

Animal star Bobby Deol reveals he was upset when he was not taken for Rana Naidu; feels the makers messed up the Hindi remake



Bobby Deol who will soon be seen in Animal has given a few interviews of late. The star who has become a hot property after the superhit series Aashram spoke about his disappointment on losing out on Rana Naidu. The series made by Suparn Verma and Karan Anshuman had Rana Daggubati and Venkatesh in lead roles. It was inspired by the hit foreign series, Ray Donovan. Bobby Deol in an interview said he was keen to do the web show but was not taken for it. He told iDiva that Rana Naidu was a show he did not like much.

Bobby Deol further said that he felt the makers could have told the Hindi version in a much better manner. He felt the original story Ray Donovan had some really good characters, and the whole thing could have made in a better manner in the Hindi version. When Rana Naidu came it created a lot of stir. OG fans of Venkatesh were upset on seeing him on a show that was full of sex and violence. Rana Daggubati told fans that the makers had stated that it was adult content and they should know what to expect.

Ray Donovan was about a professional fixer who helps his celebrity clients cover up their illegal activities. He has a bad relationship with his wife but is devoted to the rest of the family. Trouble mounts when his father is released from prison. Venkatesh played the role of the father on the show.

On the work front, Bobby Deol will be seen next in Animal. He is the main villain of the movie. Ranbir Kapoor and Rashmika Mandanna are the lead pair of the Sandeep Reddy Vanga movie. It is on the lines of the Godfather. Bobby Deol has hinted that his character has cannibalistic traits in Animal. Ranbir Kapoor plays the role of a professor who takes to the world of crime.

Tejas: Amid dismal box office collection, Kangana Ranaut urges fans to watch her new movie in theatres

Kangana Ranaut is back on the big screen with her new movie Tejas. The film made it to the theatres on October 27. Mostly, the film has received positive reviews. Kangana Ranaut plays an air force officer in the film and it is high on patriotism. However, Tejas has not received a very warm welcome at the box office. The film could not register massive numbers on day 1 at the box office contrary to expectations. Now, Kangana Ranaut has shared a video urging fans to watch the film in theatres.

Kangana Ranaut took to her social media accounts and wrote that the theatres are shutting down because of low footfalls. She wrote that after COVID-19, the theatre culture has not been able to get back on track and the footfalls in theatres have dipped drastically. She urged all her fans to watch her new movie in theatres so that the theatres could survive. In the video, she narrates the same and adds that the audience is not giving a chance to almost 99 percent of films and that is affecting the industry. Kangana Ranaut also says that the audiences who loved films like Uri, Mary Kom and more would definitely love Tejas. Kangana Ranaut's latest movie made Rs 1.25 crore at the box office.



As per early estimates, the movie may earn Rs 1.50 crore on day 2.

Brahmastra 2: Ranbir Kapoor addresses Alia Bhatt and his bland chemistry, makes a huge promise to fans

Ranbir Kapoor truly has one of the best line up of films in the coming two years. The actor who does not do too many interviews did a session with his fans on Zoom. He took a number of questions, and answered them with his usual honesty and charm. Last year, Brahmastra was one of the biggest movies to come out of Bollywood. It was also a huge hit in India and the world. Now, the makers are busy planning the second film of the trilogy. In the past, Ayan Mukerji spoke candidly about the flak that Brahmastra received for its writing and dialogues. He said the team would work on that.

Ranbir Kapoor said the script for Brahmastra 2 was final, and the shoot would start from end of 2024. He said the whole team was acutely aware of the complaints from the audience, and would work towards it. He said the writing process was underway. It seems Ayan Mukerji and team had been working on it from the sides. He was quoted as saying, "It's just last week that Ayan narrated the film to me and he



has gone 10 times bigger than Part 1 – his idea, his thought, the character. He is working on War 2 right now."

