

Ponniyin Selvan: Katrina Kaif praises Mani Ratnam film; expresses desire to work in South movies



Director Mani Ratnam's magnum opus Ponniyin Selvan 1 has once again proved that content is the new king in the Indian film industry and the new mantra of success. The movie, which features Aishwarya Rai Bachchan, Trisha Krishnan, Vikram, Karthi, Jayam Ravi among other stalwarts, has come closer to Rs 475 crore mark worldwide. While Salman Khan, Sanjay Dutt and other superstars have wished to work in south films and already done some, Katrina Kaif has now joined the bandwagon to feature in south Indian films.

Katrina is currently awaiting the release of her upcoming horror-comedy movie Phone Bhoot. During her recent media interaction, the actress expressed her wish to work in south films if someone comes up with a good script with a strong character to play on the screen.

She then showered praises on the Mani Ratnam directorial Ponniyin Selvan. "The best and the most recent example is Mani Ratnam sir's Ponniyin Selvan: 1. Such an amazing film, na? Such grandeur, beautiful frames and music. To make a film on such a big scale at this stage in his life, that proves the mettle of an iconic director," she said.

Many might not know that Katrina has worked in a few south films such as the 2004 Telugu release Malliswari and Allari Pidugu in 2005, followed by the Malayalam film Balram vs. Tharadas.

On the work front, Katrina will be next seen in her upcoming film Phone Bhoot, which also stars Ishaan Khatter and Siddhant Chaturvedi. She is playing a ghost in the film, which has been directed by Mirzapur fame director Gurmeet Singh. She also has Tiger 3 with Salman Khan and Jee Le Zaara alongside Alia Bhatt.

Tiger Shroff NOT joining hands with Mission Mangal Director Jagan Shakti for a movie

Bollywood star Tiger Shroff is one gen-Z actor who's always grabbing attention even without trying to, such is his rabid fan-following and standing in the Hindi film industry after a handful of huge hits at the box office. So, even though Tiger is seldom involved in controversies and multiple linkups, it's often his movie news that's making headlines. Unfortunately, being in demand means that not all of these Tiger Shroff news turns out to be true, like this recent Tiger Shroff update for instance, where it was reported that the actor is teaming with Mission Mangal Director Jagan Shakti on the latter's next film.

Several entertainment news media outlets reported earlier today, 26th October, that Tiger Shroff and Mission Mangal Director Jagan Shakti would be teaming up for the latter's next film, which would be his third venture after his sophomore outing, the official Bollywood remake of Malayalam smash hit Ayyappanum Koshiyum by the same title. As it turns out, all these reports couldn't be further from the truth as a source close to the actor apprised



Pinkvilla that nothing of the sort is happening.

Did Janhvi Kapoor spill the beans on Vijay Deverakonda's relationship status?

Janhvi Kapoor is gearing up for her next film which is Mili. The actress is seen promoting her movie across the city. She recently sat down for an interview which included a fun segment. Janhvi Kapoor confessed that she has verbal diarrhoea and also seemingly spilt the beans about Vijay Deverakonda and his relationship status while answering a fun question. Janhvi, as is known, is very candid in nature and often times her statements go viral online. And this statement of Janhvi Kapoor about Vijay Deverakonda is such a one.

Well, to promote Mili, Janhvi sat down for a rapid-fire segment with Bollywood Bubble. Janhvi was asked to rate the following actors on the rank she wants to work first –Hrithik Roshan, Ranbir Kapoor, Tiger Shroff, Sidharth Malhotra and Aditya Roy Kapur. Janhvi got confused and stated Hrithik, Ranbir, Tiger. Eventually, she said all of them. The Gunjan Saxena actress was asked about three people from the industry she wants to see participating in her swayamvar. She yet again named Hrithik, Ranbir and



Tiger. However, since Ranbir is married, she thought again.

