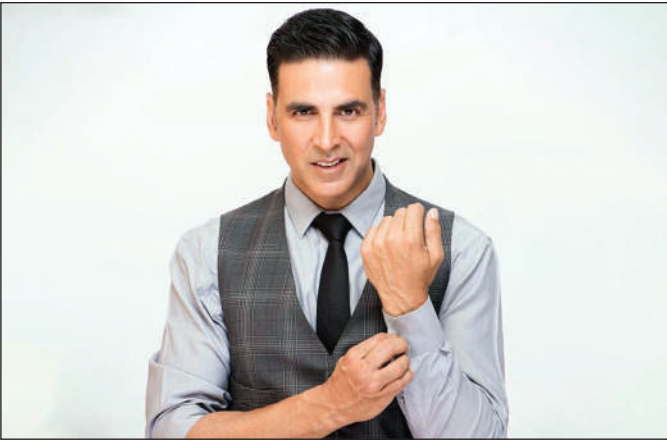


Akshay Kumar unleashes SEQUEL MANIA with Hera Pheri 3, Welcome 2, Awara Paagal Deewana 3; will this ensure box office success?



Bollywood superstar Akshay Kumar isn't having the best of time at the box office in the recent past. Every movie of his released this year, including Bachchan Pandey, Samrat Prithviraj, Raksha Bandhan and Ram Setu have either flopped or underperformed, with the last film even failing to capitalise on a terrific opening at the box office. So, it now looks like Akshay has decided to revisit the drawing board and fall back on the genre than had once before revived his career – comedy.

What's more, it's not just any comedy film Akshay seems to be taking up as a latest development suggests that he's going to hop on to a franchise train by reviving three long-talked about sequels, Hera Pheri 3, Welcome 3 and Awara Paagal Deewana 2 among his new movies slate.

As per a report in entertainment news website Pinkvilla, it looks like Akshay Kumar wants to go back to his beloved comedy genre, and what better movies to do so with than the sequels to his three most-beloved films, Hera Pheri, Welcome and Awara Paagal Deewana. Apparently, Akshay will be reviving these projects producer Firoz Nadiadwala, who had produced all the other films in the franchises. The report further states that all three films have been in the news for a pretty long time, but things look to finally be movie in the right direction after multiple fruitful meeting between both the superstar and filmmaker.

Pathaan meets Tiger 3: Shah Rukh Khan and Salman Khan to come together for a thrilling sequence

Shah Rukh Khan and Salman Khan have been the bestest of friends in the Hindi film industry. They call each other bhai and their fans appreciate their love and care for each other. While Shah Rukh is gearing up for the release of his much-awaited film Pathaan, Salman is shooting for his upcoming spy thriller Tiger 3. And if the latest reports are to be believed, Shah Rukh will be seen making an appearance as Pathaan in Salman's Tiger 3. Earlier, it has been reported that Shah Rukh and Salman will be seen making a cameo in their respective movies Pathaan and Tiger 3. It is now being said that Shah Rukh will be shooting for a thrilling sequence in the movie.

"Shah Rukh Khan will shoot for Tiger 3 immediately after the release of Pathaan, thus confirming his presence in the Tiger franchise. In Aditya Chopra's spy universe, the paths of SRK, Salman and Hrithik will constantly cross to build up the grand finale of the spy universe. This will be a massively mounted action sequence where Pathaan and Tiger come together for a very crucial scene.



For Yash Raj Films, Pathaan, Tiger and War franchises are the three most important pieces of the spy universe that Aditya Chopra has created.

Kartik Aaryan reuniting with director Luv Ranjan for Pyaar Ka Punchnama 3?

If there's one Bollywood actor who's career is going great guns post the pandemic, having not only emerged unscathed through the ludicrous Boycott Bollywood fiasco, but also having overtaken several of his contemporaries, then it's go to be Kartik Aaryan. Not only did one of only three films to cross ₹150 crore nett for Bollywood this year by way of Bhool Bhulaiyaa 2, but there's also a genuine interest among the masses (not just in the industry) for this forthcoming movies, most of which are genuinely looking good. And now, the long talked about and much awaited Pyaar Ka Punchnama 3 might be added to that new movies list of his.

