

Cirkus: Ranveer Singh opens up on the RELEASE of the Rohit Shetty movie and how it's similar to Golmaal



Ranveer Singh's next release is Cirkus, with Director Rohit Shetty. The star's last release, the Kabir Khan directorial, 83, may have received glowing reviews from critics, coupled with amazing word-of-mouth from those who did watch it in theatres, but, unfortunately, it'll go down as one of those gems that simply did not click at the box office due to a variety of factors, which simply didn't work in the film's favour, but will also no doubt be destined to end up a cult-classic in future a la Swades, Andaz Apna Apna or Jaane Bhi Do Yaaro. So, all eyes are now on Cirkus.

In an exclusive interview with BollyWoodLife, Ranveer Singh opened up about the release date of Cirkus, where he said, "Rohit sir knows a suitable date and he'll announce it." Does this mean we could expect an announcement from Director Rohit Shetty soon. Well, with the film apparently almost being wrapped up that could've been a distinct possibility were it not for the rising threat of the Omicron variant of COVID-19, leading to already booked films postponing their release dates in anxiety of theatres once again shutting down or the audience again not venturing out to cinema halls.

That being said, the actor also touched upon what we could expect from Cirkus, adding, "It is a crazy, mad riot. It's like, if you love Golmaal, you'll love Cirkus. It's like... Johnny Lever, Sanjay Mishra, Siddharth Jadhav, Varun Sharma... we've got all the comedy all-stars... like one crazy, mad ride. Matlab, itne mushkil daur se hum guzar rahe hain, main aur Rohit sir bas bol rahe hain ki sir aao, aap sab aao, sab apne worries bhool jao, do-dhai ghante ke liye bas hasayenge aapko, phoot phhot ke hasso aur ekduum helath hokar jao.

Coronavirus: Why protein is extremely important in your COVID prevention diet

When we are constantly living in the fear of getting attacked by an unseen enemy- a virus- the only thing that can keep our body going forward is good food. Words of Hippocrates, the Father of Medicine, resonate: "Let food be thy medicine and medicine be thy food". Nutrition is of immense requirement for a body to fight against pathogenic attacks. During a time, when a new wave of COVID-19 infection is coming afresh every few months due to mutation in the coronavirus, good food enriched with adequate nutritional requirements can help you to combat.

Experts have said that during COVID-19 pandemic, good food can boost resilience, whereas improper and unhealthy food intake can lead to malnutrition and hence make the body vulnerable to viral infections.

Coming to the nutritional requirement of a COVID patient, what one should focus on more is protein, the building blocks of life. Including the right amount of protein in the diet can help a COVID-19 patient replenish the lost nutrients in the body.

Protein is an essential macronutrient for the human body. The very origin of the word — from the Greek protos, meaning "first" — reflects protein's top-shelf status in human nutrition, says Harvard Health. These are the building blocks of life and help the body to repair cells and make new ones.

Research studies have confirmed that protein deficiency is linked to impaired immune system function, mainly due to its negative effects on both, the amount of functional immunoglobulins and gut-associated



lymphoid tissue (GALT). Less intake of protein will make the body more prone to attacks from coronavirus.

Presence of other chronic medical conditions, which curb the intake of a certain amount of food can also make a patient prone to COVID infections. In order to avoid that, one needs to supply proper nutrition to the body during COVID-19 times.

As it is directly linked to immunity, lack of protein can not only make a person prone to COVID-19 but also to a number of other viral infections. These days, Flurona cases are on rise where a person is getting infected by both influenza and coronavirus.

Therefore, in order to keep oneself safe from the attacks of the viruses, one needs to boost the immunity by taking proteinaceous foods.

How much protein does a human body require?

Ideally, 0.8 grams of protein is required per kilogram of body weight. However, the protein intake for COVID-19 patients can be higher. Again, it depends on various factors like age, medical conditions, sex and others. One should consult their own physician or a dietician and get suggestions.

Which are the rich sources of protein?

Protein is found in animal products like chicken, beef or fish and dairy products and from various plant products like beans, lentils, nuts and whole grains. The overall protein composition varies in different food items, just as the requirement of this macronutrient in human body. Therefore, it is advisable to take expert recommendation and know the exact amount of protein required for your body.

General Knowledge Question

1. The Indian Olympic Council was established in

- A. 1936
- B. 1988
- C. 1924
- D. 1900

2. The last Hindu king who party succeeded in establishing "Hindu Swaraj" was

- A. Chhatrapati Shivaji
- B. Akbar, the Great
- C. Chandragupta Maurya
- D. Bahadurshah Zafar Khan

3. The king of Macedonia, who conquered most of Asia Minor and defeated Porus (India) in 327 B.C. was

- A. Adolf Hitler
- B. Alexander the Great
- C. Chandragupta Maurya
- D. Christopher Columbus

4. The largest lake in India is

- A. Luni lake
- B. Sambhar lake
- C. Wular lake
- D. None of the above

5. The headquarter of the International Committee of Red Cross are at

- A. Geneva
- B. Paris
- C. Rome
- D. Stockholm

6. The important industries of Rajasthan are

- A. textiles and woollen
- B. sugar and cement
- C. glass and zinc smelters
- D. All of the above

7. The headquarter of the Indian Mountaineering Foundation is at

- A. Kolkata
- B. Darjeeling
- C. New Delhi
- D. Warsaw

8. 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

9. The largest city of India is

- A. New Delhi
- B. Mumbai
- C. Kolkata
- D. Chennai

10. 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

11. 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

12. The longest rail line of the world, Trans-Siberian line, is in

- A. Russia
- B. China
- C. USA
- D. Saudi Arabia

13. 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.

