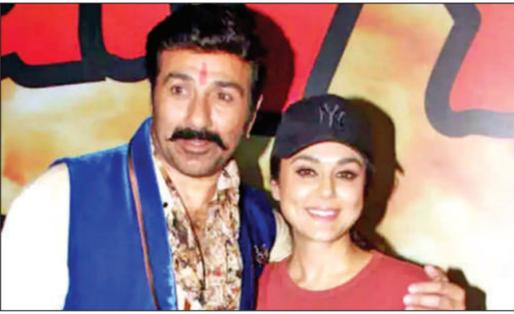


Lahore 1947: Preity Zinta to make a comeback with the Sunny Deol film? Here's what we know



Preity Zinta and her warm equation with the Deol brothers is well known. Bobby Deol and she were adored in the movie Soldier. She has also done four movies with Sunny Deol. Now, news has come that she might make her comeback in films with Lahore 1947. After the success of Gadar 2, Sunny Deol is one of the Bollywood stars with an exciting line-up of movies. Lahore 1947 will be bankrolled by Aamir Khan Productions. Sunny Deol is teaming up with Rajkumar Santoshi for the same. The director-actor combo is the one behind classics like Damini, Ghatak and the epic Ghayal. Fans of the macho star have been wanting a film with Santoshi since a long time.

Preity Zinta might make a comeback in films with Lahore 1947. It seems she was seen exiting a studio where she gave a look test for the movie. In all probability, she will make a comeback to the movies with Lahore 1947. Given the script, it is only suitable that someone like Preity Zinta is cast with Sunny Deol. We saw the kind of love audiences showered on Ameesha Patel on her return with Gadar 2.

Sunny Deol told on Koffee With Karan 8 that Aamir Khan told him at the Gadar 2 success party that he wanted to meet and chat with the star. He said he was taken aback by what he said. It seems Aamir Khan and Sunny Deol met the next day, and discussed some ideas. After some conversations, they decided to work on Lahore 1947. Aamir Khan is also a part of the Rajkumar Santoshi film. Sunny Deol is also supposed to be playing Lord Hanuman in Nitesh Tiwari's Ramayana.

The movie is supposed to go on floors from February 12, 2024. It seems the makers have made sets in Film City and other places in India to show the partition era. Preity Zinta and her husband Gene Goodenough rang in the New Year in the Inca trail of Machu Picchu, Peru.

Fighter: Hrithik Roshan, Deepika Padukone and other cast members' fee will leave you astonished

Fighter is released today that is on January 25, 2023, and the film is receiving a raving response from the audience as they are hailing it as a perfect take-off for Republic Day. Fighter is the first film made in Bollywood that has given fans the aerial action experience. The budget of the film is nearly around 250 crore. While the fans are gushing over Deepika Padukone and Hrithik Roshan's performances in the film, let's take a look at how much the actors have been paid and is it worth it.

Hrithik Roshan who plays Patty and is just a charmer in the film was paid 50 crore reportedly, and boy he deserves every bit. Fans are hailing his entry and the performance as Baal-level entertainment. Deepika Padukone shines in every frame. She is the new action queen in Bollywood, Deepika is so comfortable with the action scenes that she will leave the duo in awe of her. The actress was reportedly paid 15 crore for Fighter and she deserves even more.

Anil Kapoor is the star of the show. His nuances are just brilliant. He shows his supremacy in the frame and steals your attention. Anil reportedly took rupees 7 crore home.



Karan Singh Grover is a surprise package as Squadron Leader Sartaj Gill and the handsome actor charged rupees 2 crore for Fighter reportedly.

Shaitaan teaser: Ajay Devgn, Jyotika's horror thriller is intriguing; Madhavan's sinister laugh will give you goosebumps

Get ready to enter the world of Shaitaan. Ajay Devgn just dropped the teaser of his next supernatural thriller and boy it's intriguing and how. The moment the teaser starts it will keep you hooked on the screen and asking for more as it gives you an adrenaline rush. Ajay Devgn, Jyotika, and R Madhavan's presence in the teaser of Shaitaan shows that the movie is going insane. Fans are raving about the teaser and are calling it mind-blowing and how. The highlight of the teaser is R Madhavan's sinister laugh that will instantly give you goosebumps.

Shaitaan is directed by Vikas Bahl. This film promises to be a genre-defining, edge-of-the-seat experience that will keep the audiences glued to the screen. While the teaser takes you into the world of Shaitaan, R Madhavan's sinister smile at the end will surely give you the chills. The film will take you through a gripping journey that deals with the sinister elements of Indian Black Magic. The fans are excited for Shaitaan as after a long time the supernatural thriller is making space in theatres and it is definitely going to be worth it.



worth it.

