, exuberance, and passion as the moon enters Sagittarius while connecting with auspicious Jupiter. This cosmic climate will reward those who are true to themselves, making it a great time to dress with flair, speak your truth, and work on a creative project. Unfortunately, your daily responsibilities could interfere with your ability to completely cut loose, though handling your to-do list quickly.



VIRGO

AUG 24 - SEP 23

Your home will feel warm and inspiring this morning, dear Virgo, as the moon enters Sagittarius while forming an auspicious aspect with glimmering Jupiter. These vibes are perfect for reconnecting with your optimism, so be sure to cultivate a sense of gratitude. Meanwhile, Mercury and Pluto square off in the sky, which could cause you to overspend.



PISCES

FEB 20 - MAR 20

Don't be afraid to step into the limeight within your professional sphere as the moon enters Sagittarius while forming a sweet alliance with Jupiter. This cosmic climate could lead to major payoffs within your occupational and financial standing, though you'll need to trust in your abilities while showcasing these skills. You'll notice a shift when Jupiter re-enters your sign later tonight, elevating your luck.

ANSWERS:

1. A. France

2. A. commentary

3. A. Carbon dioxide

4. A. Canada

5. A. invented the safety lamp for miners

6. A. 1163 AD

7. A. 1996

8. A. 1999

9. A. 1997

10. A. 1991

11. A. 1990

12. A. 1996

13. A. 1997

14. A. 1991

15. A. 1990

16. A. 1991

17. A. 1996

18. A. 1997

19. A. 1990

20. A. 1991

21. A. 1996

22. A. 1997

23. A. 1990

24. A. 1991

25. A. 1996

26. A. 1997

27. A. 1990

28. A. 1991

29. A. 1996

30. A. 1997