Recipes

Honey Chilli Potatoes



Ingredients
500 gm potato, 1 finely chopped red chilli
1 cup refined oil, 2 tablespoon sesame seeds
5 clove finely chopped garlic, 2 tablespoon corn flour
salt as required, 1 onion shallot
For Toppings
2 teaspoon chilli flakes, 1 teaspoon vinegar;
1 teaspoon tomato chilli sauce, 2 tablespoon honey
Method:
Wash the potatoes and keep aside. Put a pressure cooker on medium flame and add the potatoes in them along with enough water. Also, add a half a teaspoon salt. Pressure cook them for 1 whistle and let the steam release on its own. The potatoes should be soft, but not squishy. Do not overcook the potatoes. Once the steam is released, drain the water and peel them in a large tray. Cut them nicely in a long shape, just like French fries and keep aside until required.
Take a large bowl and mix together crushed garlic, red chillies, salt and cornflour. Use a little water to prepare the batter; and mix well. Keep aside for 3 to 5 minutes. Now, add the potatoes and toss well so that the mixture completely coats the potatoes. Now, put a wok over medium flame and heat oil in it. When the oil is hot enough, deep fry the potatoes till they are crispy. You can also double fry them if the required crispiness is not attained in one go. Drain excess oil and place them on an absorbent paper. Now heat a little oil in a wok. When the oil is hot enough, add 2 chopped garlic cloves, sesame seeds, vinegar and tomato chilli sauce along with the potatoes. Cook for a minute and then turn off the heat. Pour honey, seasonings and onion shallots. Toss well and sprinkle some sesame seeds and serve immediately.

Myths about blood pressure you need to break away from



Blood pressure is a grievous health risk in India that not only seems to be growing but also endangering the lives of many people. Not only does it harm one's health, if not treated for a long time, can lead to heart diseases and strokes. However, besides being an alarming medical condition, it is also a source of false myths and lies that people recklessly believe in. Therefore, it is important to get your facts right and to do that, here are 6 myths about blood pressures that you need to break away from.

Blood pressures are common and harmless
Many people tend to take medical issues related to blood pressure very lightly. They think it is common so it is harmless. However, that's not true. Blood pressures can be very tricky. You may be a victim of it even without realizing it for a long time. Therefore, it is extremely important to take your initial symptoms very seriously as it can damage your blood vessels, heart, kidneys, and other organs in your body.
Having a normal blood pressure means your heart is okay

Not really! According to the Centers for Disease Control and Prevention (CDC), if your blood pressure measures 120 systolic and 80 diastolic, it is normal, which is a good thing. However, it does not guarantee any form of protection to the heart. As per a comparative study conducted by researcher between people who had systolic pressures of 90 to 99 mmHg with those with systolic pressures of 120 to 129 mmHg, the latter showed nearly five times more likelihood to experience a cardiovascular event.

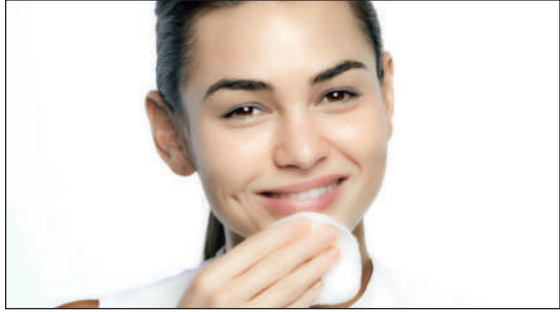
Say no to salt
Once a loved one is diagnosed with blood pressure, we cannot help but restrict their salt intake in food as sodium increases blood pressure. But it is a partial myth. While you can reduce the amount of salt in the food, other processed food items like pickles, ketchup, fries, etc. has a greater amount of sodium in them.

Drinking wine is good for high blood pressure
No alcoholic drinks can be good for blood pressure, instead it may add to the problems related to heart and liver. It can cause to alter the blood flow and can also increase triglycerides in the bloodstream that can thicken the walls of the artery.

In case the BP is normal, one can skip medication
Once the blood pressure is consistently measure normal, people have the tendency to stop the medication, which is absolutely wrong and harmful. Blood pressure medication includes blood thinners which will help more blood flow through constricted arteries easily. Therefore, there's a high possibility that the medications are what is causing your BP to be normal. Stopping or skipping it without the doctor's advice may lead to bigger problems.

Systolic pressure is all that matters
Blood pressure measurements records two numbers, systolic and diastolic. Systolic pressure helps diagnose hypertension, while diastolic is the bottom number that should be 80 or below. A common myth while recording BP is that many tend to look only at the systolic numbers. But the truth is both systolic and diastolic readings are important.

