

Shaitaan: Ajay Devgn, R Madhavan, Jyotika's new horror thriller movie on black magic gets a release date



Shaitaan Awakens! Get ready to be at the edge of your seats, petrified, as actors Ajay Devgn, R Madhavan, and Jyotika are coming with an edge-of-the-seat supernatural thriller. The film is said to be based on the world of Indian black magic. It's a gripping tale that will take you on a sinister journey with elements of Indian black magic. The film now has a release date, and we couldn't be more excited.

The buzz around Shaitaan is quite high as Entertainment industry especially Bollywood has not made much films on the subject of Indian black magic. However the way Shaitaan has been written viewers are definitely in store for a huge surprise. The movie will take you back in a way that no one would have expected. The film recently got a release date. Ajay Devgn, R Madhavan and Jyotika's horror thriller will release on March 8, 2024. Ajay Devgn himself took to his respective social media and announced the release date of the movie.

Presented by Jio Studios, Devgn Films and Panorama Studios, Shaitaan is produced by Ajay Devgn, Jyoti Deshpande, Kumar Mangat Pathak and Abhishek Pathak and directed by Vikas Bahl. It is set to theatrically release on 8th March 2024.

Apart from Shaitaan, Ajay Devgn is currently shooting for Singham Again where he will be reprising the role of police officer Bajirao Singham. The Rohit Shetty directorial also features actors Kareena Kapoor Khan, Ranveer Singh, Deepika Padukone, Tiger Shroff, Akshay Kumar and others in pivotal roles.

Stree 2: Pankaj Tripathi shares update about the much anticipated sequel of Shraddha Kapoor, Rajkummar Rao film

Popular actor Pankaj Tripathi who is currently seen in Main Atal Hoon has been gaining a lot of praise for his hard work and dedication in the film. The biographical film revolves around the late former Prime Minister of India, Atal Bihari Vajpayee and showcases the journey of India. The actor has time and again won millions of hearts with his performances in films and series. One of his acclaimed films is Stree which is a horror-comedy that also features Shraddha Kapoor and Rajkummar Rao in main roles.

Fans are eagerly waiting for the much-anticipated sequel, Stree 2. The shooting for Stree 2 has already started in Chanderi, Madhya Pradesh. The filming is currently in progress. Well, on Friday, Pankaj dropped a big hint about Stree 2 and he has surely elevated the excitement meter of the fans. In a recent Ask Me Anything (AMA) session on Reddit, a fan asked for updates on Stree 2 from the actor and the latter shared a GIF from his Mirzapur series that read, "Risk Hai". He even added 'Balak, kyun darna chahte ho'. This cryptic post of Pankaj left fans intrigued about Stree 2.



Gadar 3 Confirmed: Director Anil Sharma shares exciting details of Sunny Deol aka Tara Singh's return

The impact of Gadar 2 is yet not forgotten. Sunny Deol's movie received a thunderous response at the box office. It turned out to be one of the highest grossing movies of 2023 as it made more than Rs 500 crore at its domestic market. Fans dove deep into the nostalgia mode and loved the return of Tara Singh and his Sakina on the big screen. Ever since the release of Gadar 2, fans are rooting for Gadar 3. The film ended on a note that gave a hint of Gadar 3. Well, here comes a good news. Gadar 3 has now been officially confirmed by director Anil Sharma. He is the one who made Gadar: Ek Prem Katha and Gadar 2.

director Anil Sharma confirmed that the basic script of Gadar 3 has been locked. He assured that Sunny Deol will be back as Tara Singh on the big screen. The filmmaker stated that he is currently busy with the shooting of the film starring Utkarsh Sharma and Nana Patekar. After wrapping this movie, he will begin work on the script of Gadar 2. The report states that if everything falls in place, fans can expect the shooting of Gadar 3 to begin in 2025. Gadar 3 will also have a backdrop of India-Pakistan conflict but the stakes will be much higher this time. The source also shared,



"A lot of writing will happen to develop the idea, but the team has got the direction of where the story of Tara Singh, Sakina, and Jeete heads from here on."

6 surprising health benefits of consuming beans daily



Few foods in the world of nutrition are as versatile and full of health advantages as beans. Tucked away in the back of our pantry, these humble legumes are culinary chameleons that add a wealth of nutrients to meals while also enhancing their flavor. These unassuming legumes are a superfood deserving a prime spot in your kitchen, promising a tasteful journey to better health. Here are 6 unexpected health advantages that make them an essential part of any diet.

The power of protein

One of the best sources of protein for tissue growth and repair is beans. Beyond its ability to build muscle, protein is essential for good general health. Beans are remarkable because, with the exception of soybeans, which are a complete protein on their own, they contain all nine essential amino acids. You can create a symphony of amino acids by combining beans with grains, nuts, or dairy, which will guarantee that your body gets all it needs for optimal function.

