Jennifer Winget announces 'Code M' season 2, says, 'It's always going to be country above family'!



Jennifer Winget makes an impressive debut on the digital platform as an army lawyer with 'Code M'. In the series, she delves into a high-profile case just days before her wedding and roped in to solve the death of an army officer. Now, she is back with the second season of the critically acclaimed series. As she announced Code M season 2 on the occasion of Army Day. Well, she will reprise her role of Monica Mehra and also cleared that this time also her priorities haven't changed, and she will consider the country above family.

Jennifer Winget shared a video message for her fans and informed them that the project will go on the floors soon. She wrote, "Code M season 2 Major Monica Mehra is back and her priorities haven't changed!! It's always going to be `country above family` for her, kyunki ek soldier ke liye desh hi sab kuch hota hai aur woh kisike liye nahi jhukta hai. Get ready to meet Major Monica Mehra in #CodeM Season 2 on @altbalaji and @zee5premium This #ArmyDay, we salute the brave souls who fought for our country. #CodeM Season 2 Filming Begins soon."

In the first season, Army lawyer, Monica Mehra, gets roped in to solve, what seems like an open and shut case, of the death of an army officer and two militant suspects, killed in an encounter. However, as the facts unfold, she realizes that the case is way more complex than it appears to be.

Code M is a web series created and produced by Juggernaut Productions for ALT Balaji and ZEE5. Season 1 starred Jennifer Winget, Rajat Kapoor, Seema Biswas and Tanuj Virwani. Season 2 shooting will soon go on the floors and will premier on Alt Balaji & ZEE5.

Sneha Namanandi signs a web show called behind the truth!



Sneha Namanandi has signed up a web series called behind the truth. It's going to be a suspense thriller according to reports. Sneha will be shooting for the series soon and in all probability by January itself. Sneha has aced it in the music videos and a couple of OTT content. She has her hands full with work down south and other projects. She will be starring in a web series titled `Behind the truth`soon and we are really awaiting for it to come. It is produced by Khaitan productions which is a new production company.

We got in touch with sneha and here is what she has got to say, "behind the truth is a coming off age web series. The OTT has gained a lot of ground in the last few years and especially in 2020 with the theatres being shut. It was mostly about consuming content at the palm or in the bedrooms. The OTT has given a big run to all platforms. I can't reveal much about the series currently but it has got huge entertainment value and it's an absolute edge of the seat stuff. The audience will have a great time watching it. The platform will be finalized soon and we would update the audience on it."

We wish sneha all the luck and we are really looking for some fantastic work from the champion performer.

Taapsee Pannu announces the last schedule of her sports drama Rashmi Rocket!

Taapsee Pannu was last seen in Anubhav Sinha's drama film, 'Thappad' which received positive reviews from the audience and critics as well. At this moment she is one of the busiest actresses in Bollywood as Taapsee has an interesting line up of films in her kitty. For now, she is shooting for 'Rashmi Rocket' and will be seen in 'Shabhash Mithu', 'Looop Lapeta' and 'Haseen Dillruba'.

Recently, Taapsee Pannu announced her last schedule of Rashmi Rocket which is going to be in Bhuj and shared a picture while donning a red T-shirt written with Bhuj in the back. She captioned the post, "Next stop....#LastSchedule #RashmiRocket ??????? ??." The picture was clicked by TejInder Singh Khamkha who reposted her picture also on his Instagram story. Fans poured their warm wishing to Taapsee for her last film schedule. Film Rashmi Rocket is a story of a Gujarati girl named Rashmi. Since she is a fast runner, her fellow villagers give her the nickname 'Rocket'. The film has been written by Nanda Periyasamy, Aniruddha Guha, and Kanika Dhillon.



Recipes

Kolhapuri Egg Curry



Ingredients

4 Egg
1 tomato
1 teaspoon turmeric
salt as required
1 onion
1 teaspoon garam masala powder
1 cup mustard oil

For Garnishing

1/2 cup grated coconut

Method:

Boil the eggs and remove their shells. Now, sprinkle salt and turmeric powder on them. Fry a bit in oil and set aside.

Take another pan and drizzle some oil in it. Add chopped onion and tomato. Fry a bit. Once cooled down, make a paste by grinding in a mixer.

Transfer the mixture to a pan. Keep the flame on medium and add garam masala, a pinch of turmeric and mix. Add salt as per taste.

Cook the mixture for a few minutes, till raw smell of masala goes away.

You can also add water according to need. Add the fried eggs and cook for a minute.

Garnish with grated coconut and the dish is ready to be served.

Do you know about these benefits of eating Kaali Gajar?



Black carrot or Kaali Gajar is most commonly found and eaten in Turkey, Afghanistan, Pakistan, and India. The carrot has long been known as an orange coloured vegetable, so this dark coloured veggie intrigues people a bit. People in the West have grown up believing that carrots have always been orange, but long before the orange carrot became conventional in the 16th century, Kaali Gajar existed across Asia and the eastern Mediterranean.

