

Ayodhya Ram Mandir inauguration: Salaar star Prabhas donated Rs 50 crore for the ceremony? Fact Check



All of India is waiting for January 22. The day is marked for the inauguration ceremony of Ram Mandir in Ayodhya. It is going to be an extravagant affair as a lot of preparations are being made. Some of the biggest celebrities are expected to be a part of it. Reports suggest that stars like Rajinikanth, Dhanush, Yash, Chiranjeevi, Ram Charan and many more from the South Indian film industry have received invitations. Apart from these celebs, stars like Anushka Sharma, Virat Kohli, Alia Bhatt, Ranbir Kapoor and many more have also been extended invitations. Amidst all this, latest reports had it that Salaar star Prabhas has made a donation of Rs 50 crore to Ram Mandir.

There were reports claiming that Prabhas has donated Rs 50 crore for Ram Mandir consecration as the star has extended help to take the expense of the food on the big day. Moreover, an MLA from Andhra Pradesh also an event claimed that Prabhas has come forward to donate. The video went viral in no time. However, now the actor's team has reacted to the same. To India Today, the team of Prabhas has shared that these reports are false. The team reacted saying that it is 'Fake news'.

Prabhas is one of the biggest names down South. It is unclear whether the actor would be attending the Ram Mandir inauguration ceremony or not. He is running on a tight schedule given the lineup of films. His soon to release film is Kalki 2898 AD. It also stars Deepika Padukone, Amitabh Bachchan, Kamal Haasan and many more. It was recently that the poster of Prabhas' upcoming next The Raja Saab was unveiled. The actor appeared in a happy and dancing mood on the poster. Sandeep Reddy Vanga has also announced that he is going to make a movie named Spirit with Prabhas. Prabhas definitely has a great line-up of films. Then there's of course, the part 2 of Salaar.

Bade Miyan Chote Miyan Teaser: Akshay, Tiger Shroff fans cannot wait for January 24; say 'The poster speaks louder than words'

Bade Miyan Chote Miyan is one of the big Bollywood releases of 2024. Akshay Kumar and Tiger Shroff are joining hands for the project. The teaser date has been announced as January 24, 2024. The film is coming on April 10. This is the first movie of Akshay Kumar, Tiger Shroff with top action filmmaker Ali Abbas Zafar. Bade Miyan Chote Miyan has been shot in gorgeous locations of the UK, Scotland, Middle East, Turkey and other places. Bade Miyan Chote Miyan sees Akshay Kumar and Tiger Shroff as Indian soldiers. Salaar star Prithviraj Sukumaran plays the role of the villain. Akshay Kumar will be back as an action hero after Sooryavanshi. Fans had been dying to see him in this avatar. His past few films like Samrat Prithviraj, Rakshabandhan, Mission Raniganj have tanked at the box office. Tiger Shroff's last movie Ganapath was one of the biggest flops of 2022.

Bade Miyan Chote Miyan has some spectacular action sequences shot in real locations. Akshay Kumar, Tiger Shroff and Prithviraj Sukumaran will be engaged in a battle of might and wit in an action film.



Animal: Taapsee Pannu reveals why the Ranbir Kapoor starrer is NOT fit for the Indian audience; says 'I am not an extremist...'

Animal has truly become the most discussed movie of 2023. Everyone has a take on the Ranbir Kapoor and Sandeep Reddy Vanga's film. The maximum noise is around the unabashed toxic masculinity and misogynistic outlook of the main leads. Quite a few stars like Kangana Ranaut, Nawazuddin Siddiqui, Konkona Sen Sharma and others have spoken out against the movie. It has made Rs 912 crores worldwide so far. Now, Taapsee Pannu has said why she feels films like Animal are dangerous for society. The actress said she would not do a film like that even when she has not seen the movie.

Taapsee Pannu said that stalking is a malaise of Indian society and people claim to be influenced by films. She said those who calling critics of Animal as pseudos need to understand the social and cultural landscape of India. Taapsee Pannu said movies like Animal can be made but the messaging has to be positive. She said that she has a certain responsibility that comes with being a star. She said that she would choose to exert it wisely. Taapsee Pannu said that she is not someone to criticize her colleagues or actors for their choice of projects but she is not comfortable doing a movie



like Animal. The actress also said that people should take films like Animal just for entertainment, and not get influenced by the same.

