

Rohit Shetty to bring Shah Rukh Khan, Salman Khan, Aamir Khan to his cop-universe? Director says 'Koi nahi bachega'



Rohit Shetty's cop-universe is among the most entertaining and successful franchises. It started with Singham starring Ajay Devgn. The movie introduced fans to DCP Bajirao Singham whose 'Atta majhi sataki' dialogue became very famous. Next, in 2018, Rohit Shetty introduced fans to cop Sangram Bhalerao aka Simmba played by Ranveer Singh. His quirky style and cool attitude brought a lot of fun to the film. In 2021, Rohit Shetty extended his cop-universe by roping in Akshay Kumar to play Veer Sooryavanshi in the film Sooryavanshi. All the three films were loved by the masses. Now, he has come up with Indian Police Force that has Sidharth Malhotra as a cop. So what about the Khans? Will he ever get Shah Rukh Khan, Salman Khan, Aamir Khan to his cop universe?

Rohit Shetty was asked whether he plans to make a cop film with any of the three Khans. He was asked to pick among Shah Rukh Khan, Aamir Khan and Salman Khan. To this, the director hilariously replied, "All 3. Ek ko bhi kyu chodu main? (Why should I leave any of the Khans)". When further probed Rohit Shetty said that there is enough time left to bring the entire industry to his cop-verse. He joked that no one will be spared and that there will be separate police functions held for the cops of his universe. He said in Hindi,"Bahut time hai, abhi puri industry ko cop bana denge. Tu tension mat le... Koi nahi bachega! Ek humara alag se Police function hoga." This left everyone in splits." Lol. But indeed it would be fun to see any of the Khans being a part of Rogit Shetty's cop-verse.

The ace filmmaker who is known for terrific action scenes and ear flying stunts in his films is yet to collaborate with Salman Khan and Aamir Khan over films.

Animal: Rashmika Mandanna went 'blank' while shooting the slap scene with Ranbir Kapoor; 'I don't remember...'

Animal movie released in December 2023. The film directed by Sandeep Reddy Vanga had Ranbir Kapoor in leading role. Rashmi ka Mandanna played his lady love in the film. Their chemistry was much loved and appreciated by the fans. The movie was intense as there were a lot of emotions demonstrated through several scenes. Animal was termed to be violent and bold in nature. There was a scene in the film in which Rashmika Mandanna had to slap Ranbir Kapoor. In a latest interview, the actress spoke about the same and stated that the scene was taken in one shot.

Rashmika Mandanna shared her shooting experience. She said that the reaction and scene wasn't predictable. It was Sandeep Reddy Vanga who took her to feel how a person in the situation would feel. Rashmika shared that she went blank while shooting the scene and she does not remember much. "Sandeep told me just to feel how a person in this situation would feel. I remember only this. I don't remember anything between the action and the cut. I just can't process



it. My brain was just going blank," Rashmika said.

Did Chunky Panday just confirm daughter Ananya Panday's wedding with boyfriend Aditya Roy Kapur in 2024?

Ananya Panday looked so ready to open up about her relationship with Aditya Roy Kapur on Karan Johar's show Koffee With Karan 8. On the show, she even indirectly admitted that she is all ready for her wedding with Aditya as her surname after getting married to the Aashiqui 3 actor will be PARK. And now seems like even the Panday family has open-heartedly the Kapur boy in the family. And even have given their green signal to the relationship. This latest move by Chunky Panday proves that he is okay with daughter Ananya's marriage. The entertainment Instagram profile claimed that the Kho Gaye Hum Kahan actor is all set to get married to her beau Aditya and this post was liked by Chunky Panday.

Ananya and Aditya have been dating for more than two years now. It all started on Karan Johar's 50th birthday when the filmmaker even quizzed her if something was cooking. Ananya seems to have found the love of her life in Aditya as she has no qualms about even accepting or talking about him in public. Ananya happily accepted that she is a very possessive girlfriend and called herself very 'Chudail' in her relationship. While Adi who too had



appeared on Karan's show had admitted that he loves Ananya Panday's sense of humour and is in a happy space.

These plant based foods can improve Heart health



Winters call for extra care as it is the time, when the number of cardiac cases and strokes increase due to extremely sedentary lifestyle, unhealthy eating habits and stressful life. However, fixing your daily diet with some plant based foods can significantly reduce LDL cholesterol levels and keep the Heart healthy and reduces the risk of strokes and cardiac attacks.

Why plant based food?