Kaali Gajar's colour is primarily due to a high concentration of anthocyanin. On the other hand, orange and yellow carrots tend to be higher in beta-carotene. Kaali Gajar has a unique taste and has an unexpected sweetness, along with a subtle spicy aftertaste. Read on to know the benefits of eating Kaali Gajar.

Improves digestion

Kaali Gajar is extremely high in dietary fibre which improves the overall digestive system of the body. It helps treat gas, bloating, heartburn, nausea, constipation and diarrhoea. A fermented drink called "kanji" made out of Kaali Gajar promotes healthy gut bacteria.

Boosts Immunity

Consuming Kaali Gajar can help in boosting the body's immunity. It has potent properties that attack both bacterial and viral infections and protects you from cold and flu. Being rich in Vitamin C, it helps to fuel the activities of white blood cells which protect our body from harmful diseases and other foreign objects.

May help prevent cancer

Because of the presence of an incredibly high level of anthocyanin, a compound having anti-oxidant effects, Kaali Gajar is an excellent boost for your body against cancerous cells. Antioxidants can help to eliminate free radicals and neutralize cancerous activity in the body

Improves Vision

Carrots are well known for their beta-carotene supply, which is known to protect vision health. Functioning as an antioxidant, beta-carotene is able to lower your risk of macular degeneration and slow the development of cataract.

Helps fight inflammation

Kaali Gajar can help fight inflammation in the body and thus, prevent the risk of several diseases and illnesses. According to some studies, purple foods such as Kaali Gajar may help in preventing urinary tract infections.

May reduce the risk of certain neurological diseases

A research suggested that eating black carrots on a regular basis could have positive benefits in reducing the risk of neurological diseases such as Alzheimer's. A number of components in black carrots including its anti-inflammatory properties and anthocyanin can play an important role in treating these conditions.

Save your skin from the excessive handwashing



Our daily routines have seen a major shift this year because of the global outbreak of COVID-19. People have been more conscious of their basic hygiene in order to prevent the spread of the contagious virus. Of all the significant changes that we are seeing being implemented; handwashing has become a frequent ritual. CDC, WHO, and all the health organizations, as well as other entities, are spreading awareness emphasizing on washing and sanitizing our hands diligently.

While we all understand that this is a necessary course of action to be taken in order to curb the COVID-19 spread, there are few skin concerns related to it. Washing hands frequently and using sanitizers degrade our skin's outer layer and tend to result in many skin problems such as:

Causing flaky skin - Loss of the outer layer of the epidermis in large, scale-like flakes.

Excessive dry skin - That looks dull and whitish from the lack of moisture. Developing cracks - This paves the way for bacterias to enter into your body, leading to severe problems later.

Sucking out all the natural moisture & oil from your skin

Here are a few tips to help your hands from drying out and re-gaining that supple skin-

Use a fragrance-free, chemical-free, and mild soap for handwashing.

Do not use a lot of soap. Limit the quantity of soap you are using.

Wash your hands with warm water (not hot).

Do not wipe your hands completely. Pat-dry lightly with a towel.

Apply moisturizer immediately after washing your hands.

Prefer creams and ointments instead of lotions.

Use organic beauty products, natural oils, body-butters, & nourishing things like aloe vera, ghee, coconut oil, almond oil, milk cream, olive oil, etc. These ingredients are good hydrating agents that rebuild lost skin cells.

Opt for natural hand masks to treat your hands with deep nourishment, a supple texture, and an immediate radiant glow.

General Knowledge Question

1. Which organ of the human body produces a fluid known as bile?

A. Pancreas
B. Gall Bladder
C. Kidney
D. Liver

2. Which of the following is not a function of liver?

A. Regulation of Blood Sugar
B. Storage of Blood
C. Filtering the blood
D. Reproduction

3. Heart is made up of:

A. Non-Striated muscle
B. Cardiac muscle
C. Adipose Tissue
D. Striated Muscle

4. Where does the digestion of protein starts in our body?

A. Mouth
B. Stomach
C. Duodenum
D. Intestine

5. Name an acid which is secreted in the stomach?

A. Sulphuric Acid
B. Hydrochloric Acid
C. Carbonic Acid
D. Nitric Acid

6. Nerves from the eyes and ears are connected to the

A. Cerebrum
B. Cerebellum
C. Medulla Oblongata
D. Spinal Cord

7. Define Blood Pressure:

A. It is the pressure that blood clot exerts over brain.
B. It is the pressure that blood receives on account of faulty commands from the brain.
C. It is the pressure that fatness or old age exerts on the body's circulatory system.
D. It is the amount of pressure on the blood as a result of the heart's pumping function and the resistance of the arterial walls.