Recipes

Cheese Rice Cutlet



- Ingredients**
- 1 cup boiled rice
 - 1/2 cup boiled,mashed corn
 - 2 tablespoon semolina
 - 1/4 teaspoon turmeric
 - salt as required
 - 2 tablespoon virgin olive oil
 - 1 large onion
 - 1 teaspoon garlic paste
 - 1/2 teaspoon red chilli powder
 - 1/2 teaspoon coriander powder
 - cheese cubes as required

Method:

Heat 1 tbsp oil in a pan. Now add chopped onions to it and fry them for a minute. Now add garlic paste, give a mix and cook until the onions turn translucent in colour.

Now add boiled and mashed sweet corn to the pan. Also add red chilli powder, turmeric, coriander powder and salt as per taste. Mix and cook for a few minutes.

Now take the leftover boiled rice in a bowl and mash them well. Add the veggies mixture to the bowl, along with 2 tbsps roasted sooji. Mix very well to make a thick mixture.

Now make small tikkis from the mixture, stuff a small piece of cheese in between and set them on a plate.

Heat 1 tbsp oil in a pan. Shallow fry the tikkis from both sides until golden brown in colour.

Once cooked, your tikkis are ready to be served. Pair up with tomato ketchup and mint chutney. Enjoy!

5 lifestyle habits that increase the risk of fatty liver



Fatty liver disease, medically known as non-alcoholic fatty liver disease (NAFLD), is a common yet often underrecognized health concern. It occurs when fat accumulates in the liver cells, impairing their function and potentially leading to serious health complications. While genetics and metabolic factors play a role, several lifestyle habits significantly increase the risk of fatty liver. Here are five lifestyle habits and their detrimental effects on liver health.

Poor dietary choices

A diet high in unhealthy fats, refined sugars, and excessive calories is one of the primary contributors to fatty liver disease. Overconsumption of sugary beverages, processed foods, and fast food can lead to the deposition of fat in the liver. Excessive fructose consumption, often found in high-fructose corn syrup and sugary snacks, is especially concerning, as the liver metabolizes fructose into fat. A diet rich in fruits, vegetables, lean proteins, and whole grains is essential to maintain a healthy liver.

Sedentary lifestyle

A lack of physical activity is another lifestyle habit that increases the risk of fatty liver. Regular exercise helps regulate body weight and improve insulin sensitivity. When people are sedentary, they are more likely to develop obesity and insulin resistance, both of which are closely associated with fatty liver. Engaging in physical

activity, even moderately, can significantly reduce the risk of fatty liver.

Excessive alcohol consumption

While fatty liver primarily affects those who do not consume alcohol excessively, heavy drinking is a well-known risk factor for a different form of liver disease known as alcoholic fatty liver disease. It can lead to liver inflammation, scarring, and cirrhosis.

Obesity and central obesity

Being overweight, particularly having excess fat around the abdomen, is a major risk factor for fatty liver disease. Fat cells in the abdominal area release inflammatory substances and contribute to insulin resistance, promoting fat accumulation in the liver. Losing weight through a combination of dietary changes and exercise is a critical step in reducing the risk of fatty liver.

Insulin resistance and Type 2 diabetes

Insulin resistance, a condition in which the body's cells do not respond properly to insulin, is closely linked to fatty liver. When the cells become resistant to insulin, the pancreas produces more insulin to compensate, and this excess insulin can lead to increased fat accumulation in the liver. Over time, this may progress to type 2 diabetes, which is a significant risk factor for the more severe form of fatty liver which is also known as NASH.

How to reduce the risk of fatty liver disease?

Non-alcoholic fatty liver disease is a prevalent and potentially serious condition that can result from a variety of lifestyle habits. Poor dietary choices, sedentary behavior, excessive alcohol consumption, obesity, central obesity, insulin resistance, and type 2 diabetes all contribute to an increased risk of fatty liver. The good news is that many of these risk factors can be modified through lifestyle changes. Adopting a healthy diet, increasing physical activity, and managing body weight are key steps in reducing the risk of fatty liver and maintaining overall liver health. Regular medical check-ups and discussions with healthcare professionals are also crucial in identifying and addressing these risk factors.