Fiber for a healthier you

Beans, being high in fiber, are great for lowering cholesterol, controlling blood sugar, and improving digestive health. Benefits

include feeling fuller for longer, which helps with weight management. For your digestive system, fiber acts as a broom, clearing out pollutants and creating a healthy environment in the gut. Including beans in your diet is a delicious way to achieve both a smaller waist and a happy stomach.

Presence of folate

Boasting high folate content, beans contribute significantly to red blood cell production, DNA synthesis, and preventing neural tube defects during pregnancy. Folate, a B-vitamin, is often underrated but plays a crucial role in various bodily functions. Including beans in your diet ensures you get a substantial amount of folate, contributing to overall well-being.

Armed with antioxidant

Beans are armed with antioxidants, defending your cells against damage from free radicals. These little warriors help prevent chronic diseases like cancer, diabetes, and heart ailments. It's like having a tasty shield for your well-being. By regularly enjoying beans, you are not just satisfying your taste buds but also strengthening your body's defenses against external threats.

Heart's best friend

Your heart will thank you for adding beans to your diet. These legumes may assist in lowering blood pressure, reducing inflammation, and enhancing blood vessel function. Packed with heart-friendly minerals like potassium, magnesium, and iron, beans promote cardiovascular health. Making beans a regular part of your meals is a delicious and heart-smart choice.

Good for digestion

Beans are a boon for your gut, feeding the beneficial bacteria in your intestines. These bacteria play a vital role in digestion, vitamin production, and fortifying your immune system. With potential benefits against constipation, diarrhea, and irritable bowel syndrome, beans truly nurture your gut health. So, by enjoying beans, you are not just satisfying your taste buds; you are also creating a thriving environment for the helpful bacteria in your gut.

Benefits of washing your hair with coconut water



Washing your hair with coconut water is a natural and refreshing alternative to traditional hair care products. Coconut water, derived from the clear liquid inside green coconuts, is not only a delicious beverage but also offers a myriad of benefits for your hair. Let's explore the advantages of incorporating coconut water into your hair care routine.

Hydration for hair and scalp

Coconut water is rich in nutrients like vitamins, minerals, and electrolytes. When used as a hair wash, it provides deep hydration to both the hair strands and the scalp. This natural hydration helps combat dryness, reducing issues like dandruff and itehness.

Prevents hair breakage and split ends

The inherent moisturizing properties of coconut water contribute to improved hair elasticity, reducing the likelihood of breakage and split ends. Well-hydrated hair is more resilient and less prone to damage caused by brushing, styling, or environmental factors.

Encourages hair growth

Coconut water contains essential nutrients like potassium and magnesium, which promote hair growth. These nutrients nourish the hair follicles, stimulating healthier and more robust hair growth. Regular use of coconut water as a hair wash can contribute to thicker and longer locks.

Reduces hair loss

Hair loss can be attributed to various factors, including stress, nutrient deficiencies, and poor scalp health. The nourishing properties of coconut water can help address these issues, potentially reducing hair loss. It strengthens the hair from the root, minimizing shedding.

Restores pH balance

The pH level of coconut water closely resembles that of the natural pH of the hair and scalp. Using coconut water as a hair wash helps restore the pH balance, creating an environment that is conducive to healthy hair. Balanced pH levels contribute to smoother, shinier, and more manageable hair.

Natural hair detangler

Coconut water has detangling properties that make it an excellent natural alternative to commercial hair conditioners. It helps smooth out knots and tangles, making it easier to comb or brush through your hair. This can be particularly beneficial for those with curly or unruly hair.

Adds shine and luster

The hydrating and conditioning effects of coconut water contribute to enhanced shine and luster. Regular use of coconut water can transform dull and lifeless hair into glossy, vibrant locks. It leaves your hair looking healthier and more radiant.

General Knowledge Question Answers

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| 1. Which country is known as the “Land of the Midnight Sun”? | a) Monaco b) Vatican City c) San Marino d) Liechtenstein | d) Medan |
| 2. What is the capital of Canada? | a) Toronto b) Ottawa c) Montreal d) Vancouver | 12. Which country is known as the “Land of Fire and Ice”? |
| 3. Which country is the largest island in the world? | a) Ethiopia b) Kenya c) Somalia d) Tanzania | a) Iceland b) Greenland c) Norway d) Finland |
| 4. What is the capital of Mexico? | a) Barcelona b) Madrid c) Seville d) Valencia | 13. What is the capital of South Korea? |
| 5. What is the capital of South Africa? | a) San Marino b) Lesotho c) Andorra d) Monaco | a) Busan b) Seoul c) Incheon d) Daegu |
| 6. Which country is the smallest in the world by land area? | a) Jakarta b) Bali c) Surabaya | 14. Which country is located on the Iberian Peninsula? |
| | | a) Portugal b) Spain c) France d) Italy |
| | | 15. What is the capital of Thailand? |
| | | a) Bangkok b) Chiang Mai c) Phuket d) Pattaya |
| | | 16. Which is the largest country by land area in the world? |
| | | a) China b) Russia c) Canada d) United States |

