

Karan Johar slams actors for demanding huge money; talks about handling fragile egos in the industry



Karan Johar broke his friendship with Kareena Kapoor Khan once upon a time after she had demanded huge fees for being a part of his film Kal Ho Na Ho, he was upfront and blunt then and even today. Lately, the filmmaker who is basking success for his last release Rocky Aur Rani Kii Prem Kahaani, slammed the actors for demanding huge money for their delusional success. In his latest interview with the magazine The Week, Karan Johar revealed about dealing with the fragile egos of the actors today and how it's become challenging to work with the actors today.

Speaking about the actors living in delusion, Karan shared how they have to give the actors the reality check when signing them for a project. "Many people are walking under this big cloud of delusion, and delusion is a disease with no vaccination. However not making them aware of their delusion is detrimental and counterproductive. So, you have to tell them, 'Look, this is your trajectory, these are your films, this is how much you've collected in the last couple of films.' There are massive stars who are above it all, and then there are some who believe they deserve a certain number. But on what basis exactly? You have to tell them that, tell it politely, tell it nicely, but definitely say it."

Further adding about dealing with fragile egos, Karan added, "Whether it's demand or supply, it's all about handling fragile egos, insecure minds, complexed energies, and some delusions. That's 80% to 90% of my job profile. 10% is talent. Everything else is people managing."

Adding that he has to step back many times due to feeling that the demand of fees is high, Karan added, "Many times, I've taken a step back when I felt the actor is too expensive for the film. Maybe they are not realising it, but we know our business - overpaying or underpaying, both are sins that we commit."

Jigra: This Archies actor is rumoured to play Alia Bhatt's brother in her upcoming new movie

Jigra:- Alia Bhatt is all set to take us all by surprise with her upcoming new film which is directed by Vasan Bala. The poster of the film which was out months back saw Alia in very intrigued look. One can sense easily from the poster that it's going to be an interesting film where Alia once again will bowl us over by her implacable acting skills. Speculations are rife that one of the actors from Zoya Akhtar's The Archies has been finalized to play the role of Alia's sibling in Jigra. Read on to know who the actor is.



Rumours are rife that Vedang Raina who portrayed the character of Reggie in Zoya Akhtar's The Archies has been approached to play the role of Alia Bhatt's brother in Jigra. In a recent interview when Vedang was asked about the ongoing rumours he stated that even he has heard of this speculation but as of now he can say that although the news is very interesting, he cannot help with such rumours. When asked how does the idea of playing a sibling to Alia Bhatt sounds to him, he stated that its sounds very interesting. On being asked what kind of sibling he would like to play to Alia Bhatt, Vedang stated that it all depends on the script and the characters.

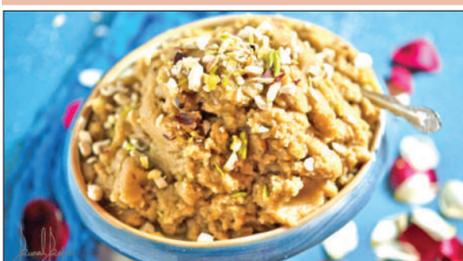
Sania Mirza deletes all pics of Shoaib Malik from her Instagram account; is her marriage over for good?

Sania Mirza and Shoaib Malik's divorce rumours have been making headlines for quite a time now. This latest development only shows that the couple has parted ways for good. Sania who is an active member on social media and loves to share little things with her fans and followers has deleted all the pictures of her hubby Shoaib Malik from her Instagram account. This once again leads to strong speculation of the separation with Shoaib Malik. Shoaib Malik removed the mention of being married to Sania Mirza from his Instagram bio. Earlier in his bio he had mentioned his wife as a husband of a superwoman. Amid the constant rumours of getting divorced Shoaib was asked about it reportedly, to which he said, "Khabre chahi rahi hai, taalaqat acche nahi hai (Rumours are going around that all's not well in the relationship). What do you want to say?". Sania and Shoaib have a baby boy together and the Indian badminton player often keeps posting pictures of her with her beloved son and it shows he is her biggest strength. Ishaan was born in 2018 and he is the apple of the eye of both his parents.



