

Rani Mukerji opens up on Mardaani 3; says, 'I keep talking about it; going to tell my writer to pen something quickly'



Rani Mukerji may not be doing hardcore, mainstream movies, opposite popular leading men these days, but what she's bringing to the table is just as important – powerful female-centric films with enough commercial elements, reaching a large enough audience. At the forefront of Rani's second phase has been the Mardaani franchise, with both films so far not only clicking at the box office, but also presenting strong social issues and topical themes, smartly wrapped in a commercial package.

Revealing why there's been no word yet about Mardaani 3, Rani Mukerji said, "Main toh baat karti rehti hoon, par mera writer (Gopi Puthran, who has written both Mardaani movie and also directed Mardaani 2) kuch likh nahi raha hai. Toh abhi yeh interview ke baad, main wapas usse phone karungi, bolungi likho, jaldi likho. (I keep talking about it, but my writer hasn't penned anything yet. So, after this interview, I'm going to call him again and tell him to quickly write something). Because I also love the franchise a lot, it's a franchise very close to my heart. However, with such a franchise, I think it's important to bring a very relevant cause."

Opening on what should never be done with the franchise, the star added, "Agar ek cause hai, jo bahut hi relevant hai, aur jo cheez hum bolenge uss film ke through, woh important honi chahiye. Jab tak woh nahi milta, Mardaani 3 banane ka koi fayda nahi hai. Mardaani 3 tabhi logo ko pasand aayegi jab koi cause ko lekar hum baat karenge aur koi cheez ho jo relevant ho. (If there's a cause, which is very relevant and what we say through the film if that's important, then only it makes sense to make Mardaani 3. Till we don't get that, there's no point in making Mardaani 3.)

Tips to improve lung health and combat breathlessness after recovering from COVID-19



For many COVID-19 patients, clearing out the virus is only half the battle won. Many still suffer from unpleasant after-effects or the threatening damages COVID causing SARS-CoV-2 virus unleashes on the vital organs- particularly the lungs.

From impaired lung function, COVID pneumonia, oxygen saturation and shortness of breath, lung fibrosis and chronic pulmonary distress- one of the gravest damage COVID-19 does to the lungs. Those with chronic respiratory issues and frail immunity also face a higher severity and mortality rate.

Respiratory distress can be commonly experienced after COVID-19

Even the young and healthy patients are reporting problems of declining lung function post recovery, some also require oxygen and ventilation support machines, which can disrupt the quality of life as well. Acute respiratory problems and diminished immune functioning can make you prone to other problems as well.

Environmental factors, such as bad air pollution levels are also making matters worse.

Therefore, it's pertinent that taking care of your lungs is something

that should be at the top of your list after resuming normal life. We bring to you a list of precautionary measures to follow to protect your lung health post COVID-19:

Do regular breathing exercises

Breathlessness and obstructed oxygen flow is a common symptom of COVID severity, as COVID-19 starts to attack the lungs. COVID patients are often asked to practice simple deep breathing exercises and meditative postures which can help them breathe better and improve blood flow to the lung and chest passageways.

Diaphragmatic breathing, deep breathing movements promote deeper inhale and muscle movement in the lungs and the chest. Taking deep breathes while lying on the stomach can also help boost oxygen flow. Pranayama has also been hailed as a wonderful exercise to promote lung functioning.

Patients who suffer from breathing issues and fluctuating oxygen levels can also exercise using a respirometer, which also promotes good lung health.

Have foods which help boost lung capacity

A good vitamin and mineral-rich diet boost immunity and there are certain foods which cut out toxins and help you breathe easier as well. It could be an easy way to manage and promote better lung health at home. While as a rule, one should avoid consuming an excess of processed and refined foods, seasonal produce like beets, green tea, blueberries, tomatoes, nuts and seeds boost lung capacity. Jaggery, citrus fruits should be had in abundance as well.

Garlic and turmeric are powerful antioxidant-rich foods which are said to have anti-viral properties.

Make sure to have a lot of Omega-3 rich foods, which are particularly helpful in controlling inflammation in the lungs and cut down the risk of other respiratory ailments. Experts also recommend people to follow a rich nutrient-dense diet and skip weight loss-aiding diets which may devoid you of needed nutrients for a while post recovery.

well as road safety measures to avoid untoward incidents that claim precious lives.