ASTRO SPEAK

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| ARIES MAR 21 - APR 20 | The moon enters Gemini and sun enters Aquarius, putting you in communicative mood. Use this energy to rub elbows and expand your network, establishing connections that are based on mutual respect and intellectual exchange. Major shifts are afoot as Pluto migrates bringing changes to our world on a grand scale, encouraging us all to evolve as a society. | LIBRA SEP 24 - OCT 22 | Give yourself space to release pent-up emotions while nurturing the heart, dear Libra, as the Taurus moon aligns with the sun and Pluto. You'll feel lighter in spirit once Luna migrates into airy Gemini, putting you in a philosophically fulfilled headspace. Creative juices flow once the sun enters Aquarius, and your house of self-expression and artistic outlets will seem particularly healing throughout the coming weeks. |
| TAURUS APR 21 - MAY 20 | The moon takes its final steps through your sign, forming supportive alliances with the sun and Pluto to offer spiritual reinforcements as day breaks. Take in your surroundings through all five senses as Luna migrates into Gemini, taking care to notice small details in an effort to ground and find gratitude. Pay attention to any themes you notice around your professional ambitions this evening when Pluto enters Aquarius. | SCORPIO OCT 23 - NOV 22 | Say what's in your heart as the Taurus moon connects with the sun and Pluto, dear Scorpio, helping you strengthen essential relationships. You'll invest even further into the partnerships that matter most once Luna enters Gemini, putting you in the mood for commitment. Your nurturing side shines through as the sun enters Aquarius, and you'll see more movement within your domestic affairs in the coming weeks. |
| GEMINI MAY 21 - JUN 20 | Powerful messages may find you this morning, as the Taurus moon aligns with the sun and Pluto. Take a moment to center your thoughts as Luna migrates into your sign, digesting any internal epiphanies that must now be applied to daily life. You'll feel elevated as the sun debuts in Aquarius, marking an era of luck and spiritual fulfillment. | SAGITTARIUS NOV 23 - DEC 22 | Take some extra time to pamper your body and release stress this morning, dearest Archer, as the Taurus moon aligns with the sun and Pluto. Your lovey-dovey side comes out when Luna migrates into Gemini, putting you in a flirtatious and romantic mood. Invest in intellectual quests as the sun enters Aquarius and your solar third house, encouraging education and meaningful dialogue in the coming weeks. |
| CANCER JUN 22 - JUL 23 | Take a moment to find balance and appreciate loved ones early this morning when the Taurus moon aligns with the sun and Pluto. Go deeper within once Luna migrates into Gemini, nudging you to find clarity through introspection. Expect to see major transformations within yourself and your closest partnerships throughout the coming month as the sun travels through Aquarius and your solar eighth house. | CAPRICORN DEC 23 - JUL 20 | Find unique ways to express yourself aesthetically as the Taurus moon aligns with the sun and Pluto, finding empowerment through individuality. Focus on establishing teamwork within group dynamics as Luna migrates into Gemini, organizing any situations that have become messy. A grounded yet thoughtful energy comes into play as sun enters Aquarius, asking you to center your thoughts. |
| LEO JUL 24 - AUG 23 | Recommit to structures that involve organization, efficiency, and healthy living, dear Leo, as the Taurus moon aligns with the sun and Pluto. Give back to your community once Luna migrates into Gemini and your solar eleventh house, brushing up on local news while focusing on ways to make a positive impact. Brace yourself for plenty of romance in the coming weeks as the sun enters Aquarius, shining a light on your love life. | AQUARIUS JAN 21 - FEB 23 | Give into release as the Taurus moon aligns with the sun and Pluto, dear Aquarius, resetting your mind through the art of letting go. Reconnect with your identity as the moon enters Gemini, finding unique ways to express yourself and connect with others. You'll have plenty to celebrate as the sun enters your sign, marking the beginning of your birthday season and a particularly auspicious period for you. |
| VIRGO AUG 24 - SEP 23 | Believe in yourself above all else this morning, dearest Virgo, as the Taurus moon aligns with the sun and Pluto to promote authenticity and offer luck. Focus on establishing structures that can pave your path toward success once Luna migrates into Gemini and the sector of your chart that governs public life and career, sharpening your wits and sense of strategy. | PISCES FEB 20 - MAR 20 | You may reach a breaking point within certain dynamics as the Taurus moon aligns with the sun and Pluto, illuminating which relationships should be nurtured or cut off. Touch base with your emotions when the moon enters Gemini, stepping away from any habits that involve intellectualizing feelings as a way to avoid them. Expect major internal shifts as transformative Pluto enters Aquarius. |