According to health experts, including plant based foods coupled with exercise or a healthy lifestyle can significantly improve Heart health and also boost overall immunity during winters. Apart from that, most plant based foods are unprocessed and have high amounts of fiber, nutrients and antioxidants that promote overall health and help reduce cholesterol levels and boosts cardiac health. Here are some common foods that can help in keeping the Heart healthy.

**Leafy Greens:** Leafy greens like spinach, kale, collard greens, and Swiss chard are rich in vitamins, minerals, and antioxidants. They are also high in fiber, which supports Heart health by reducing cholesterol levels.

**Berries:** Blueberries, strawberries, raspberries, and blackberries are packed with antioxidants, including anthocyanins, which have been associated with a lower risk of Heart disease.



**Oats:** Oats are one of the most healthy plant based foods that can reverse clogging up of arteries. Oats contain beta-glucans, a type of soluble fiber that helps lower cholesterol levels. Consuming oatmeal diet helps in improving Heart health and also helps in reducing LDL cholesterol levels.

**Nuts and Seeds:** Almonds, walnuts, flaxseeds, chia seeds, and hemp seeds are rich in omega-3 fatty acids, fiber, and antioxidants. They can help lower cholesterol and reduce inflammation.

**Avocado:** Avocados are a great source of monounsaturated fats, which are heart-healthy fats that can help lower bad cholesterol levels. They also provide potassium, which supports blood pressure regulation.

**Legumes:** Beans, lentils, and chickpeas are excellent sources of plant-based protein, fiber, and various vitamins and minerals. They can help regulate blood sugar levels and support cardiovascular health.

**Whole Grains:** Foods like brown rice, quinoa, whole wheat, and barley are rich in fiber, vitamins, and minerals. They can contribute to lower cholesterol levels and improved Heart health.

**Garlic:** Garlic contains allicin, a compound that may have cardiovascular benefits, including reducing blood pressure and cholesterol levels.

A guide to healthy and stylish nail care in winters



As winter's chill settles in, our focus often shifts to keeping ourselves warm and cozy. However, amidst the layers of clothing and cups of hot cocoa, one crucial aspect of self-care often gets overlooked – our nails. The winter season can be harsh on our hands and nails, leaving them dry, brittle, and prone to breakage.

**Hydration is Key:** Just as we moisturize our skin to combat winter dryness, our nails deserve the same attention. Cold air and indoor heating can strip moisture from our nails, making them prone to cracking. Invest in a high-quality cuticle oil and apply it regularly to keep your nails hydrated. This simple step can work wonders in preventing dryness and maintaining the flexibility of your nails.

**Short and Sweet:** Consider keeping your nails short during the winter; they are less prone to breakage in harsh conditions. Shorter nails are not only easier to maintain but also less likely to catch on clothing, preventing accidental tears. Invest in a high-quality pair of nail

clippers to ensure a clean and precise cut. Keep it sharp, keep it clean, and trim your nails straight, rounding the tips gently. It's like giving your nails a mini makeover without the salon prices.

**Gloves are your Allies:** Think of gloves as your nail's BFF during winter. They shield your hands from the cold and stop your nails from feeling like they've just braved a snowstorm. Find some cute, breathable gloves to keep your hands warm and your nails smiling.

**Avoid Harsh Chemicals:** Winter is not the time for harsh chemicals. Opt for nail polishes and removers that are acetone-free, as acetone can be harsh and drying. Look for products enriched with moisturizing ingredients such as vitamin E or jojoba oil. This will not only add a pop of color to your nails but also provide nourishment.

**Healthy Diet, Healthy Nails:** Healthy nails start from within, and biotin is the superhero here. Find it in eggs, nuts, and whole grains. It's like a secret agent promoting nail strength from the inside out. Additionally, stay hydrated by drinking plenty of water to maintain overall nail health.

**Warm Water Bliss:** Treat your nails to a mini-vacation in warm water. Soak them for a bit, throw in a few drops of your favorite oil, and let the pampering begin. It's like a spa day for your fingertips. This will help soften the cuticles, making it easier to push them back gently. Follow up with a rich moisturizer to lock in the hydration.

**Break the Nail-Biting Habit:** Winter stress plus the urge to nibble! Not a good combo. Break the nail-biting habit by keeping them short and using a bitter-tasting polish. Your nails will thank you, and so will your pearly whites.