Makeup hacks that you should never try



We all love to look classy and stunning without spending too much time on makeup and that is the reason we are always on the look out for good makeup hacks, but "hurry is the work of the devil."

With the digital era everyone has become a makeup expert, presenting their makeup routine, recreating celebrity makeup looks and most importantly sharing makeup hacks.

A lot of our daily routine includes makeup since it not only gives our skin a glow but also draws attention to our best features. Additionally, many who adore makeup enjoy experimenting with different time-saving and product-playing techniques and methods. Some of these viral techniques, meanwhile, may end up harming your skin more than they actually help.

Lip liners as eye waterline

The expert cautions against using this trick since lip lin-

ers have long-lasting pigments that can irritate the eyes. If you have hyperpigmented skin around your dark circles, apply Kajal sparingly.

Lipstick as a blush

The trick that the majority of cosmetic enthusiasts use is applying lipstick as blush. However, the expert advises against using dark coloured lipstick or liquid matte lipsticks as blush because they include darker pigment especially for lips. She also says that massaging the cheeks, which is not advised, might further darken pre-existing marks. Instead, she advises using a light-colored cream blush that is simple to blend.

Petroleum jelly for Huge Eyelashes

It makes sense that you would want longer eyelashes, but applying petroleum jelly to your eyelashes is a BIG NO. It won't make your eyelashes thicker or grow longer. Small cysts will develop under your eyes as a result. Apply castor oil rather than if you want long eyelashes.

Glue as a pore cleanser and blackheads Remover

Blug No x 100 to this hack. As a child, applying and removing glue from your hands was acceptable, but using it on your face should be absolutely avoided. As glue is created with numerous chemicals that we can't even conceive, it will result in skin outbreaks and many other issues. The skin will suffer the worst kind of harm from it.

Deodorant Rolls as Primer

It's the most bizarre hack, and no one should use it. It is produced using several chemicals, some of which might irritate the skin and even leave it scarred.

Soap on the brows

Employing this technique because applying soap to the brows to make hair strokes evident and to fix them in place could cause the hairs to become weak enough to fall out.

Biology Question Answers

1. Which one of the following parts of the pitcher plant becomes modified into a pitcher?

A. Stem
B. leaf
C. stipule
D. petiole
2. In which one of the following animals is respiration done by skin?

A. Flying fish
B. Sea horse
C. Frog
D. Chameleón
3. Which one of the following bacteria helps in improving the soil fertility?

A. Clostridium
B. Rhizobium
C. Salmonella
D. Staphylococcus
4. Which chamber of human heart pumps fully oxygenated blood to aorta and hence to the body?

A. Right Auricle
B. Left Auricle
C. Right Ventricle
D. Left Ventricle
5. Which one of the following is a vitamin?

A. Citric acid
B. Folic acid
C. Glutamic acid
6. Which one of the following is responsible for converting milk into curd?

A. Fungi
B. Bacteria
C. Virus
D. None of these
7. In which one of the following animals is skin a respiratory organ?

A. Cockroach
B. Frog
C. shark
D. Whale
8. A typical human ribcage consists of how many ribs?

A. 12
B. 14
C. 16
D. 24
9. What is the pH level of blood of a normal person?

A. 4.0 – 4.5
B. 6.45 – 65.5
C. 7.35 – 7.45
D. 8.25 – 8.35
10. Which of the following disease is not a caused by viruses?

A. Cholera
B. Chickenpox
C. Hepatitis
D. Measles
11. In which one of the following, antibody formations takes place?

A. RBC's
B. Blood platelets
C. Blood Plasma
D. Donnan's membrane
12. From the evolutionary point of view, which one of the following is closer to man?

A. Dolphin
B. Flying fish
C. shark
D. tortoise
13. How do most insects respire?

A. through skin
B. through gills
C. by lungs
D. by trachea system
14. Which one of the following part of human brain is the regulating centre for swallowing and vomiting?