Recipes

Caramel Pancake



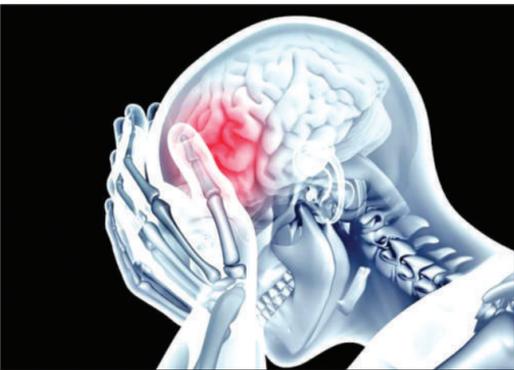
Ingredients

- 2 egg
- 1 cup refined flour
- 1/2 teaspoon vanilla essence
- 1 tablespoon vegetable oil
- 1/2 cup milk
- 3 tablespoon sugar
- 1/2 banana
- 1/4 teaspoon salt

Method:

In a bowl, crack open the two eggs. Add salt and 1 tsp sugar. Whisk really well to combine the ingredients together. Add milk, refined flour and vanilla essence. Mix really well to form a smooth batter. Add 2 tsp sugar to a pan and put on heat. Add 1 tsp water and give a mix. Let the sugar melt. Now thinly slice the bananas and place them on the pan. Also drizzle about 1 tsp oil in the pan. Pour 2-3 ladlefuls of batter into the pan and spread it gently to cover the banana slices. Let it cook from one side. Once golden brown in colour, flip it towards the other side and cook it. Make more such pancakes with the remaining batter. Serve with caramel sauce, maple syrup and fruits of your choice. You can pair them up with fruits of your choice or garnish them with some caramel sauce, maple syrup or even chocolate sauce.

Common habits that can damage the brain



The brain is a marvel of life and complexity that controls our memories, feelings, and thoughts. Since its complex network of neurons controls all of our movements, it is the most important organ in the human body. However, we frequently engage in habits that unknowingly endanger this priceless organ while going about our daily lives. Here we will reveal 7 typical behaviors that may unintentionally harm the brain and provide methods to protect it.

Prolonged sitting
Because of technology, we have become comfortable in the sedentary lifestyle and are unaware of the negative effects it has on our brains. Long periods of sitting can lower blood flow to the brain, as demonstrated by a UCLA Health study. The thinning of brain regions associated with memory formation is a stark reminder that movement is not just beneficial for the body but crucial for cognitive health. Avoid falling into this trap by adopting a weekly schedule that includes at least 150 minutes of physical activity and by introducing

quick breaks every 15 to 30 minutes.

Insufficient sleep
We frequently overlook the value of sleep in our hectic lives. However, sleep deprivation impairs cognitive abilities, affecting memory, reasoning, and problem-solving skills, as shown by a Harvard Health study. Going to bed an hour earlier, abstaining from alcohol and caffeine an hour before bed, and lowering blue light exposure can all act as protective barriers, guaranteeing the brain's nightly renewal and repair.

Excessive screen time
We live surrounded by screens that create a digital tapestry that influences how we live. On the other hand, excessive screen time throws off the delicate balance of our circadian rhythm, which can cause mood disorders, exhaustion, and insomnia. The National Institutes of Health warn that extended screen time in kids is associated with poorer thinking and language test results. Limit your daily screen time and create a screen-free zone at least an hour before bed to help you navigate this digital maze.

Inadequate water intake
Water is an important component of the brain, but it is frequently forgotten in our daily activities. However, even mild dehydration can affect reaction time, memory, and attention, as the "Effects of Dehydration and Rehydration on Cognitive Performance" study shows. Make sure you drink enough water throughout the day, especially before and after physical activity, to keep the oasis in your brain refilled.

Skipping breakfast
Breakfast, widely regarded as the most significant meal of the day, gives the brain the vital energy it needs to get through the day. The consequences of missing this important meal are outlined in the study "Skipping Breakfast and Its Association with Health Risk Behavior and Mental Health," which also links it to increased stress and poorer academic performance. Choose for a well-balanced breakfast high in fiber, protein, and healthy fats to fuel the brain for success.

How to handle your wet hair the right way



The transition from a relaxing shower to the styling chair can be a critical phase for your hair. Wet hair is delicate and prone to damage, making it all the more crucial to adopt the right techniques for its care. In this comprehensive guide, we'll explore the do's and don'ts of handling wet hair to ensure that you promote its health and vitality and take extra care of your crown!

Understanding wet hair: Wet hair is more vulnerable than dry hair as it swells and becomes more elastic when saturated with water. The cuticle, the outer protective layer of each hair strand, is lifted, making it susceptible to breakage and damage. Therefore, adopting proper techniques is essential to maintain the integrity of your locks.