8. Name a blood vessel which carries deoxygenated blood?

A. Aorta
B. Pulmonary Artery
C. Hepatic Artery
D. Pulmonary Vein

9. Name a hormone which controls the blood pressure in the human body?

A. Oxytocin
B. Estrogen
C. Testosterone
D. Vasopressin

10. Name the membranes which are invested by the brain and spinal cord?

A. Arachnoid
B. Pleural Membrane
C. Meninges
D. None of the above

11. The process of transfer of hereditary character from one generation to another is known as.....?

A. Genes
B. Mutation
C. Variation
D. Genetics

12. Who is known as father of genetics?

A. Gregor Mendel
B. Augustinian friar
C. Norman Borlaug
D. M.S Swaminathan

13. Who coined the term Mutation?

A. James Watson
B. Herman Joseph Muller
C. Hugo de Vries
D. None of the above

14. Which term of genetics represents the potential ability of a plant cell to grow into a complete plant?

A. Pluripotency
B. Totipotency
C. Cloning
D. Variation

Answers:

1.Liver
2. Reproduction
3. Cardiac muscle
4. Stomach
5. Hydrochloric Acid
6. Cerebellum
7. It is the amount of pressure on the blood as a result of the heart's pumping function and the resistance of the arterial walls.
8. Pulmonary Artery
9. Vasopressin
10. Meninges
11. Genetics
12. Gregor Mendel
13. Hugo de Vries
14. Pluripotency

ASTRO SPEAK

ARIES (MAR 21 - APR 20)

You'll easily be able to keep all of your emotions in check no matter what kind of hassle you have to deal with. Traffic woes won't worry you in the least. You'll have great music to keep you happy. co-workers won't bug you because you'll be content to just do your work. The outside world simply has no pull with you right now. There's a calmness and clarity inside of you that keeps you on an even keel.

LIBRA (SEP 24 - OCT 22)

Unexpected news about a person from your past could shock you today, not because of the news itself but because your reaction is so calm. Clearly enough time has elapsed that you've gained a healthy distance. Congratulations! This revelation about your growth will push you into a new phase in life, and you'll feel freer than you have in quite a while.

TAURUS (APR 21 - MAY 20)

Someone's broken promises have been getting on your nerves, and today they might tip you over the edge. It's fine for you to express your frustration with this person. In fact, it's healthy, but just be careful not to burn any bridges. Just let them know that your time is too valuable for them to waste with flaky behavior. You're taking them seriously, and they need to take you seriously too.

SCORPIO (OCT 23 - NOV 22)

There could be a lot of vibrant, positive communication hovering around you today. This energy will enable long, fascinating conversations to evolve out of modest small talk quite easily. You might not be feeling especially loquacious or social right now, but if you force yourself to strike up a quick hello, you won't be disappointed. Give it a try. Opening yourself up is a very good thing now.

GEMINI (MAY 21 - JUN 20)

If you have any concerns about your health, you need to follow up on them. The stress you're feeling by not knowing for sure is probably worse than anything you might have to deal with later. And this proactive attitude should be applied to the rest of your life too. Don't waste any more time procrastinating about doing any unpleasant tasks or having any potentially tense conversations.

SAGITTARIUS (NOV 23 - DEC 22)

You are shrewd to try to negotiate through a potentially tense situation, but you also have to know when it's time to bring out the big guns or you could get a reputation as a bit of a pushover. There is absolutely no reason to tolerate someone being arrogant or rude to you, so don't be shy about sticking up for yourself if you feel you're being treated poorly. Compromising yourself for the sake of someone else is a lose/lose situation.

CANCER (JUN 22 - JUL 23)

f something smells fishy to you today, steer clear of it, and make sure the people you care about most in the world steer clear of it too. You're smart enough to know that you shouldn't get involved with stuff you're unsure of, but not everyone has had as much experience as you. A few of the more naive people in your life could benefit from someone like you looking out for them.

CAPRICORN (DEC 23 - JUL 20)

There is a ton of high energy circulating around you right now, and you will be feeding off the good vibes. You'll be eager to move ahead with your goals and ambitions, and this tendency could intensify as the day goes on. The rewards could be great if you're willing to put in the hard work. Gradually, a plan will come together and you'll have the vision and determination to succeed.

LEO (JUL 24 - AUG 23)

At work, now is the time for you to be a model employee in every sense of the word. Important people are keeping an eye on you! Resist the urge to goof off when you have some free time. If you can, go back and double-check your work to make sure you've covered all the details. Become self-centered in a professional sense. You should only pay attention to things today that will help you or your career.

AQUARIUS (JAN 21 - FEB 23)

Dive headfirst into the day. You have all the energy you need to stay focused and disciplined. You'll know answers to questions that haven't even been asked yet. It's a great day to prepare a big presentation or get in some solid research, although you should still be sure to squeeze in some fun stuff. Physical activity is highly recommended because it will build on that energy and you'll know you're doing your body good.

VIRGO (AUG 24 - SEP 23)

The intellectual in you is very curious right now, and it could start reading more into someone's statements than they actually mean. Be careful not to make any commitments based on your hunches or assumptions. You're not completely objective right now, and there is a good bit of wishful thinking at play here. It's not that you can't trust your own judgments.

PISCES (FEB 20 - MAR 20)

Every once in a while you get a sudden warm feeling about your life. It's like the universe is giving you a reassuring hug, reminding you that you're special. Take this feeling for the gift it is and don't shrug it off. A family member needs you to be at your best, and unless you truly understand that you're in the right place in your life, you won't be able to give them the attention they need.