

Dia Mirza on how brutal media affected her as a young actress: I would be traumatized



Dia Mirza is thoroughly enjoying this phase of her career. The actress confesses that she could not be happier as she has found herself in some truly beautiful stories of late. Her latest film Dhak Dhak has been liked by the critics. We caught up with Dia Mirza for a brief chat. Talking to BollywoodLife, she said that there were not many films that delved into quiet feminism. She said that she took up the project as normal life would not have presented the chance to learn how to ride a bike, that too in the highest altitude road of Khardungla. Dia Mirza shares, "There was so much beauty all around, and the film created such a sense of aspiration. The first and foremost thing about Dhak Dhak was its intentionality, tonality and exploration of quiet feminism."

The actress says all the four prime characters were happy to work together. "It took Indian cinema 110 years to tell such a story. I remember Ratna Ji (Ratna Pathak Shah) telling me that she never believed that she would front-line such a film at the age of 64," she said. We also asked Dia Mirza about how a part of the audience do not like the chick flick genre in general. They feel such films only deal with relationship issues, and how women stories revolve around boyfriends and husbands. "I would say it is a combination of many things. We have seen many female-oriented films where the characters are angry, aggressive, foul-mouthed or hot-headed. I know many women who get put off watching such movies. They have told me that they do not like the tonality, and cannot identify with those characters. There are many quiet regular women who break the glass ceiling every day, and combat sexism and misogyny. I would like to thank the writers of Dhak Dhak for this. People who saw the film saw it as a human story, and not a 'women's story'. But when they went home, they reflected that they saw the women of their homes in the film."

After Ganapath debacle, Tiger Shroff to team up with ex-girlfriend Disha Patani; Sara Ali Khan backs out?

Tiger Shroff is going through a lean phase at the box office. However, he still has a number of films with big banners lined up. While Ganapath might have tanked badly at the box office, he is associating with Pooja Entertainment once again with the banner. It seems the makers of his action flick Hero No 1 with Jagan Shakti have finalised an actress. It is none other than his rumoured ex, Disha Patani. She has decided to step into the movie after Sara Ali Khan bowed out. It seems Sara Ali Khan could not adjust her dates for the film. In the past, Tiger Shroff and Disha Patani have worked together in Baaghi 2.

As per reports on social media, Tiger Shroff and Disha Patani broke up a year ago. While the two never admitted that they were lovers, their pics and appearances made people believe that they were together. The actress always said that they were just BFFs who were very comfortable with one another. After her split, she has been linked to her long-time BFF Aleksander Alex Ilic. But he said that there is nothing of that sort between them. He said gossip does not bother him or her as they know the truth. Disha Patani often shares her workout videos. She is a quite good with



her MMA and trampoline jumps. Fans would love to see her in an action film. Moreover, whenever Tiger Shroff and Disha Patani have come together people have liked the duo.

Animal star Ranbir Kapoor reveals his latest playlist and it has a solid Raha Kapoor connection

Ranbir Kapoor is gearing up for the release of his film Animal. His never-seen-before avatar has already left fans intrigued. The actor is going all out to promote his film too. Ranbir Kapoor recently conducted an interaction session with fans on Zoom. He spoke at length about his film Animal, his new look, lifestyle changes and much more. Ranbir Kapoor was also asked to reveal the list of songs that he is listening to and every new parents will be fully able to relate to his answer.

When a fan asked him to reveal the songs that he daily listens to, he said that he goes on a music app and listens to Top 50 India songs. He then opened up his phone screen and showed that Cocomeleon is on his list. He also said that he is also listening to Baby Shark song a lot. He said, 'Ek gaana hai Baby Shark, wo mera kaan se nikal raha hai, itna sun raha hun mein'. It looks like daughter Raha Kapoor has taken over his playlist and of course, Ranbir Kapoor is a doting father. Further, he said that he is also listen to song



Chaleya from Shah Rukh Khan's Jawan.