As per a report in entertainment news website Pinkvilla, the third part of the hit Pyaar Ka Punchnama franchise might finally get underway. A source told the portal that Director Luv Ranjan, lead star Kartik Aaryan, and producers Abhishek Pathak and Kumar Mangat Pathak are keen to team up for the third entry, as an idea may finally have been hit upon, after the quartet having toyed with



multiple ideas over the past couple of years.

Recipes

Red Kidney Beans Wrap



- Ingredients**
- 1 tortillas
 - 200 ml mint syrup
 - 120 gm red kidney beans
 - 200 gm baby lettuce
 - 20 ml butter
 - 200 ml salsa sauce
 - 60 gm mozzarella
 - 200 gm onion
 - 30 ml sour cream
 - 1 cup tomato puree

Method:

To begin with this easy recipe, boil the kidney beans and cook with tomato puree add some mozzarella cheese.

In the meantime, Make juliennes of iceberg lettuce and onion. Apply half of salsa and mint sauce on the base of Cornitos Wheat Flour Tortilla Wrap and spread evenly.

Place the red kidney beans on the center, top it up with iceberg and onion and remaining of salsa.

Put mozzarella cheese on the edges of the wrap. Fold the edges of the wrap and roll it over

Apply some butter and put in the griller and grill it. Cut into two half's and place one piece over the other.

Serve with sour cream and salsa.

Yoga poses to increase insulin production and maintain healthy pancreas



The sixth most common cause of cancer-related fatalities globally is pancreatic cancer. Pancreatic troubles affect males more frequently than women. Obesity and smoking are two lifestyle choices that are highly associated with certain risk factors for pancreatic issues and low insulin production. Here are some simple asanas that will up and regulate your insulin production while keeping your pancreas healthy.

Viparita Karmi- Legs up on the wall

Stretch your legs up a wall or over the side of a low bed or chair while lying on your back. Once more, be certain that the back of your head is resting on something soft, such a folded blanket or a little pillow. Spend 5 to 15 minutes relaxing here. This method of elevating the legs can aid with lymphatic drainage (the cleansing and elimination of metabolic waste), while also giving you a little

boost of energy.

Padahasthasana- Palms to Feet Pose

Start by assuming Samasthithi. Take a deep breath out, softly sway from the hips such that your nose is touching your knees. Put your palms on the sides of your feet. You might need to gently bend your knees if you're just starting out to do this.

Word of Advice

- If you just underwent back surgery, knee surgery, or hamstring surgery, entirely avoid this pose.
- If you recently had an injury to your shoulders, back, hips, or legs, avoid performing this pose.
- This asana should not be performed by anyone with severe back discomfort, high blood pressure, heart disease, knee difficulties, sciatica, or an abdominal hernia.
- Avoid overextending yourself because this could put a lot of strain on your knees, thighs, calves, and ankles and result in a sprain.

Paschimottanasana – Seated Forward Fold

Start by extending your legs forward. Keep your spine erect while lifting your arms upward. On an exhalation, bend your hips forward and rest your upper body on your lower body. Drop your arms and place your palms where you can reach. Try to put your nose on your knees.

Vajrasana - Thunderbolt pose

Start by taking a straight stance and placing your arms by your sides. Kneel slowly on your mat while leaning forward. Put your toes outward and support your pelvis on your heels. Your thighs should press against the calf muscles at this point. Keep your heels a little distance away from one another. With your palms facing up, place them on your knees. Set your back straight and look ahead. Hold this position for some time.

Do you need a moisturizer for your oily skin?



Those with oily skin battle the appearance of shine and oil all the time. Many people with this skin type dread the idea of applying moisturiser to their face out of concern that it would increase oil production and accentuate the slick appearance they are trying to hide.

How do you know that you have oily skin

Within an hour of cleansing, your skin gets glossy. Especially Your T-zone area is the most oily.

You frequently break out, especially right before your period.

You are prone to blackheads on your nose and have large pores.

Why does oily skin needs moisturizer

Acne and oily skin can both be a result of excessive sebum production. That does not, mean that the skin is well moisturised. Your skin doesn't necessarily have a lot

of water just because it produces a lot of oil. On the other side, removing these oils from your skin encourages moisture loss, which isn't ideal for the health of your skin.