14. 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

15. The main purpose of the Group of 77 was

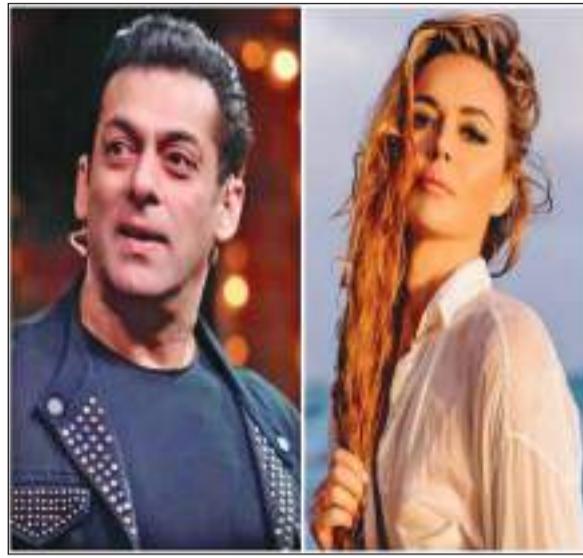
- A. sustained economic growth
- B. to promote African unity and solidarity
- C. to defend the economic and trade interests of the developing nations of the world
- D. None of the above

ANSWERS:

- 1. 1924
- 2. Chhatrapati Shivaji
- 3. Alexander the Great
- 4. Water lake
- 5. Geneva
- 6. All of the above
- 7. New Delhi
- 8. Belgium, Netherlands, Luxembourg
- 9. Mumbai
- 10. 81.18 per cent
- 11. both (a) and (b)
- 12. D. J. Savarkar
- 13. 78 ft. by 27 ft
- 14. D. Switzerland
- 15. D. to defend the economic and trade interests of the developing nations of the world

Is Salman Khan dating Hollywood actress Samantha Lockwood?

Hollywood actress Samantha Lockwood was recently spotted in India at casting director Mukesh Chhabra's office. She was also seen visiting Farhan Akhtar's Excel Entertainment office. However, what caught everyone's attention, was her picture with Salman when they attended a wedding. Later, she was also spotted at the actor's farmhouse for his 56th birthday celebrations. Soon, speculations of Samantha being Salman's new girlfriend had started doing the rounds on social media. She has now finally spoken about her link-up with Salman Khan. "I think people talk a lot. I think people can say a lot about nothing. I met Salman and he's a very nice guy, that's all there is to say about that. So I don't know where people get that idea from. I mean I met him, I met Hrithik, nobody says anything about me and Hrithik. So I don't know where this news comes from but obviously it gets spun out of proportion," Samantha. Last month, Samantha had met Hrithik Roshan during her Mumbai visit. "Fun to meet this actor who also comes from a movie family, loves action and Hawaii ... superstar @hrithikroshan," she had captioned the images.



Krrish 4: Here's when Hrithik Roshan's superhero film will finally go on floors

It is the Greek God of Bollywood, Hrithik Roshan's birthday today. The actor turns 48 years old today. He started his film career with Kaho Naa Pyaar Hai and there has been no looking back for him since then. His filmography consists of some blockbuster films like Koi Mil Gaya, Jodhaa Akbar, Dhoon 2, Kabhi Khushi Kabhi Khum, Agneepath, Zindagi Na Milegi Dobara and many more. But among all, his superhero film Krrish is the most loved one. Fans, especially the kids love him in the superhero avatar. So when will get to see him in Krrish 4? Daddy Rakesh Roshan has given an update.

In an interview, Rakesh Roshan stated that he is waiting for the pandemic to get over so that he can start with Krrish 4. He, who is also the producer and director of the film, mentioned that it is a big-budget film and he does not want to stop in between because of pandemic. He also touched upon the topic of the industry suffering badly due to Coronavirus. "I am waiting for the pandemic to get over. It should settle down this year. The film that we are planning is huge. I don't want it to get stuck. As it is, the business of films has been badly affected. So, I don't want to jump into

it. I usually spend the weekends in Lonavala. The weather is beautiful there. There's no pollution and it's peaceful," he was quoted saying.



Beauty hacks all Indian grandmothers swear by



wants their children to abstain from chemical-based products. One such way is by using homemade ubtans regularly. One of the easiest and oldest ubtans in grandma's book is:

Besan curd pack - Just mix some besan (gram flour) along with 2 tablespoons of curd and 1 tablespoon of honey. Mix it thoroughly and apply it evenly on your face. Once it has dried out, use some rose water to scrub it out from your face. This ubtan is so easy that you can easily prepare it minutes before taking a bath.