Recipes

Churma Barfi



Ingredients

- 2 1/2 cup wheat flour
- 1/2 cup milk
- 100 gm khoya
- 2 tablespoon chopped pistachios
- 3/4 cup ghee
- 1 cup vegetable oil
- 1 cup jaggery

Method:

In a mixing bowl, add 2.5 cups of flour and 1/4 cup of ghee. Mix to form a crumbly mixture. Now add milk in batches and mix with your hands to make a dough-like mixture. The mixture will feel a bit dry but don't worry about it. Take a portion of the mixture and press between your hand to make a muthiya. Make more such muthiyas with the mixture. The pieces can be irregular; don't worry about the shape as we have to ultimately crush them after frying. Heat oil in a kadhai. Deep-fry the muthiyas until golden in colour. Now grind all the fried muthiyas to make a powder. Pass the mixture through a sieve to attain a fine powder. Add jaggery to a pan and keep on medium flame. Let it melt completely. Mix in 1/2 cup of ghee. Now add khoya and mix until all the ingredients combine together to form a thick mixture. Mix jaggery mixture with powdered muthiyas. Mix to form a goopy mixture. Add the mixture to a tin or mould and spread with 1-2 inch thickness. Garnish with chopped pistachios and let it set for 2-3 hours. Once the barfis hold shape, cut into pieces and serve.

Chair exercises for quick weight loss



If you are looking to knock off weight, improve your flexibility and build strength in your upper and lower body, besides beating off different types of ailments such as blood pressure, diabetes etc, then a chair is the key to all these solutions. At a time when sedentary lifestyle, high pressure jobs that require long hours of sitting and increased stress, chair exercises are proving to be a great solution to a healthier and happier you.

Some of the quick chair exercises which can help you build a healthy body are listed below:

Warm up

This is the most crucial and critical phase of the exercising process. You can begin by sitting up in such a way that your knees are bent while being together. The toes should touch the floor, while

you keep your elbows bent and arms open to sides with palms facing forward. Quickly open legs out to sides, flexing feet, landing on heels, and extending arms overhead.

Leg lifts

Once you are ready, sit up straight on the edge of your chair with knees bent. Extend your right leg out straight with your foot on the floor, arms crossed over your chest. Tighten your abdominal muscles, then rotate your torso to the right as you lift your right leg level to your left knee, squeezing knees together while exhaling. Return to the starting position while inhaling. This exercise is great for abdominal muscles.

Chair jumping jacks

This can be followed by 'Jumping Jack' exercise which is done in a sitting position. Sit on the chair's edge and lean forward to reach your toes. Use one arm at a time. These strengthen the hamstring and are also very beneficial for the lower back.

Chair cycling

Sit at the edge of the chair and mimic the motion of riding a bicycle. Pedal your legs in a controlled manner, gradually increasing your speed. Continue this cycling motion for 3-5 minutes. Chair cycling is a fantastic cardio exercise that strengthens your leg muscles and aids in weight loss.

Chair yoga poses

Explore gentle chair yoga poses that focus on stretching and relaxation. Poses like seated forward bend, seated spinal twist, and seated cat-cow stretch can be performed on the chair, enhancing flexibility, reducing stress, and promoting overall well-being.

How beneficial are chair exercises?

Chair exercises are also a great option for weight loss for those who have difficulty in standing or walking. According to a study by the U.S. Department of Health and Human Services, people can burn 120 to 250 calories with a 32-minute chair exercise. If weights or resistance bands are added to this, then calories tend to burn even faster.

How to stop nails from breaking so often



Stopping nails from breaking frequently involves a combination of proper care, a balanced diet, and protection. Here are some effective strategies:

Maintain Proper Hydration:

One of the most overlooked aspects of nail health is hydration. Dehydrated nails are more prone to breaking. Make sure to drink an adequate amount of water daily to keep your nails hydrated from within.

Balanced Diet:

A well-balanced diet rich in vitamins and minerals is crucial for healthy nails. Incorporate foods high in biotin (such as eggs, nuts, and avocados), protein (lean meats, fish, legumes), and Omega-3 fatty acids (found in salmon, flaxseeds, and walnuts) for strong and flexible nails.

Avoid Harsh Chemicals:

Household cleaners, nail polish removers, and even some nail polishes can contain harsh chemicals that weaken

nails. Opt for acetone-free nail polish remover and choose nail products with fewer harmful chemicals.