General Knowledge Question Answers

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

ASTRO SPEAK			
<b>ARIES</b>  MAR 21 - APR 20	Mercury and Jupiter share a sweet exchange this morning, dearest Aries, illuminating new pathways toward prosperity and success. Your ability to dream will bring expansive ideas your way when Venus and Neptune align. However, you should be mindful to separate fantasy from reality when selecting a path to follow. The sun and Pluto collaborate to help you disassemble structures that are no longer working for you.	<b>LIBRA</b>  SEP 24 - OCT 22	You'll have a chance to strengthen your most intimate bonds, dear Libra, as Jupiter and Mercury share a sweet exchange. Nurture yourself and your closest companions, unlocking the doors to meaningful exchange. Just try not to get too distracted as Venus and Neptune square off, double-checking your to-do list before dreamy vibes cause you to float away.
<b>TAURUS</b>  APR 21 - MAY 20	The universe sends messages of support while guiding you toward a brighter tomorrow, dear Taurus, thanks to a sweet exchange between Mercury and Jupiter. Meanwhile, Venus and Neptune square off, urging you to be mindful of who you trust and what you believe. You'll feel tempted to reinvent yourself when Luna crosses over Uranus, making it a good time to try out new styles, hobbies, or unconventional goals.	<b>SCORPIO</b>  OCT 23 - NOV 22	Your kind words will have a deeper impact than you realize, as Mercury and Jupiter share a sweet exchange. Use this energy to promote connectivity, as your good vibes will be infectious. Take time to appreciate your surroundings as Venus and Neptune square off, finding inspiration in nature and gratitude. Excitement comes to your relationships when the Taurus moon crosses over Uranus.
<b>GEMINI</b>  MAY 21 - JUN 20	Mercury and Jupiter share a sweet connection,helping you let go of fear or grief to make room for something better. Boundaries dissolve as Venus and Neptune square off, though you should take care not to view the world from an overly optimistic lens. Psychic downloads may find you as the Taurus moon crosses over Uranus.	<b>SAGITTARIUS</b>  NOV 23 - DEC 22	Your hard work shows signs of paying off today, as Mercury and Jupiter align in our skies. These vibes also pair well with teamwork, so be sure to prioritize shared goals that lead to prosperity. Emotions may cloud when Venus and Neptune square off, making it important that you keep your wits about you. Consider changing up your routine to invite more organization and efficiency when the Taurus moon crosses over Uranus.
<b>CANCER</b>  JUN 22 - JUL 23	Invest in growing your online following or local community, as Mercury and Jupiter join forces to promote connection. Just try not to get distracted as Venus align, when it comes to finding organization within your dreams. Unexpected encounters could lead to new friendships when the Taurus moon crosses over Uranus, so be sure to strike up a conversation with anyone who seems particularly interesting.	<b>CAPRICORN</b>  DEC 23 - JUL 20	The universe favors outspoken and bold behaviors today, dearest Capricorn, thanks to a sweet alignment between Mercury and Jupiter. Meanwhile, Venus and Neptune square off, putting you in a reserved mood. If you start to feel disconnected or foggy, take time to go within to clear away these cobwebs. Inspiration strikes in unexpected places as the Taurus moon crosses over Uranus, bringing out your inventive side.
<b>LEO</b>  JUL 24 - AUG 23	You'll accomplish more when working with others today, dear Leo, as Mercury and Jupiter share a sweet exchange. However, you'll want to be mindful of what others are thinking and feeling when Venus and Neptune square off, taking time to honor ideas outside of your own. Breakthroughs within your career could manifest in unexpected ways when the Taurus moon crosses over Uranus.	<b>AQUARIUS</b>  JAN 21 - FEB 23	Your emotions intensify without feeling heavy, as Mercury and Jupiter share a sweet exchange. This energy can help you find peace with any grief or fear you've been carrying, so be sure to face deep feelings from a place of compassion and hope. Steer clear from technological distractions when Venus and Neptune square off, opting instead to appreciate your immediate environment.
<b>VIRGO</b>  AUG 24 - SEP 23	Mercury and Jupiter share a sweet exchange this morning, dearest Virgo, bringing luck to your creative endeavors, friendships, and passion projects. Trust in your natural brilliance, but be mindful not to over-romanticize your situation when Venus and Neptune square off, bringing a highly dreamy and slightly deceptive energy to the table.	<b>PISCES</b>  FEB 20 - MAR 20	Social growth finds you today as Mercury and Jupiter align, dear Pisces, making it a good time to see and be seen. However, you'll want to be mindful of boundaries and your own composure when Venus and Neptune square off, taking care to establish trust before granting it. Your wits sharpen dramatically as the Taurus moon crosses over Uranus.