The DC informed that District Mobile Magistrate, Traffic Police and District Police have also intensified the checking drives in view of frequent accidents on Jammu-Srinagar National Highway due to negligent driving. The DC also informed that during intensified drive, the Motor Vehicle Department Ramban has checked nearly 2,000 vehicles and challaned 300 transporters for different violations under MVD Act.

Meanwhile, the ARTO informed that MVD checking squad inspected more than 500 vehicles on Monday, out of which 30 were booked for violation of rules. The ARTO also sensitized the drivers and transporters about traffic rules and documents required for them during driving.

5 bovines rescued; vehicle seized

STATE TIMES NEWS

RAMBAN: Continuing enforcement drive to implement COVID protocol across the district Ramban, the Enforcement teams on Monday fined scores of violators for roaming without wearing face masks and not maintaining physical distance. The enforcement teams, during inspection in their respective jurisdictions, recovered a fine of Rs 23,400 taking the total amount fined since April 1, 2021 to Rs. 68,26,700.

The Enforcement officers urged the people to wear face masks and maintain physical distance besides taking COVID vaccination doses at their nearest CVC.

District Immunization Officer, Ramban, Dr Suresh informed that as many as 826 persons were administered first and second COVID vaccine doses across Ramban district on Monday. As per daily bulletin issued by the Chief Medical Officer, Ramban, Dr Mohammad Fareed Bhat, the Health Department has collected 2,020 samples including 355 RT-PCR and 1,665 RAT samples besides administering COVID vaccine to 826 persons at dedicated Vaccination Centres in the district.

300 vehicles booked for violations of Traffic rules on NH-44

STATE TIMES NEWS

RAMBAN: Deputy Commissioner Ramban, Massarat Islam on Monday led a team of Motor Vehicle Department (MVD) during a crackdown launched on Jammu-Srinagar National Highway to book transport operators indulged in overloading, over-speeding and violation of extant traffic rules.

Senior Superintendent Police Traffic Shabir Malik; Assistant Regional Transport Officer, Shafqat Majid and other concerned from MVD and Traffic police were also present during the drive.

During checking at Peerah, the Deputy Commissioner inspected several vehicles and advised passengers to check condition of vehicle and other necessary documents before starting their journey. The DC said that MVD has also intensified awareness drive across the district to sensitize the people, especially drivers and conductors about the traffic rules as

Salman Khan to launch niece Alizeh in Bollywood next month?



Salman Khan is currently basking in the success of Antim: The Final Truth with Aayush Sharma and Mahima Makwana. The actor is known to launch talents in Bollywood. He launched Aayush Sharma and a lot of gorgeous beauties including Sonakshi Sinha, Saiee Manjrekar and more. And now, the superstar is all set to launch his niece Alizeh Agnihotri. Yes, you read that right. Alizeh is gearing up for her Bollywood debut. The romance drama film is said to be launched next month. And it is produced by none other than Salman Khan, Atul Agnihotri, Alvira Agnihotri and Nikhil Namit.

Salman and the Khan-daan feel that Alizeh is ready for her debut now. Salman is personally looking into the deets about production.

The Bajarangi Bhajaan actor has always been very fond of Alizeh and has been taking updates about her training and process. The reports state that they are currently finalising the director and the rest of the cast.

Rohit Shetty finally reveals plans for Golmaal 5 three years after announcing it



It was back in 2018 that Director Rohit Shetty had announced Golmaal 5 with four of the regular cast members of the Golmaal franchise, including Arshad Warsi, Kunal Kemmu, Shreyas Talpade and Tussar Kapoor, making a special appearance in Simmba's chartbuster Aankh Marey song, and declared the film with a

symbolic gesture. Since then, there's been no word on Golmaal 5 though, with Rohit Shetty getting busy with making Sooryavanshi, followed by almost two years spent awaiting its release due to the COVID-19 pandemic and subsequent lockdowns.

Opening up on the trajectory he's planned for Golmaal 5 after we quizzed him on any scoop about the film's development, Rohit Shetty said, "It'll happen. As I've been saying, two years went over this (lockdowns and Sooryavanshi's release). Golmaal is something that can never end."

