

Fighter: After Pathaan, Deepika Padukone is all set to dominate the box office with her upcoming Republic Day release



Fighter: The past year, has truly been the biggest year for Deepika Padukone in her already illustrious career. With two big ticket releases, Pathaan in the beginning of the year and Jawan toward the end, that garnered about 2200 crores at the global box office, Deepika Padukone transcended to a different place altogether with the successes. And now with the release of Fighter slated for 25th January 2024, the anticipation is at an all-time high. She truly is a massive heroine doing massive films.

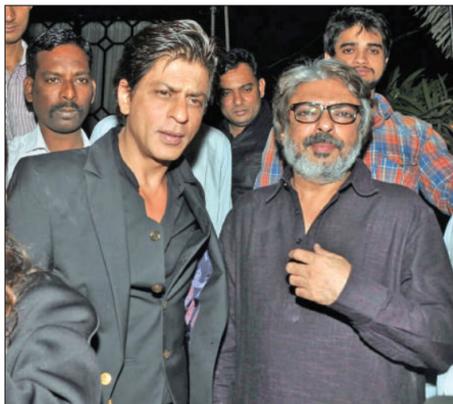
Cut to 25th January 2023, when Deepika Padukone alongside Shah Rukh Khan captivated audiences in Pathaan. The espionage thriller not only captured the audience's imagination but also solidified Deepika's position as India's Numero Uno. With Jawan in the same year, she was the only actress to cross 2200 crore at the global box office in a single year.

As the release date of Fighter approaches, the excitement among fans and industry insiders is palpable. The film, directed by Siddharth Anand, is not just India's first aerial action entertainer but also marks Deepika Padukone's first onscreen collaboration with Hrithik Roshan, which was a casting coup in itself. The duo's sizzling chemistry and the promise of adrenaline-pumping action have piqued the interest of cinephiles across the country and globe. The actress's ability to connect with audiences and deliver memorable performances has been a consistent feature of her career. Deepika's past successes on this patriotic occasion have set the bar high, and fans are eagerly waiting to see how Fighter will emerge as another gem in her illustrious filmography. These films are a proof to the statement of how Deepika Padukone is the ultimate 'Bade Film Ki Badi Heroine.'

Sanjay Leela Bhansali to soon begin shooting for Inshallah; is in talks with Shah Rukh Khan?

Shah Rukh Khan who proved to be the box office king with his last three releases Pathaan, Jawan, and Dunki was reportedly supposed to do Sanjay Leela Bhansali's Inshallah. Earlier Salman Khan and Alia Bhatt's names were finalised for this said film. But due to some creative clashes on the sets, Salman Khan reportedly walked out of the film. Later it was said that Gangubai Kathiawadi filmmaker had approached Shah Rukh Khan for the same role. But now the buzz as reported in Bollywood Hungama, Dunki star too has made an exit from the film.

The reports suggest in Bollywood Hungama that Shah Rukh Khan has politely walked out of Sanjay Leela Bhansali's Inshallah as he is right now looking to do something in a different space and Inshallah is not the kind of film he wants to do right now. The report further states that Shah Rukh Khan immensely respects Sanjay Leela Bhansali and has insisted on coming up with a fresh idea and is ready to collaborate with him on something different.



Emergency: Kangana Ranaut's film on Indira Gandhi finally gets a release date; to clash with Kartik Aaryan's movie

Emergency: Bollywood actress Kangana Ranaut's upcoming film on former Indian Prime Minister, Indira Gandhi will finally release after a long wait. Emergency also holds significant importance as this is late actor Satish Kaushik's last Bollywood film. The movie also stars actors Anupam Kher and Mahima Chaudhry and was originally scheduled to release on November 24, 2023. However, it was postponed for unknown reasons. The good news is that the movie has now received a new release date.

The makers of Emergency recently released a promotional video where they finally unveiled the release date, June 14, 2024. One look at the above video and we can guarantee that this film will certainly be hailed as one of the best performances of Kangana Ranaut till date. Fans of Kangana Ranaut are thrilled about the movie finally being released, but the makers of Kartik Aaryan's upcoming new movie are not too pleased with the news. Just like Kangana Ranaut's Emergency, Chandu Champion, directed by Kabir Khan, is also scheduled to release on June 14, 2024. While the Kartik Aaryan's movie is expected to have all the ingredients of a blockbuster film, a clash at the box office could impact



the movie's collections.