Recipes

Brown Bread Gulab Jamun



Ingredients
6 slices brown bread
1 cup sugar
1 piece green cardamom
6 tablespoon milk
1 cup water
1 cup vegetable oil

Method:
Bread the bread roughly and add it to a blender. Blend a few times to form breadcrumbs. Take them out in a bowl.
Now add milk to the breadcrumbs and knead with your hands. The mixture might feel crumbly, but don't add more milk.
Keep kneading and you will get a dough soon.
Now make about 10 balls from the dough. Heat oil in a pan and add 5 balls to the pan.
Fry until golden brown in colour. Take them out and fry the rest of the balls as well.
Add 1 cup sugar and 1 cup water to a pot.
Bring to a boil, add cardamom and then let it simmer until it thickens a bit.
Switch off the flame and add the fried balls to it. Cover with a lid and set it aside for 2 hours.
After 2 hours, the Gulab Jamuns will double in size and will be filled with syrup.
Serve warm.
Enjoy !

Diabetes tips: 10 daily exercises to keep blood sugar level under control



Physical activity improves insulin sensitivity, allowing better glucose uptake by cells. It aids weight management, reducing the risk of Type 2 diabetes and helping control blood sugar levels in those with the condition. Exercise enhances cardiovascular health, lowering the risk of diabetes-related complications. It also contributes to stress reduction and improved mental well-being, crucial for individuals dealing with diabetes. Here are a few exercises that can effectively control blood sugar levels:

Brisk walking: Brisk walking improves cardiovascular health, lowers blood sugar levels, and enhances insulin sensitivity. Incorporate it into your daily routine by walking briskly around your neighborhood or using a treadmill. Engage in brisk walking for 30 minutes to an hour.

Cycling: Cycling is a low-impact aerobic exercise that aids in glucose regulation and cardiovascular health. Consider cycling outdoors or using

a stationary bike for convenience. 30 minutes of cycling per day is recommended for those who have high blood sugar levels.

Strength training: Strength training builds muscle mass, enhancing insulin sensitivity and improving glucose metabolism. Include body-weight exercises or use resistance bands, weights, or gym machines. Engage in strength training exercises for 20-30 minutes a day for thrice a week.

Yoga: Even 30 minutes to an hour of intense yoga sessions can help regulate blood sugar levels. Yoga helps in stress reduction, improved flexibility, and relaxation contributes to better blood sugar management. Choose a combination of poses and include deep-breathing exercises for optimal benefits.

Swimming: Swimming is a full-body workout that improves insulin sensitivity and cardiovascular health. Swim laps or participate in water aerobics for a low-impact exercise option. Engage in swimming for about 30 minutes to an hour.

Jumping rope: Jumping rope boosts heart rate, aids in weight management, and improves insulin sensitivity. Start slowly and gradually increase intensity as your fitness level improves. 20-30 minutes of jumping rope daily can keep your blood sugar level stable.

Tai Chi: Tai Chi includes gentle movements and deep breathing promote balance and blood sugar control. Include Tai Chi as part of your daily routine to enhance overall well-being for 30 minutes.

High-Intensity Interval Training (HIIT): High-Intensity Interval Training (HIIT) is effective for improving insulin sensitivity in a shorter time. Incorporate short bursts of high-intensity exercises, for 20-30 minutes, with periods of rest.

Stair Climbing: Climbing stairs for 15-20 minutes is a good cost-free way to manage blood sugar levels. Engages leg muscles and supports glucose utilization. Use stairs at home, at work, or find a nearby staircase for a quick and effective workout.

Unveiling 5 DIY solutions for rosy cheeks



As winter's brisk winds envelop us, prioritizing our skin's well-being becomes paramount. In the winter of 2024, the timeless aspiration of attaining naturally rosy cheeks takes center stage. Rather than relying exclusively on commercial products, delve into the efficacy and simplicity of home remedies to impart a healthy flush to your skin. This guide unveils five readily available and natural solutions to help you achieve that coveted rosy glow during the winter season.