He also refuted speculation that Singham 3 revolves around Article 370, adding, "Even I've heard that the story is out, even though I myself don't know what the story is – that Singham 3 is being made on Article 370, which even I don't know. We have a basic idea for the story, but I can understand (the reports coming out) because of the rage created by Sooryavanshi, so everyone is talking about Singham. However, there's a lot of time for it...if you see, there's at least one year left for Singham (3) to begin. It won't start before a year (from now). So, there's a lot of time."

Ingredients
1/2 cup oats, 1 grated carrot
1 teaspoon cumin powder, 1/2 teaspoon red chilli powder
2 tablespoon biscuit crumbs, 1 teaspoon green cardamom
coriander leaves as required

1 teaspoon refined oil
2 boiled potato
1 teaspoon ginger paste
1/2 teaspoon fennel seeds powder
1/2 teaspoon dry mango powder
1 teaspoon green chilli, salt as required
8 cashews

Method:
In a bowl combine oats, grated boiled potatoes, grated carrot, green chilli, ginger paste and salt. Add one tsp oil to the mixture for binding purpose. Mix well.

Now take small balls from the mixture and make cutlets. Stuff one cashew in the center of each cutlet.

Preheat Air Fryer at 180°C for 5 minutes. After that keep the cutlets in the tray.

Bake for 10 minutes at 180°C. Then transfer to the serving plate and enjoy your healthy oats cutlets with mint chutney or ketchup.

Perfect winter care for your hands and feet



always check the ingredient list to see if there is alcohol in the products you are investing in.

Manicure and pedicure

Having manicure and pedicure on a regular basis during the cold months will, in fact, help your hands feel moisturised and nourished.

So if you've been finding reasons to get a manicure and pedicure done, here is a solid one. Pamper your hands and feet regularly during winters.

Cuticle care

Winter can be very much dry out your cuticles as well. Small wear and tears can be a lot painful if you don't take good care of them.

Always use cuticle oil to prevent the winter-damage and bacterial infection on them. The skin around your nails is as important as your nails and so you must take proper care of it.

Comfortable shoes

Make sure you invest in comfortable shoes this winter season. But the kind of shoes that can keep your feet warm and covered instead of exposed to air and sun. Uncomfortable shoes will only tend to make your feet cold, dry and crack easily.

Pertinent to mention that on Thursday morning, Jhajjar Kotli police had recovered a consignment of heroin worth Rs 100 cr and arrested co-driver identified as Bharat Sahi. The driver had fled from the spot.

Army Jawan's house burgled in broad daylight

STATE TIMES NEWS

JAMMU: Thieves burgled a house of Army Jawan in broad daylight at Bhawani Nagar area in Tallab Tillo on Monday.

As per details, Sonia Devi, wife of Som Lal, resident of Bhawani Nagar lodged a complaint with police that thieves targeted her house at around 11 AM when she went to her brother's house. She further disclosed that thieves decamped with jewellery worth Rs 5 lakh and Rs 50,000 cash. Police has registered a case and started investigation.

Man found dead under mysterious circumstances

STATE TIMES NEWS

JHAJJAR KOTLI: A man was found dead under mysterious circumstances in Jhajjar Kotli area on Monday.

As per details, locals on seeing a body of a man lying near university road at highway informed the police which rushed to the spot and shifted the body to morgue for identification. Police has registered a case for investigation.

Rape accused arrested

STATE TIMES NEWS

JAMMU: Police on Monday nabbed a raped accused after 2 days.

As per the details, a woman lodged complaint with Pacc Danga Police two days back against a youth for raping her following which a case was registered and manhunt launched to nab accused. Acting on a tip off police raided a suspected location and nab accused who has been identified as Birkam Singh Jamwal, resident of Ustad Mohalla.

Cop dies under mysterious circumstances

STATE TIMES NEWS

JAMMU: A cop died under mysterious circumstances at Gharota area on Monday. As per details, Havildar Jawant Singh, resident of Barjatla who was posted with PCR was found unconscious in his house at wee hours by family members, who returned home after attending a marriage ceremony. They shifted him to hospital where doctors declared him as brought dead. Police has registered a case and started investigation.