Recipes

Tandoori Dhokla



Ingredients

- 1 cup gram flour (besan)
- 1 teaspoon ginger paste
- 1/2 teaspoon fruit salt
- 1 teaspoon mustard seeds
- 2 tablespoon vegetable oil
- 1/2 tablespoon red chilli powder
- 1/2 teaspoon turmeric
- 1/2 cup yoghurt (curd)
- 1 tablespoon tandoori masala
- 2 stalks curry leaves, salt as required

Method:

Add besan, turmeric, ginger paste, curd, fruit salt, 1/2 tsp tandoori masala, red chilli powder and salt as per taste. Add water as per need and mix well to prepare a thick and smooth batter.

Grease a circular thali with some oil and pour the batter in it. Place it in a steamer; cover and steam for 10-12 minutes. Once done, take it out and let it cool down.

Chop the Tandoori Dhokla in cubes and place them on a plate. Now for the tempering, heat oil in a pan, add curry leaves, mustard seeds and let them splutter for a minute or so. Pour this tempering on the Dhokla cubes. Lastly, sprinkle 1/2 tsp tandoori masala on top.

Serve the Tandoori Dhokla with fried green chillies, tamarind chutney or any other chutney of your choice.

Tips

You can make a sweet tempering by add 1/4 cup water to the tempering along with 1-2 tsp sugar. Bring to a boil and pour it on Dhokla pieces.

Winter mornings are not the best time to walk: Here's what you can do instead



Winter mornings often bring chilly temperatures and frosty landscapes, making outdoor walks less appealing for many. However, staying active and maintaining a healthy routine remains essential even in the colder months. If braving the cold isn't your cup of tea, fear not! There are plenty of indoor activities that can keep you energized, fit, and in good spirits during winter mornings.

Indoor workout

Embrace the warmth of your home by engaging in indoor workouts. Follow online fitness videos, try yoga, or set up a home gym routine. Exercise not only keeps you physically active but also releases endorphins, boosting your mood and energy levels. Turn on your favorite tunes and dance your way into the day. Aerobic exercises can be adapted for home settings.

Jumping jacks, high knees, and skipping rope are effective aero-

bic activities that require minimal space and equipment. They are sure to warm you up and get your heart rate up.

Stop passing off migraine as headache

Gentle stretching exercises can be a wonderful alternative to a brisk morning walk. Focus on flexibility and mobility to wake up your muscles and joints, improving circulation and reducing stiffness.

Other alternatives for you

Engage in indoor sports or games to get your heart pumping. Whether it's table tennis, mini-basketball, or even a game of active charades, these activities provide a playful and enjoyable alternative to outdoor walks.

Dancing is a fun and effective cardiovascular exercise that warms you up quickly. It's a great way to start the day with a positive and energetic vibe.

Join virtual classes

Join virtual fitness classes that cater to indoor workouts. Many platforms offer live or recorded sessions in various fitness styles, allowing you to choose what suits your preferences and fitness goals.

Try meditation and mindfulness

Winter mornings are conducive to cultivating a mindfulness practice. Spend time meditating, focusing on your breath, and setting positive intentions for the day. Mindfulness contributes to mental well-being and can be a tranquil start to your morning.

While winter mornings might not be the ideal time for outdoor walks, there are numerous indoor activities that offer warmth, comfort, and health benefits.

From invigorating workouts and dance sessions to the tranquility of yoga and meditation, there's a plethora of options to choose from. Remember, the key is to find activities that resonate with you and make your winter mornings enjoyable and fulfilling.

How to stop thinning of hair



Telogen – lasts two to three months where the hair is neither growing or falling out.

Exogen – happens where the hair sheds and falls out, which can last two to five months. On average, people lose between 50 to 150 hairs each day.