Recipes

Gur Da Halwa



Ingredients
 1 cup semolina
 1/4 teaspoon fennel seeds
 2 teaspoon almonds
 2 teaspoon raisins
 2 cup water
 1/2 cup powdered jaggery
 5 strand saffron
 2 teaspoon cashews
 1/4 cup milk
 2 1/2 tablespoon ghee

Method:
 Take a pan and keep it on medium flame. Melt ghee in the pan and then add fennel seeds in it, cook until they crackle. Now, add semolina (sooji) to the pan and saute it till it browns. Keep the flame low or the sooji will burn.
 Take another pan and heat water in it on medium flame. Once it comes to a boil, add jaggery and let it dissolve. Keep the flame to low and allow the water-jaggery mixture to thicken.
 Now add this jaggery-water syrup to the semolina. Cook on low flame for two-three minutes and then add the milk and saffron. (If you first dissolve saffron in milk, and then add, it would give a nice colour to the halwa). Once the halwa begins to thicken, add dry nuts and cook for further 2 minutes. Serve hot by garnishing with sliced almonds.

Tips
 To make this halwa in the traditional way, use a generous amount of ghee while roasting semolina.

Add this workout to your daily routine to burn maximum calories

When we first start a fitness journey, we frequently ask ourselves, "Which exercise will torch the most calories?" Although everyone has different tastes, experts can all agree that adding specific exercises to your routine can help you burn more calories. So grab a seat and learn the workout that may hold the secret to reaching a higher level of fitness.



Pilates, are usually recommended to them. Even chair exercises, like seated marching, leg lifts, arm circles, or upper body weightlifting, can effectively burn calories. Switching between different activities, including yoga, or working in dynamic stretching not only keeps things interesting but also allows your body to adapt and recover.

It's important to understand why some exercises burn more calories than others. The key is to work several muscle groups hard. Exercise type is not the only important consideration; age, gender, weight, and body composition are also crucial. For example, because it takes more work to move their weight, larger people burn more calories.

The calorie cruncher: running takes the lead
 If the goal is to maximise calorie burn, running takes centre stage. Running effectively elevates the heart rate and engages various muscle groups, making it a top contender for calorie-burning supremacy. On average, a runner burns around 12 calories per minute. Increasing your pace, distance, or challenging terrain can further boost the calorie output.

But what if you are not ready to lace up those running shoes? There are alternative exercises that cater to various fitness levels and mobility constraints.

Options for all fitness levels
 For those who are immobile or out of shape, starting small is important. Low-impact exercises such as walking, water aerobics, swimming, cycling, stationary biking, elliptical training, and

- Breaking down the numbers**
 Let's break down the calorie-burn potential of various exercises, as outlined by the Centers for Disease Control and Prevention:
- Moderate physical activity (per hour):
 - Stretching: 180 calories
 - Leisurely weightlifting: 220 calories
 - Leisurely bicycling: 290 calories
 - Dancing: 330 calories
 - Golfing (carrying clubs, walking): 370 calories
 - Vigorous Physical Activity (per hour):
 - Playing basketball: 440 calories
 - Weightlifting (vigorous effort): 440 calories
 - Brisk walking: 460 calories
 - Swimming: 510 calories
 - Bicycling at 10 mph or greater: 590 calories
 - Running: 590 calories

While running steals the spotlight for calorie-burning efficiency, the key takeaway is that there's exercise for everyone. Whether you are a marathon enthusiast or just starting your fitness journey, the crucial aspect is finding an activity you enjoy.

Winter foot care: How to soften your feet inside socks this winter



As the winter season settles in, it brings with it a range of challenges, and one area that often gets neglected is foot care. The cold weather can lead to dry and cracked skin, making it essential to pay extra attention to keeping your feet soft and supple. Here are some practical tips to ensure your feet stay comfortable and well-moisturized inside socks during the winter months.

Hydration from within: Start your winter foot care routine by focusing on hydration from the inside out. Make sure you are drinking an adequate amount of water throughout the day. Proper hydration plays a crucial role in maintaining skin elasticity and preventing dryness. This simple yet effective step sets the foundation for soft and healthy feet.