Keep Nails Short and Well-Shaped:

Long nails are more susceptible to breakage. Keep your nails trimmed to a manageable length and file them regularly to maintain a smooth edge. Avoid using metal files as they can cause further damage.

Use a Moisturizer:

Apply a rich hand and nail cream regularly to keep your nails and cuticles moisturized. Dry nails are more likely to become brittle and break.

Wear Gloves for Protection:

When engaging in activities that involve water, chemicals, or physical strain, such as washing dishes, gardening, or cleaning, wear protective gloves. This shields your nails from potential damage.

Avoid Biting Nails:

Biting your nails weakens them and can lead to irregularities and breakage. Try using a bitter-tasting nail polish to discourage this habit.

Be Gentle with Your Nails:

Avoid using your nails as tools for tasks like opening packages or scratching surfaces. Use the pads of your fingers instead.

Opt for Nail Strengtheners:

Consider using a nail strengthener or a clear nail polish with added strengthening properties. These products often contain ingredients like keratin, biotin, or calcium to fortify nails.

Give Your Nails a Break:

If you frequently wear nail polish or get artificial nails, take breaks in between to allow your natural nails to breathe and regenerate. Overuse of nail products can weaken the nails over time.

General Knowledge Question Answers

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| 1. Who is the author of "To Kill a Mockingbird"?
A) F. Scott Fitzgerald
B) Ernest Hemingway
C) Harper Lee
D) Jane Austen | 6. Who is the author of "1984"?
A) George Orwell
B) Aldous Huxley
C) Ray Bradbury
D) Margaret Atwood | 11. Who is the author of "The Hobbit"?
A) J.K. Rowling
B) J.R.R. Tolkien
C) C.S. Lewis
D) Roald Dahl |
| 2. Which author wrote the Harry Potter series?
A) J.K. Rowling
B) Stephen King
C) George R.R. Martin
D) J.R.R. Tolkien | 7. Who wrote "The Diary of a Young Girl"?
A) Anne Frank
B) Elie Wiesel
C) Primo Levi
D) Viktor Frankl | 12. Who is the author of the novel "The God of Small Things"?
a) Arundhati Roy
b) Salman Rushdie
c) Vikram Seth
d) Kiran Desai |
| 3. Who wrote the novel "The Great Gatsby"?
A) F. Scott Fitzgerald
B) Ernest Hemingway
C) Harper Lee
D) Jane Austen | 8. Which author wrote "Pride and Prejudice"?
A) F. Scott Fitzgerald
B) Ernest Hemingway
C) Jane Austen
D) Virginia Woolf | 13. Who is the author of the novel "Wuthering Heights"?
a) Charlotte Bronte
b) Emily Bronte
c) Jane Austen
d) Virginia Woolf |
| 4. Who is the author of "The Catcher in the Rye"?
A) J.D. Salinger
B) Ernest Hemingway
C) Harper Lee
D) Jane Austen | 9. Who is the author of "The Hobbit"?
A) J.K. Rowling
B) J.R.R. Tolkien
C) C.S. Lewis
D) Roald Dahl | 14. Who is the author of "The Color Purple"?
a) Toni Morrison
b) Alice Walker
c) Maya Angelou
d) Zora Neale Hurston |
| 5. Which author wrote "The Chronicles of Narnia"?
A) J.K. Rowling
B) J.R.R. Tolkien
C) C.S. Lewis (Answer)
D) Roald Dahl | 10. Which author wrote "The Picture of Dorian Gray"?
A) Oscar Wilde
B) Virginia Woolf
C) James Joyce
D) T.S. Eliot | 15. Who is the author of "The Lord of the Rings" trilogy?
a) J.K. Rowling
b) J.R.R. Tolkien (Answer)
c) C.S. Lewis
d) Roald Dahl |