Anti-ageing skincare tips that will transform your skin!



We are living in an era where we are constantly striving to get younger-looking skin. And, who doesn't want to achieve a healthy and youthful look? With the internet flooded with beauty trends and new skincare products hitting the shelves every week, it can be extremely confusing to figure out which routine and products might work best for you. While we can't stop skin ageing, with proper care, we can easily delay early signs of ageing. Follow these simple steps which will transform your skin:

Cleanse and Moisturise
Cleansing is one of the most essential skincare steps for achieving healthy skin. Use a gentle cleanser to get rid of dirt and grime. If your face wash is a high pH cleanser; it's a must to use a toner to balance the pH levels of the skin. After cleansing and toning, use a good moisturiser to keep your skin soft and supple.
Pat and don't rub the serums
While using anti-ageing skin products like serum, make sure you don't rub the product on the face. As they contain active ingredients in higher concentration, they need to be absorbed well. Also, patting helps to boost blood circula-



tion and give youthful skin.
Always apply a sunscreen
Sunscreen is surely one of the best ways to avoid signs of ageing. UV rays can break down collagen which can lead to fine lines, wrinkles and even uneven skin tone. Be it summers or winters, applying a good SPF sunscreen can help to protect skin from harmful sun rays.
Avoid sleep wrinkles
Do you know that our face can go through a lot of trauma while sleeping? Sleeping on the head is one of the best positions as it doesn't press the face against the pillow. Sleeping on the stomach and side can lead to wrinkles. However, if you are not able to change your sleep position, you can use a satin or silk pillow. This can help to minimise skin irritation and compression and reduce the chances on fine lines.
Eat right
A lot of skin problems can happen due to bad eating habits. For healthy skin, one should avoid overconsumption of alcohol, which can dehydrate your skin. Also, foods high in sugar and white carbohydrates can age your skin faster than any food. Try to limit these foods.

General Knowledge Question

1. What is the process of intake of nutrients by an organism as well as the utilisation of these nutrients by the organisms called?

- A. Nutrition
- B. Photosynthesis
- C. Chloroplasts
- D. Digestion

2. The mode of nutrition in which an organism makes its own food from the simple inorganic material like carbon dioxide and water present in the surrounding is called:

- A. Heterotrophic nutrition
- B. Saprotrophic nutrition
- C. Autotrophic nutrition
- D. Holozoic nutrition

3. What is the mode of nutrition called in which organisms cannot make its own food from simple inorganic material and depends on other organisms for its food?

- A. Autotrophic nutrition
- B. Heterotrophic nutrition
- C. Parasitic nutrition
- D. Holozoic nutrition

4. When an organism obtains its food from decaying organic matter of dead plants, dead animals and rotten bread, etc., it is called:

- A. Parasitic nutrition
- B. Autotrophic nutrition
- C. Holozoic nutrition
- D. Saprotrophic nutrition

5. The nutrition in which an organism derives its food from the body of another living organism without killing it, it's called:

- A. Saprotrophic nutrition
- B. Parasitic nutrition
- C. Holozoic nutrition
- D. Autotrophic nutrition

6. The nutrition in which an organism takes the complex organic food materials into its body by the process of ingestion, the ingested food is digested and then absorbed into the body cells of the organism:

- A. Parasitic nutrition
- B. Autotrophic nutrition
- C. Holozoic nutrition
- D. Heterotrophic nutrition

7. The process by which green plants make their own food from carbon dioxide and water by using sunlight energy in the presence of chlorophyll, is called:

- A. Xanthophylls
- B. Stomata
- C. Photosynthesis
- D. Chloroplast

8. Animals which eat only plants are called:

- A. Herbivores
- B. Omnivores
- C. Carnivores
- D. None of the above

9. What is the process of taking food into the

body called?