Eat healthy - 'you are what you eat'.

It's as simple as it sounds. All that caffeine that you think your body yearns to keep you awake is eventually going to take a bad toll on your skin. In fact, whatever you eat has a direct impact on your skin. Thus, eating healthy food and increasing your dependency on fruits is going to help your skin in the long run.

Drink loads of water - One thing that you cannot skip upon is drinking 3 litres of water each day regardless of the weather.

Water is a boon sent from heaven just for your skin. Drinking water can help you flush out toxins which clear all the pimples and bumps from the surface of your skin.

Have a skin regime - Even if it just includes washing your face and moisturizing it have a skin regime. Having a skin regime is similar to having a balanced diet for your skin. This way you can adhere to certain rituals for your skin that you must abide by every day before you head to bed or start your day.

Moisturize - Regardless of your skin type, this is something you can never avoid. Many men and women skip moisturizer just because their skin is oily.

ASTRO SPEAK



Today could get off to a shaky start, as the Taurus moon forms an alliance with unpredictable Uranus while sharing a harsh aspect to Mercury. Watch out for travel jams, wacky alterations and delayed alarm clocks since this cosmic climate is sure to turn your day upside down. These rocky vibes will bleed over into the afternoon due to a harsh connection between Luna and Saturn.



While you tend to be a creature of habit, abiding by the same schedule each morning, try to make sure you're not running on autopilot right now. A harsh connection between action-oriented Mars and hazy Neptune could cause you to float through the day without ever truly being present. Do your best to find details and beauty around you, to help pull you out of any sleepy state you stumble into.



Work-related issues could manifest this morning, as the moon shares aspects to both Uranus and Mercury. Your daily routine could get shaken up a bit as these vibes threaten to throw you and your colleagues off their game. Remember to breathe and ground as any issues manifest since staying cool is your best bet for navigating these choppy currents. vibe will feel much lighter this evening when Luna, your ruling planet,



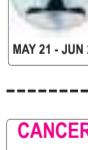
Keep an eye on your spending today, dear Scorpio, especially when it comes to purchases that are driven by a desire to boost your ego. While it's okay to buy clothes, accessories and the like in an effort to build up your confidence even now and again, now is not the time to nurture your self-worth through materialistic means. Instead of reaching for your wallet, take some time out to appreciate and love yourself on a deep and internal level.



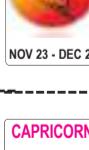
The universe could teach you some harsh lessons, Gemini, as the Taurus moon connects with Uranus, Mercury. If you've been running away from your responsibilities or ignoring your karma, it's time to face up to the truth in strange and unusual ways. Keep an eye on your karma right now, and do your best to spread love and good vibes, even if it doesn't feel super easy. You'll get a chance to relax and shake off any funky vibes from earlier in the day.



Make sure you're getting out of the house today, darling Archer, especially if you work remotely. Mars, who is currently camped out in your sign, will share a harsh aspect with hazy Neptune in the afternoon, causing you to feel clouded and restless to leave your home. If you've been slacking on your domestic duties, you should also try to catch up on such chores, even if the pile-up feels overwhelming.



Ghosts from the past could unexpectedly reappear, Cancer, as the moon continues to connect to a series of harsh aspects between Luna, Uranus, and Mercury. Don't feel pressured to reconnect with any estranged friends who happen to pop up, even if they appeal to your sentimental side. If you have trouble maintaining the boundaries you've already set, you may need to tap into your personal power and remind yourself why you cut ties with this person in the first place.



Try not to worry too much about your appearance this morning, little Goat, even if you've got places to be and people to see. The Taurus moon will share a harsh aspect with Mercury as you prepare for your day, which could leave you feeling unorganized and stressed about what to wear or how to fix your hair. Luckily, this energy will break up as the evening unfolds, and Luna blows a kiss to sweet Venus.



Issues within your relationship could manifest this morning, thanks to some cosmic turbulence between the moon, Uranus, and Mercury. Try not to get into any arguments with your significant other this morning, as it could have a negative impact on your relationship. You could also run into issues when it comes to your mental clarity in general, especially if you've been burning the candle at both ends. Do yourself a favor and use these vibes to unplug from the world.



Things could feel a bit chaotic this morning, darling Aquarius, thanks to a series of harsh aspects between the moon, Uranus, and Mercury. These vibes will take a significant toll on your home life, which could have you scrambling to find your keys, phone and other important items. Remember to stay connected to your body and breath, or you could start to feel quite clumsy, tripping over furniture or knocking over items that have been in your home for years.



Make sure you take out some time to breathe this morning, or you could end up feeling disconnected from the world around you. As the moon continues its journey through Taurus, the universe will be looking for ways to communicate with you. A harsh aspect to Mercury could cut you off from your third eye, especially if you become hyper-focused on your busy schedule.



Workplace fatigue could get to