Moisturizers assist hold the water in your skin's outer layer. Ingredients in moisturisers attract water into your skin and create a barrier that holds the water there.

Make sure to hydrate your skin without adding additional oil from other products if you want to control oily skin. Your skin is left without moisture when you use only oil-controlling skincare products, which might cause it to become dehydrated.

In order to maintain the skin's barrier function and stop the cycle of oily skin, your sebaceous glands will overcompensate by creating more oil. Your pores become clogged by this excess production, which can lead to acne and blackheads, and whiteheads.

What ingredient you should avoid

If you have oily skin, you should stop using products with alkaline surfactants like sodium Laureth sulfate and sodium lauryl sulfate, which are drying out your skin. The acid layer that normally shields your skin from dirt and bacteria may be altered by these drying chemicals, which would make your skin more vulnerable to contamination.

Avoid using creams and lotions because these are too thick. They will only sit on top of your skin, causing oiliness and clogged pores because they won't be absorbed.

Things to keep in mind

Use a non-comedogenic moisturizer, that won't clog your pores, lowering the risk of blackheads and whiteheads.

Pick a moisturiser that is lightweight, oil-free, and quickly absorbing.

Avoid using moisturisers that include a lot of essential oils. Look for a moisturiser that contains aloe vera gel, glycerin, or hyaluronic acid.

General Knowledge Question

1. The headquarter of the Indian Mountaineering Foundation is at
 - A. Kolkata
 - B. Darjeeling
 - C. New Delhi
 - D. Warsaw
2. The member states of Benelux Economic Union are
 - A. Belgium, Netherlands, Luxembourg
 - B. Algeria, Bahrain, Comoros, Iraq
 - C. Indonesia, Kuwait, Libya
 - D. Guyana, Jamaica, Trinidad, Tobago
3. The largest city of India is
 - A. New Delhi
 - B. Mumbai
 - C. Kolkata
 - D. Chennai
4. The literacy rate of Andaman & Nicobar Islands is
 - A. 81.18 per cent
 - B. 80.76 per cent
 - C. 79.23 per cent
 - D. 78.11 per cent
5. The important industries of Assam are
 - A. tea processing, oil refineries and coal
 - B. silk and plywood
 - C. both (a) and (b)
 - D. None of the above

6. The longest rail line of the world, Trans-Siberian line, is in
 - A. Russia
 - B. China
 - C. USA
 - D. Saudi Arabia
7. The measurement of Lawn Tennis court for singles
 - A. 70 ft. by 26 ft.
 - B. 78 ft. by 27 ft.
 - C. 70 ft. by 30 ft.
 - D. 78 ft. by 38 ft.
8. The main credit of the concept of Non-aligned Movement goes to
 - A. Pt. Jawaharlal Nehru, India
 - B. Marshal Tito - President of Yugoslavia
 - C. Dr. Sukarno - President of Indonesia
 - D. G. A. Nassir - President of Egypt
9. The headquarter of the United Nations is at
 - A. Geneva
 - B. Paris
 - C. New York
 - D. Washington, D.C.
10. The main purpose of the Group of 77 was
 - A. sustained economic growth
 - B. to promote African unity and solidarity
 - C. to defend the economic and trade interests of

- the developing nations of the world
- D. None of the above
11. The last ruler of the Mughal dynasty was
 - A. Babur
 - B. Bahadurshah Zafar
 - C. Akbar
 - D. None of the above
12. The headquarter of the Warsaw Treaty Organization were at
 - A. Berlin
 - B. Prague
 - C. Moscow
 - D. Warsaw
13. The main objective of the Department of Atomic Energy is
 - A. to generate safe, economic electrical power from nuclear energy
 - B. to built research reactors and to utilize the radioisotopes
 - C. to encourage technology transfer and interaction with industry for industrial & social development
 - D. None of the above
14. The last Asian Games took Place in 2002 at
 - A. Bangkok, Thailand
 - B. Busan, South Korea
 - C. Hiroshima, Japan
 - D. Beijing, China

ASTRO SPEAK

ARIES

You'll be in a contemplative headspace as the moon enters Gemini this morning, dear Aries, helping you make sense of any dramatic experiences you may have had during yesterday's eclipse. This luminary placement will also put you in a social mood, making it a good time to air your grievances diplomatically. Meanwhile, Venus forms a sweet connection with ethereal Neptune.