How to reduce or treat thinning hair

Losing hair can be a difficult experience. Hair loss and thinning can stem from many different reasons, often exacerbated by lifestyle factors including high stress levels, an unbalanced diet, iron deficiency and sudden weight loss. But there are some things you can do. To maintain healthy, steady and effective hair growth, it's important to prevent hair thinning from an early age.

Things you can do to promote hair growth include:

Eating a healthy and balanced diet. Staying active to reduce stress and stimulate endorphins.

Embracing relaxation techniques such as meditation and massage. Improving the balance of your work and personal life.

If you are suffering from dietary or health deficiencies then the use of supplements can have a benefit on hair growth, but not all do so. In-fact in some cases consuming too much Vitamin E or Selenium can have the effect of actually increasing hair loss.

If you're interested in which shampoo or hair thinning treatment to use, the first step is trying to identify the source of the problem, to establish why your hair is shedding or falling out.

There are many shampoos that claim to reduce hair thinning and promote hair thickness, as well as improve the shine and the general appearance of your hair. It's important to research the formulas and check the science behind them. Caffeine for example has a growing body of evidence in promoting hair growth.

Hair thinning or hair loss can be caused by many different factors, including both controllable and uncontrollable circumstances. According to NHS(UK) statistics, around 50% of women over the age of 65 experience hair loss or hair thinning, and two-thirds of all men are affected. Although it's a common issue – and usually nothing to worry about – thinning hair can be a difficult and upsetting process emotionally, impacting both our confidence and identity.

Hair growth

The four phases of the hair growth cycle:

Anagen – which lasts two to eight years. This first phase of the cycle is where hair is actively growing. The cells in the root of the hair add to the hair shaft. At any time, 80-90% of the hairs on a head are in the anagen phase.

Catagen – usually four to six weeks long, the catagen phase is a short phase which occurs at the end of the anagen phase. The hair strand detaches from its blood supply.

General Knowledge Question Answers

1. Which of the following animals is a marsupial?

- a) Koala
- b) Kangaroo
- c) Platypus
- d) Tasmanian devil

on Earth?

- a) African elephant
- b) Blue whale
- c) Giraffe
- d) Hippopotamus

brain-to-body ratio?

- a) Humans
- b) Dolphins
- c) Chimpanzees
- d) Elephants

2. What is the respiratory organ in fish?

- a) Lungs
- b) Gills
- c) Tracheae
- d) Spiracles

7. What is the primary function of the pancreas in the human body?

- a) Digestion
- b) Respiration
- c) Circulation
- d) Excretion

12. Which of the following is NOT a type of muscle tissue found in animals?

- a) Skeletal muscle
- b) Cardiac muscle
- c) Smooth muscle
- d) Nervous muscle

3. What is the scientific name for the study of insects?

- a) Entomology
- b) Herpetology
- c) Ornithology
- d) Ichthyology

8. Which of the following animals does NOT have a backbone?

- a) Fish
- b) Amphibians
- c) Reptiles
- d) Invertebrates

13. Which of the following animals is a marsupial?

- a) Kangaroo
- b) Koala
- c) Platypus
- d) Hedgehog

4. Which of the following is NOT a type of tissue in animals?

- a) Epithelial tissue
- b) Connective tissue
- c) Muscle tissue
- d) Photosynthetic tissue

9. What is the name of the process by which plants convert light energy into chemical energy?

- a) Photosynthesis
- b) Respiration
- c) Digestion
- d) Fermentation

14. Which of the following is NOT a type of joint found in animals?

- a) Ball-and-socket joint
- b) Hinge joint
- c) Pivot joint
- d) Fixed joint

5. Which of the following animals is a monotreme?

- a) Platypus
- b) Kangaroo
- c) Koala
- d) Tasmanian devil

10. What is the scientific name for the study of birds?

- a) Herpetology
- b) Ornithology
- c) Entomology
- d) Ichthyology

15. Which of the following is the largest organ in the human body?

- a) Liver
- b) Skin
- c) Kidneys
- d) Heart

6. Which of the following is the largest mammal

- 13. Kangaroo
- 14. Fixed joint
- 15. Skin

- 9. Photosynthesis
- 10. Ornithology
- 11. Elephants

- 4. Photosynthetic tissue
- 5. Platypus
- 6. Blue whale
- 7. Digestion

- 1. Kangaroo
- 2. Gills
- 3. Entomology

ASTRO SPEAK

ARIES



Sweet Venus enters stoic Capricorn softening the rough edges within us all. This planetary placement also brings opportunities to manifest professional ambitions, helping you balance grace with authority to seize a more prominent role in your field. Meanwhile, the moon continues its journey through Cancer, helping you better understand the emotions and needs of those around you.