Discover the top 5 home remedies for rosy cheeks:

Exercise
Engaging in regular exercise is a clandestine winter skincare tip, fostering increased blood flow for a naturally radiant complexion. Opt for activities that elevate your heart rate, defying the winter chill and ensuring your skin remains vibrant and healthy throughout the season.

Hydration
Confront winter dryness by maintaining optimal hydration levels. Adequate water intake is the cor-

nerstone of Winter Skincare 2024, enhancing your skin's natural glow. This simple practice ensures your skin stays supple and radiant despite the challenges posed by the season.

Healthy Diet
Nourish your skin's radiance from within by adopting a wholesome diet rich in fruits, vegetables, and antioxidants. These nutrient-packed foods contribute to coveted rosy cheeks and an overall healthy complexion, making them essential elements of your Winter skincare routine.





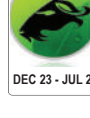


Massage
Revitalize your skin with a straightforward massage technique. Gently massaging your cheeks with your fingertips enhances blood circulation, fostering a natural blush. This easy home remedy adds a rosy and vibrant touch to your Winter 2024 skincare routine.

Steaming
Combat winter dullness with a rejuvenating steaming session. Warm water opens pores and improves blood circulation, ensuring a rosy glow. Incorporate this simple remedy into your Winter 2024 skincare routine for a refreshed and invigorated complexion, infusing warmth into your beauty regimen.

From nourishing masks to hydration hacks, these natural solutions cater to your skin's needs, guaranteeing a healthy and glowing complexion. Embrace these home remedies to not only enhance your skin's vibrancy but also introduce a touch of self-care into your daily routine. With these simple tips, let your skin radiate and relish the winter season with a natural, rosy glow.

General Knowledge Question Answers

1. The Hemis National Park is famous for	Kashmir	ed in Jammu and Kashmir
A. Golden Eagle	A. Hari Singh	A. Phuljhar Lake
B. Tiger	B. Syed Mir Qasim	B. Koleru Lake
C. Wolf	C. Ghulam Mohammed Sadiq	C. Anchar Lake
D. Snow Leopard	D. Sheikh Abdullah	D. Hamirsar Lake
2. The Shalimar Bagh was built in the year	7. Sheikh Abdullah died in the year	12. Which town in Jammu and Kashmir is also known as Apple Town
A. 1606	A. 1978	A. Sopore
B. 1619	B. 1982	B. Anantnag
C. 1627	C. 1985	C. Shupiyon
D. 1635	D. 1989	D. Jammu
3. Which city has the most population in Jammu and Kashmir	8. Which article of the Indian constitution give special state status to Jammu and Kashmir	13. Between which mountain ranges is Kashmir Valley located
A. Udhampur	A. Article 120	A. Himadri – Pir Pranjal
B. Jammu	B. Article 180	B. Shivalik – Himachal
C. Srinagar	C. Article 260	C. Karakoram – Himachal
D. Anantnag	D. Article 370	D. Himadri – Himachal
4. The kargil war was fought in the year	9. From which year the Constitution of Jammu and Kashmir implement	14. Which one is the longest river in Jammu and Kashmir
A. 1998	A. 1956	A. Indus River
B. 1999	B. 1962	B. Jhelum River
C. 2000	C. 1963	C. Chenab River
D. 2001	D. 1965	D. Doda River
5. Who was the last ruling Maharaja of Jammu and Kashmir	10. Total number of Lok Sabha Constituency in Jammu and Kashmir is	15. The Wular Lake is located in which district
A. Hari Singh	A. 4	A. Udhampur District
B. Pratap Singh	B. 6	B. Baramulla District
C. Ranbir Singh	C. 8	C. Bandipora District
D. Gulab Singh	D. 9	D. Kupwara District
6. Who is the first Chief Minister of Jammu and	11. Which of the following lakes of India is locat-	
12. Sopore	8. Article 370	
13. Himadri – Pir Pranjal	9. 1965	
14. Chenab River	10. 6	
15. Bandipora District	11. Anchar Lake	