Warm water soaks : Treat your feet to warm water soaks to counter the effects of cold and dry weather. Add a few drops of a moisturizing essential oil like lavender or tea tree oil to a basin of warm water. Soak your feet for 15-20 minutes to soften the skin and relieve any tension. This practice helps in preparing your feet for the subse-

quent steps of the care routine.

Gentle exfoliation: Exfoliation is a key step in removing dead skin cells and promoting smoothness. Use a gentle foot scrub or a pumice stone to exfoliate your feet, paying extra attention to areas with rough skin, such as the heels and sides of your feet. This helps in better absorption of moisturizing products and promotes healthier skin turnover.

Moisturise, moisturise, moisturise: After exfoliation, it's crucial to replenish the moisture lost during the winter months. Opt for a rich and hydrating foot cream or lotion that contains ingredients like shea butter, glycerin, or coconut oil. Apply the moisturiser generously, focusing on the heels and the ball of your feet. For an added boost, consider applying the moisturiser before bedtime and wearing breathable cotton socks to allow better absorption.

Overnight treatments: For an intensive moisture treatment, try applying a thicker layer of moisturizer or petroleum jelly on your feet before bed. Slip on a pair of cozy socks to lock in the moisture overnight. This creates a protective barrier against the cold and helps your feet absorb the moisturizer more effectively, leaving you with softer feet in the morning.

Choose the right socks: The type of socks you choose can significantly impact the condition of your feet. Opt for socks made of breathable materials like cotton or moisture-wicking fabrics to keep your feet dry. Avoid socks that are too tight, as they can restrict blood flow and exacerbate dryness. Additionally, consider wearing thermal socks for extra insulation during particularly cold days.

General Knowledge Question Answers

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| 1. Name the first non-Indian who received the Bharat Ratna award?
(A)Khan Abdul Ghaffar Khan
(B)Mother Teresa
(C)Martin Luther King
(D) Aubin Mehta | (D)Iron Ore
6. Who was the last Mughal Emperor?
(A) Akbar
(B)Noor Jehan
(C)Bahadur Shah
(D) Babur | 11. Which one among the following radiations carries maximum energy?
(A) Ultraviolet rays
(B) Gamma rays
(C) X-rays
(D) Infra-red rays |
| 2. In which year, the Mother Teresa won the Nobel Peace Prize?
(A) 1975
(B) 1982
(C) 1981
(D) 1979 | 7. The Indian state which leads in agricultural production is
(A)Punjab
(B) Haryana
(C) Karnataka
(D) Tamil Nadu | 12. Bokaro Steel Limited was set up with the assistance of
(A) USA
(B) Germany
(C) UK
(D)Soviet Union |
| 3. For making bullet-proof glass, which one of the following glasses is used?
(A) Soda glass
(B)Reinforced glass
(C) Jena glass
(D)Pyrex glass | 8. The longest mountain range in the world is known as:
(A)The Himalayas
(B)The Alps
(C)The Rockies
(D)The Andes | 13. The Headquarters of WTO (World Trade Organization)is situated in
(A) Montreal
(B) Geneva
(C) Seattle
(D) the Hague |
| 4. Which substance is used to retard the setting action of cement?
(A) AlO
(B) CaO
(C) NaO + KO
(D) CaSO.2HO | 9. The most populous city in the world is
(A) Paris
(B) Tokyo
(C) Peking
(D) London | 14. Which was the second Italian Satellite launched from Soviet Union?
(A) Bhaskar-1
(B) Aryabhata
(C) Rohini
(D) Apsara |
| 5. The mineral in which India depends largely on imports is
(A)Mercury
(B)Mica
(C)Bauxite | 10. Which state among the following produces maximum soybean?
(A) Bihar
(B) Uttar Pradesh
(C) Madhya Pradesh
(D) Rajasthan | 15. The metal whose salts are sensitive to light is
(A) Copper
(B) Zinc
(C) Silver
(D) Gold |