- A. Digestion
- B. Assimilation
- C. Ingestion
- D. Egestion

10. The process in which the food containing large, insoluble, molecules is broken down into small, water soluble molecules is called:

- A. Digestion
- B. Absorption
- C. Ingestion
- D. Assimilation

11. The process of removal of toxic wastes from the body of an organism is called:

- A. Transport
- B. Respiration
- C. Excretion
- D. Nutrition

12. The movement of a plant part in response to light is called:

- A. Phototropism
- B. Geotropism
- C. Chemotropism
- D. Hydrotropism

13. The movement of plant part in response to gravity is called:

- A. Thigmotropism
- B. Hydrotropism
- C. Phototropism
- D. Geotropism

ASTRO SPEAK

ARIES
MAR 21 - APR 20

Your e-mail correspondence has been getting very interesting lately. Could there be a new career or business opportunity on the horizon? Keep up the chitchat and fire back some e-mails to some people who have connections in the places you want to be. Start thinking more specifically about your future plans, too. Sure, you want all the perks, but what should your responsibilities be?

TAURUS
APR 21 - MAY 20

Exposure to new cultures and new types of people invigorates your mind and gets you thinking about new ideas and new places to explore. You're often happiest in an unfamiliar place, seeing new things and smelling new scents. You're especially open-minded about trying new foods right now because your sense of adventure is strong. This is a wonderful time to explore even if it has to be virtually for now.

GEMINI
MAY 21 - JUN 20

When a mistake happens today, you need to be the voice of authority. Help people focus on what needs to be fixed rather than trying to figure out who to blame. One of your partners in life or work needs you to trust them, and they aren't willing to show you all their cards just yet. Instead of being hurt, try to accept it. Show them that you do trust them and that you're there for them.

CANCER
JUN 22 - JUL 23

There will have to be a certain amount of give and take in your world today. And despite your usual generous disposition, it's going to be you who has to do most of the taking. Your selfish impulses are not inherently bad, though. They're to be obeyed right now especially. Don't feel guilty if you want to grab the last slice of pizza, the prime parking space up front, or the best seat at the table.

LEO
JUL 24 - AUG 23

The connection you're developing with someone doesn't have to be just about romance. It could be about personal growth, too. Try not to sell this thing short! This person could teach you a lot of things about yourself by encouraging you to put yourself into new situations. Be open-minded. Trust them. When they suggest an activity that you don't feel comfortable with, give it a go anyway!

VIRGO
AUG 24 - SEP 23

You simply won't be able to do it all today, so go easy on yourself and don't set goals that are impossible to achieve. You don't need to let yourself out of your responsibilities, but you do need to take yourself out of the running for "perfect person of the year." If you want to keep harmony in your life, you need to adjust the expectations you have for yourself.

LIBRA
SEP 24 - OCT 22

Working in a partnership can be difficult when the personality you're matched with is too similar to yours. Luckily, you're going to get the chance to work with someone who balances out your strengths and helps make up for your few weaknesses. You two will work well together, and you should think about future endeavors, too. They will know how to challenge you in a way that brings out the best in your creativity and your critical thinking.

SCORPIO
OCT 23 - NOV 22

Your enthusiasm is a great force in your life right now. It's keeping you focused, and it's attracting powerful people to your side. Just be careful that when you get caught up in the moment you don't lose sight of your end goal. It's possible to join in on some fun and still get all of your work done, but it will require excellent time-management skills.

SAGITTARIUS
NOV 23 - DEC 22

All it takes to meet new people is a little bit of confidence! Whether you're trying to find a new romantic partner or trying to make a few new friends, creating a connection with another human being isn't as difficult as you're making it out to be. First, be confident about who you are, and stop trying to assume a role of the person you think people want you to be. Just be the person you are. People are attracted to genuineness.

CAPRICORN
DEC 23 - JAN 20

Fight the growing urge to speed up your life. What you think you want in life may already be happening right now, but you're not able to notice it because you're so concerned with what's coming next. It isn't that difficult to live in the moment. Just slow down and think about what's happening today, not tomorrow. Going faster doesn't mean you will get to the good stuff more quickly.

AQUARIUS
JAN 21 - FEB 23

Your plans don't need to be kept secret in order to succeed, so feel free to spread the word! Let everyone who cares about you know what is up your sleeve. If they like what they hear, they just might want to chip in and help you out! This could be an expansive day for you, but only if you reach out to others. Show your excitement and other people will catch on, too.

PISCES
FEB 20 - MAR 20

Take time today to get to know the main authority figure in your life. Put more effort into talking to a teacher or supervisor. After all, they're human, too, even if you find their style of authority difficult to deal with from time to time. A short casual conversation can lay the foundation for your future and help them understand more about what makes you tick, which is valuable.