ARIES  MAR 21 - APR 20	Today's skies offer the break you've been needing, Aries. The moon sifts through mentally active Aquarius, imploring you to reach out and connect with your community and friend groups—without the burden of yesterday's tensions. Even though Aries are notorious for being individualistic, you'll feel at your best when you're a part of something larger than yourself.	LIBRA  SEP 24 - OCT 22	Libras despise tense confrontations of any kind. While yesterday's skies made that quite apparent, today the cosmos offer a moment to mend and release—as the moon peacefully floats through objective Aquarius. Relationships may have gotten rocky recently, so with today's amicable skies, work to patch things up with a lover.
TAURUS  APR 21 - MAY 20	You've been facing some setbacks in advancing your career, Taurus. Mars and Saturn are both working hard to restructure and reframe what you want to do with your life, and that can feel extremely disorienting. The moon, on the other hand, floats agenda less through visionary Aquarius this afternoon—sensitizing you to your public reputation and helping you further contemplate your next move.	SCORPIO  OCT 23 - NOV 22	The concept of home has been more important to you than ever, Scorpio. Today's Aquarius moon sensitizes you to your home base and your connection to family. You need reassurance now that the foundations you're building are the right ones. Mars and Saturn in Aquarius are working to reframe your living environment, helping you get deeply in touch with what you require in a home.
GEMINI  MAY 21 - JUN 20	Break your routine in whatever way you can today, Gemini. The moon floats through high-minded Aquarius this afternoon, pulling you into a dreamworld of potential "what if's" in your grand view of life. Get lost in the world of a foreign film, begin a new book, or do something out of the ordinary to keep that curious mind of yours content.	SAGITTARIUS  NOV 23 - DEC 22	A much needed wave of relief washes over your mind this afternoon, Sagittarius. The moon floats through freethinking Aquarius today, totally uninhibited from other contacts in the sky. This gives you time to gather your thoughts and understand what's next for you. Communication is critical to your comfort today, and need for exchanges in your environment.
CANCER  JUN 22 - JUL 23	Today's skies are less emotionally slurring than yesterday's skies, Cancer. The moon tiptoes through mentally stimulated Aquarius, making no aspects to other planets throughout the day. This signals that it's best to keep overtrovred or initiatory actions to a minimum. Partnership, intimacy, and psychological explorations dominate your thoughts today—so crack open up a deep conversation with a lover.	CAPRICORN  DEC 23 - JUL 20	You've been waiting for an alleviating moment for a while now, Capricorn. Today's skies deliver you the break you've been craving, as there's relatively little action throughout the day. The moon ambles through offbeat Aquarius throughout the day, calling attention to your natural abilities and talents and asking you to reignite your interests in things you've left on the back burner. Get lost in it and love what you do.
LEO  JUL 24 - AUG 23	You've been rearranging your perspective on life and all of its functions recently, Leo. The cosmos of late haven't been so easy to navigate, especially on one's own. Today's skies lighten the load as the moon floats through other-oriented Aquarius, drawing you to a deeper understanding of relationship matters. Your one-on-ones take priority today, so refrain from keeping everything to yourself.	AQUARIUS  JAN 21 - FEB 23	Today calls attention to your appearance and physical health, Aquarius. The moon ambles freely through your sign throughout the afternoon, making no aspects to other planets and leaving you to your own devices. Today's skies are unequivocally lighter than the past few days, so take advantage of the levity and reconnect with your body.
VIRGO  AUG 24 - SEP 23	You need a project to unleash your energy towards right now, Virgo. Today's cosmic mix is undoubtedly easier to handle than the past few days, as the moon floats solo through visionary Aquarius. Work, errands, health, and exercise are calling out for your attention today. So, tune into your body and pick a project that you can activate your natural busybody tendencies.	PISCES  FEB 20 - MAR 20	Alone time is important to foster in your environment today, Pisces. The moon drifts without a care in the world through Aquarius this afternoon, lifting the crushing weight off your shoulder the past few days. Your sensitivities are running high today and you still may wish to refrain from much interaction with other people. Silence your phone, run a bath, and let your spirit refresh itself.