ASTRO SPEAK

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|---|---|
| ARIES
MAR 21 - APR 20
A burst of activity could throw off your balance, as Pisces moon squares off with Venus. Pace yourself when navigating these vibes, finding time for solitude when sun, Luna, and Neptune connect, asking you to escape distractions to regain control of circumstances. You'll have a chance to knock down barriers when Pluto activates, though you'll want to prepare for what comes next. | LIBRA
SEP 24 - OCT 22
Your mind may feel slightly off of sorts as the day begins, dear Libra, due to a harsh square between the Pisces moon and Venus. Do yourself a favor by staying quiet, avoiding arguments or distractions, and focusing on to-do lists. You'll feel more in control of and tuned into your mind, body, and emotions as afternoon settles in and the sun, moon, and Neptune align. |
| TAURUS
APR 21 - MAY 20
Watch out for dramatic or manipulative characters this morning, dear Taurus, as the Pisces moon squares off with Venus. Your social media feeds may appear particularly toxic, making it a good time to pull away from screens. The ambiance elevates as afternoon settles in when the sun, Luna, and Neptune align, helping you reclaim a sense of community as positive interactions filter through. | SCORPIO
OCT 23 - NOV 22
Be mindful of your surroundings and the people who fill them as the Pisces moon squares off with Venus. This cosmic climate threatens a decreased self-awareness, while moody companions could cause you to disconnect. Luckily, clarity will be restored once afternoon settles in and the sun aligns with the moon and Neptune. Focus on wellness once Luna migrates into Aries, emphasizing healthy living. |
| GEMINI
MAY 21 - JUN 20
Strange dreams could lead to psychological breakthroughs thanks to a sweet exchange between the Pisces moon and Uranus. Unfortunately, it may be difficult to sleep off slumber when Venus becomes agitated, though prioritizing harmony can help you reclaim control. Invest in your network or community once the moon enters Aries. | SAGITTARIUS
NOV 23 - DEC 22
Emotions strain as the Pisces moon squares off with Venus this morning, dear Sagittarius, making it important that you check in with your mood before dealing with others. Luckily, you'll feel more grounded and compassionate as afternoon settles in and the sun aligns with Luna and Neptune, especially when you seek healing amongst nature or your closest bonds. |
| CANCER
JUN 22 - JUL 23
Prioritize wellness as the day begins and the Pisces moon squares off with Venus, even if doing so creates temporary imbalances in your schedule. You'll feel more at ease when the sun, Luna, and Neptune align this afternoon, especially when you choose to operate from a place of compassion and grace. Consider how your behaviors impact others, looking for ways to establish harmonious connections. | CAPRICORN
DEC 23 - JUL 20
You won't be in the mood to play nice or fake pleasantries this morning, dear Capricorn, as the Pisces moon squares off with Venus. Consider keeping a low profile if you feel agitated or blue, avoiding further conflict by nurturing your mind in private. You'll feel more social and clear-headed as afternoon settles in, thanks to a collaboration between the sun, moon, and Neptune. |
| LEO
JUL 24 - AUG 23
Try not to let uncertainty spoil your morning, dear Leo, as the Pisces moon and Venus square off. This cosmic climate could lead to ego bruises, power struggles, and shrouded confidence, making it important to touch base with yourself at a core level. Do a bit of cleaning tonight when Pluto activates, getting organized before the moon enters Aries and your house of expansion. | AQUARIUS
JAN 21 - FEB 23
Take a break from the news, your screens, and social media feeds as the Pisces moon squares off with Venus. Take time to hone in on minor details that add up to beautiful pictures when the sun, moon, and Neptune align this afternoon, bringing a soothing and surreal energy to the table. Your curious nature stirs once Luna migrates into Aries, filling your mind with plenty of questions to ask. |
| VIRGO
AUG 24 - SEP 23
Harmonious yet electrifying vibes flow when the Pisces moon aligns with Uranus this morning, dear Virgo, paving the way for enlightening dreams. Just be sure to check in with your heart once you've awakened and Venus becomes agitated, understanding that you must nurture yourself before focusing on loved ones. Focus on bonding with loved ones. | PISCES
FEB 24 - MAR 20
The Pisces moon and Uranus align bringing forth strange and enlightening messages while you dream. It may be hard to reclaim focus when Venus becomes agitated, making it important that you seize control of your thoughts by honing in on your responsibilities. Consider how you can make a difference in this world when Pluto activates, being mindful to ground in your surroundings. |