ASTRO SPEAK

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| ARIES
MAR 21 - APR 20
The moon migrates into Taurus early gearing up for today's lunar eclipse. This astrological event will have a shaky effect on your foundations, challenging how you view wealth and value. Watch your spending and try not to invest in anything you're unfamiliar with, understanding that the rushed and unpredictable nature of this cosmic climate could lead to foolish decision-making. | LIBRA
SEP 24 - OCT 22
Get ready for lots of activity as the moon enters Taurus and your house of transformation, dear Libra, gearing up for this afternoon's intense lunar eclipse. The progress you've been chipping away at will amount to meaningful results under this cosmic climate, bringing a culmination to any personal work you've done throughout the last two years. Allow the energy to level out so that you can find clarity before moving forward. |
| TAURUS
APR 21 - MAY 20
Brace yourself for an emotionally, electrically, and mentally charged day, as the solar eclipse manifests in your sign. You'll be forced to confront anything or anyone you've been hiding from, bringing closure to cycles that have played out throughout the last two years. Luck will be on your side later tonight when Jupiter activates, helping you reclaim peace and optimism. | SCORPIO
OCT 23 - NOV 22
Your relationships come under a karmic spotlight as the Taurus lunar eclipse graces our skies. You'll grow tired of fighting to repair dynamics that simply never change, finding the motivation and freedom to finally break free from toxic connections. Remember that you're only as good as the company you keep, raising your standards regarding intimate alliances. |
| GEMINI
MAY 21 - JUN 20
Get ready to embrace your shadow as the moon enters Taurus gearing up for this afternoon's lunar eclipse. Use this energy to fully accept behaviors that have held you back or created drama, turning over a new leaf as you break cycles that no longer serve you. Secrets could also come to light under Luna's glow, making it difficult to maintain facades you've been projecting throughout the last two years. | SAGITTARIUS
NOV 23 - DEC 22
Watch out for burnout as the moon enters Taurus and your house of wellness, gearing up for this afternoon's intense eclipse. This cosmic climate urges you to make important adjustments to your lifestyle choices, especially if you've been neglecting your physical needs or taking good health for granted. Plan on relaxing later tonight when Jupiter activates, allowing yourself to release tension and stress. |
| CANCER
JUN 22 - JUL 23
An electricity moves through the air as the moon enters Taurus. Use this energy to move out of toxic circles and into supportive dynamics, even if doing so requires you to pull away from old friendships so that new ones can be established. You'll find value in being a part of something bigger than yourself, making it a great time to make contact with any nonprofits you've been thinking of volunteering with. | CAPRICORN
DEC 23 - JUL 20
Watch out for inflated egos within yourself and others, as the moon enters Taurus. Personalities could clash under this afternoon's lunar eclipse, though focusing on yourself and important projects can help you escape the shadowy aspects of this cosmic climate. You may also notice cracks emerging in your friendships, especially if tension has been brewing throughout the last two years. |
| LEO
JUL 24 - AUG 23
Your focus will hang solely on a mission to succeed and build status, as the moon enters Taurus and your house of public life. Use this energy to get serious about what you want and whether or not it's important, having a clearer understanding of what achievement looks like to you as the solar eclipse manifests this afternoon. This cosmic climate has the power to destroy foundations and erect new ones. | AQUARIUS
JAN 21 - FEB 23
The atmosphere will thicken as the moon enters Taurus. Don't feel guilty if you decide to hide away at home, riding out these erratic and exhausting vibes from the place you feel safest. You may also become more moody than usual as repressed feelings bubble up to the surface. Consider you find yourself in need of comfort, should turning to the movies, foods, and activities that helped you feel better as a child. |
| VIRGO
AUG 24 - SEP 23
Your intuition benefits from a surge of cosmic support today, dear Virgo, as the Taurus lunar eclipse sets up camp in your house of spirituality. Use this energy to play with new beliefs in order to find your own way, releasing outdated systems you no longer relate to. Keep only what makes sense in the present moment. | PISCES
FEB 20 - MAR 20
Stay grounded to avoid overstimulation and over-sharing. This cosmic climate could make it difficult to stay focused and present, and it will be important that you follow your intuition when it reminds you to slow down. A few bombshells may land in your path as well as the stars conspire to reveal shocking news. Try not to get caught up in gossip or drama-fueled news, but instead focus on how you can remain positive. |