LIBRA

Though yesterday's lunar eclipse was an intense one for you, sweet Libra, the universe will bring through a cosmic pick-me-up as the moon moves into Gemini and your solar ninth house. These vibes are perfect for reclaiming your center through the art of meditation or your favorite spiritual practice, so be sure to lean into the activities that bring you peace. Good vibes will continue to flow as Venus blows a kiss to ethereal Neptune.

TAURUS

You'll have a chance to center your heart and mind after yesterday's dramatic eclipse, dear Bull, as the moon enters Gemini and your solar second house. These vibes are perfect for inducing your senses, so be sure to treat yourself throughout the day. However, nerves are likely to remain a bit frayed, making it important that you speak thoughtfully during your encounters.

SCORPIO

Today is all about release for you, as the moon enters Gemini and your solar eighth house. This luminary placement will help you shake off any funk that may have found you during yesterday's eclipse, though you'll need to focus on ways to move forward. Luckily, a sweet alliance between Venus and Neptune will help you feel at ease, especially if you find a creative outlet to sink your energy into.

GEMINI

The moon moves into your sign this morning, helping you snap out of any haze that may have clouded your perspective during yesterday's eclipse. If the last two days had you considering your options, now marks the moment you start taking action toward your intended outcomes. Focusing on work will be particularly rewarding, thanks to a sweet alignment between Venus and Neptune.

SAGITTARIUS

Though yesterday's lunar eclipse was intense and dramatic, you'll have an opportunity to find harmony as the moon enters Gemini this morning. That's right, sweet Archer, it's time to let go of drama in favor of embracing love and grace. Luckily, a sweet alliance between Venus and Neptune will accentuate these sentiments, giving you a chance to temporarily escape from any grief that's been weighing on your psyche.

CANCER

You'll have a lot to think about after yesterday's dramatic lunar eclipse, as the moon moves into Gemini and the sector of your chart that governs the subconscious. Unfortunately, these vibes could get a little cerebral, if you find yourself picking apart your recent interactions. A connection between Venus and Neptune can help lead you toward grace, though you'll need to focus on your spirituality.

CAPRICORN

You'll be highly sensitive to detail today, dear Capricorn, as the moon enters Gemini and your solar sixth house. This luminary placement will trigger the perfectionist that lives within you, but after yesterday's intense lunar eclipse, it might be best to keep your high standards to yourself. Luckily, it'll be easy to cut your colleagues and loved ones a break as Venus forms a harmonious connection to dreamy Neptune.

LEO

The gossip mills will be circulating as the moon moves into Gemini this morning, dear Leo, highlighting the sector of your chart that governs community. Whether a neighbor pulls you aside to complain, your colleague begins whispering about another, or you find that your inbox is full, try your best to keep the conversation light. The temptation to gossip will be real right now.

AQUARIUS

You'll feel like blowing off steam after yesterday's intense eclipse, dear Aquarius, as the moon moves into Gemini and your solar fifth house. This luminary placement will give you full permission to lay low at home, choosing to restore your heart and mind before having to socialize once more.

VIRGO

You'll feel centered and ready to focus on your career as the moon moves into Gemini and your solar tenth house. These steady vibes can bring major reprieve from any drama that found you during yesterday's eclipse, so be sure to invest in your professional agenda. Unfortunately, sudden roadblocks could get in the way of your progress.

PISCES

You'll have a chance to lick any wounds that may have found you during yesterday's dramatic eclipse, dear Pisces, as the moon moves into Gemini and your solar fourth house. This luminary placement will give you full permission to lay low at home, choosing to restore your heart and mind before having to socialize once more.

Answers:

1. New Delhi
2. Belgium, Netherlands,
3. Luxembourg
4. 81.18 per cent
5. both (a) and (b)
6. Russia
7. 78 ft. by 27 ft.
8. Pt. Jawaharlal Nehru, India
9. New York
10. to defend the economic and trade interests of the developing nations of the world
11. Bahadurshah Zafar