LIBRA



Venus, your planetary ruler, moves into Capricorn and the sector of your chart that governs domestic bliss. Use this energy to reinvest in the coziness of your space. Libra, spending more time hosting loved ones at home versus going out in the coming weeks. Emotional outbursts within yourself and others when the Cancer moon faces off with Mercury this afternoon, bringing rough edges to the surface.

TAURUS



Blessings are afoot as Venus makes her debut into Capricorn, activating the sector of your chart that governs luck, expansion, and spirituality. Lean into these vibes by believing in yourself and the power of manifestation, and you're sure to surprise yourself in the coming weeks. Meditate on ways to put action behind your most brilliant ideas tonight when Mars stirs, leaving room for improvisation and plot twists.

SCORPIO



You'll feel more comfortable voicing your needs within matters of the heart throughout the coming weeks, as Venus enters Capricorn and your solar third house. This planetary placement also presents an opportunity to examine your relationships, asking you to make more space for dynamics that offer stability and security. You should think your actions through carefully before executing them.

GEMINI



You'll focus more heavily on personal commitments throughout the coming weeks, as Venus enters Capricorn. This planetary placement shines fondly upon financial, and business alliances, helping you move forward. Just be mindful not to jump the gun with your investments when the Cancer moon faces off with Mercury this afternoon, pausing to fully think through important financial moves.

SAGITTARIUS



Venus moves into Capricorn and the sector of your chart that governs money, dramatically elevating your ability to manifest and prosper throughout the coming weeks. Meanwhile, the Cancer moon shines a light on your business partnerships, though a harsh opposition to Mercury this afternoon could lead to financial disagreements.

CANCER



Venus migrates into Capricorn, priming you for plenty of romance in the coming weeks. However, you'll need to focus on your own needs, as this planetary placement pushes you to bring more structure to self-care practices and find harmony. Try to diffuse conflict as it arises, steering clear from needless bickering lest arguments intensify into something more fiery when Mars becomes agitated tonight.

CAPRICORN



Venus makes her debut in your sign amplifying your natural allure and ability to put others at ease. You can also expect to gain more attention from potential mates throughout the coming weeks, and an era of romance will be in store whether you're single or happily partnered. You may need to burn off some steam when Mars stirs, making it a good time to do something fun with your favorite partner in crime.

LEO



Venus enters Capricorn and the sector of your chart that governs wellness, dear Leo, asking you to show your body some extra love and care throughout the coming weeks. This planetary placement also promotes teamwork, bringing harmonious vibes to you and your colleagues. A restless energy takes hold this evening when Mars becomes agitated, though it may be difficult to muster the energy to get moving.

AQUARIUS



Venus migrates into Capricorn and your solar twelfth house, asking you to focus on finding love from within throughout the coming weeks. Lean into this planetary placement by spending more time in solitude, taking time to appreciate where you've come while finding excitement for what you can still manifest. Consider how movement can be healing when Mars activates this evening, looking for a mind/body connection.

VIRGO



An artistic renaissance unfolds for you throughout the coming weeks, dear Virgo, as Venus enters Capricorn and your house of self-expression. These vibes also bode well for your love life, helping to reinvigorate connections that have gone flat or conjure a new flame. Avoid social media debates tonight when Mars becomes agitated.

PISCES



Venus enters Capricorn and the sector of your chart that governs community, helping you make friends in high places throughout the weeks. This planetary placement also encourages you to accept new roles as a leader within your profession or social sphere, organizing gatherings to connect others and do good. Conflict amongst friends could manifest when Luna faces off with Mercury.