A. Cerebellum
B. cerebrum
C. medulla oblongata
D. pons

14. medulla oblongata
13. by trachea system
12. Dolphin
11. Blood Plasma
10. Cholera

9. 7.35 – 7.45
8. 24
7. Fungi
6. Bacteria
5. Folic acid

4. Left Ventricle
3. Rhizobium
2. Frog
1. leaf

-Answers-

ARIES

MAR 21 - APR 20

As an Aries, you usually require a lot of movement and interaction to stay sane. Today's skies work to help you recognize that you're feeling a little burnt out, as the moon slides into slow and sleepy Pisces this afternoon. Today's skies pose little cosmic stress, as long as you lean into separation from tireless interactions with other people.

LIBRA

SEP 24 - OCT 22

Dealing with other people has dominated most of your time lately, Libra. The moon slides into Pisces, coaxing you towards accomplishing errands, completing work, and reconnecting with your body. Idea-sharing Mercury links up with your ruling planet, Venus, this afternoon. This helping you express yourself with charisma, appeal, and artistic flare in any projects that you wish to undertake this afternoon.

TAURUS

APR 21 - MAY 20

These past few weeks have felt particularly isolating for you, Taurus. Aries season tends to draw you inward for an annual process of "letting go." It's time to abandon things that are no longer serving you. Today's skies bring you ease of expression, helping you to better communicate that which you've been experiencing—as Mercury and Venus coax your words out and help you find stability.

SCORPIO

OCT 23 - NOV 22

Your emotions have been dizzying lately, Scorpio. The skies work today to give you a much needed break from the hard stuff, as the moon slips into Nirvana-seeking Pisces. This movement helps release the stress you've collected by transforming it into a creative outlet. Find a way to express yourself by doing what you genuinely enjoy, and climb upon your own stage today.

GEMINI

MAY 21 - JUN 20

Opportunities for advancement are being gifted to you from the universe today, Gemini. Your ruling planet, communicative Mercury, meets up with bond-building Venus. This sweetens your presence in your community and allows friends to bestow you with new opportunities. As the moon slides into personable Pisces, you're at your most visible.

CANCER

JUN 22 - JUL 23

You've been getting your hands dirty in your personal relationships lately, Cancer. Your hard work is paying off as you're beginning to digest more clearly what's happening within your understanding of intimacy. Today's skies stir up your need to see the world from a larger perspective. Leave the mundane behind through music and film, as the moon in Pisces enchants you to escape.

LEO

JUL 24 - AUG 23

It's easy to slip and fall between the psychological crevices of your mind today, Leo. The moon dives into Pisces in the afternoon, not stirring up any trouble, but instead making you extremely sensitive to your environment and the people in it. Today's sweet union of Mercury and Venus is the perfect time to talk out some of your hidden problems with a partner or someone you trust.

VIRGO

AUG 24 - SEP 23

You've managed to keep yourself exceedingly busy the past couple days, Virgo. The cosmos today call on your close relationships for further exploration, as the moon slides into your opposite sign of dreamy Pisces. A low-key day spent with a lover or calling up a close friend is an ideal way to pass the time today, as the skies are seeking some stress relief.

AQUARIUS

JAN 21 - FEB 23

Your finances are calling out for your attention today, Aquarius. Are you doing what you can to better save and budget your money? The moon dips into Pisces this afternoon, helping draw your attention to how you could rearrange your financial story to operate a little smoother. Elsewhere, the playful union of Mercury and Venus allow your voice to seek an artistic opportunity for self-expression

PISCES

FEB 20 - MAR 20

The moon slides onto your home turf today, Pisces. The moon's visit to your sign helps bring awareness to your current set of needs, emotionally and physically. Your body is reaching out for your awareness, since you tend to float away from its responsibilities once in a while. Take stock of the pressing emotional matters that come to the surface today, as they reveal building blocks of your changing identity.