The right way to towel dry: Say no to rubbing: Avoid vigorously rubbing your hair with a towel. Your hair is extremely fragile when wet and as you rub them vigorously they break and even make your hair follicle weak. Instead, gently blot excess water using a microfiber or soft cotton towel. Rubbing can lead to friction and breakage, especially when the hair cuticle is open.

Detangle with care: Use a wide-tooth comb or a specialized detangling brush to gently work through knots and tangles. Start from the tips and gradually move upward to minimize breakage. Applying a leave-in conditioner or detangling spray can make the process smoother.

Choosing the right products: Leave-in conditioners: Invest in a quality leave-in conditioner. Applying a leave-in conditioner while your hair is still wet helps in locking in moisture, improving manageability, and reducing frizz.

Serums for shine: Lightweight serums or hair oils can be applied to the lengths and ends to add shine and manage frizz. Opt for silicone-free options to avoid product buildup.

Avoiding heat damage: Air-dry when possible: Embrace the natural beauty of your hair by allowing it to air-dry whenever possible. If using heat styling tools, ensure your hair is at least 80% dry before applying heat to minimize damage.

Low heat settings: When using a blow dryer, opt for a low or medium heat setting. High heat can cause cuticle damage and strip your hair of its natural moisture.

Loose styles for sleep: Consider loose hairstyles when sleeping, such as a loose braid or a silk or satin hair wrap.

Healthy Habits for Wet Hair: Patience is key: Allow your hair to dry naturally whenever possible. Patience during the drying process reduces the risk of damage associated with heat styling.

General Knowledge Question Answers

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| <p>1. Which of the following animals is a marsupial? on Earth?</p> <p>a) Koala
b) Kangaroo
c) Platypus
d) Tasmanian devil</p> | <p>7. What is the primary function of the pancreas in the human body?</p> <p>a) Digestion
b) Respiration
c) Circulation
d) Excretion</p> | <p>12. Which of the following is NOT a type of muscle tissue found in animals?</p> <p>a) Skeletal muscle
b) Cardiac muscle
c) Smooth muscle
d) Nervous muscle</p> |
| <p>2. What is the respiratory organ in fish?</p> <p>a) Lungs
b) Gills
c) Tracheae
d) Spiracles</p> | <p>8. Which of the following animals does NOT have a backbone?</p> <p>a) Fish
b) Amphibians
c) Reptiles
d) Invertebrates</p> | <p>13. Which of the following animals is a marsupial?</p> <p>a) Kangaroo
b) Koala
c) Platypus
d) Hedgehog</p> |
| <p>3. What is the scientific name for the study of insects?</p> <p>a) Entomology
b) Herpetology
c) Ornithology
d) Ichthyology</p> | <p>9. What is the name of the process by which plants convert light energy into chemical energy?</p> <p>a) Photosynthesis
b) Respiration
c) Digestion
d) Fermentation</p> | <p>14. Which of the following is NOT a type of joint found in animals?</p> <p>a) Ball-and-socket joint
b) Hinge joint
c) Pivot joint
d) Fixed joint</p> |
| <p>4. Which of the following is NOT a type of tissue in animals?</p> <p>a) Epithelial tissue
b) Connective tissue
c) Muscle tissue
d) Photosynthetic tissue</p> | <p>10. What is the scientific name for the study of birds?</p> <p>a) Herpetology
b) Ornithology
c) Entomology
d) Ichthyology</p> | <p>15. Which of the following is the largest organ in the human body?</p> <p>a) Liver
b) Skin
c) Kidneys
d) Heart</p> |
| <p>5. Which of the following animals is a monotreme?</p> <p>a) Platypus
b) Kangaroo
c) Koala
d) Tasmanian devil</p> | <p>11. Which of the following animals has the largest brain-to-body ratio?</p> <p>a) Humans
b) Dolphins
c) Chimpanzees
d) Elephants</p> | |

ASTRO SPEAK

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| <p>ARIES
MAR 21 - APR 20</p> <p>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.</p> | <p>LIBRA
SEP 24 - OCT 22</p> <p>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.</p> |
| <p>TAURUS
APR 21 - MAY 20</p> <p>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.</p> | <p>SCORPIO
OCT 23 - NOV 22</p> <p>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.</p> |
| <p>GEMINI
MAY 21 - JUN 20</p> <p>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.</p> | <p>SAGITTARIUS
NOV 23 - DEC 22</p> <p>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.</p> |
| <p>CANCER
JUN 22 - JUL 23</p> <p>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.</p> | <p>CAPRICORN
DEC 23 - JUL 20</p> <p>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.</p> |
| <p>LEO
JUL 24 - AUG 23</p> <p>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.</p> | <p>AQUARIUS
JAN 21 - FEB 23</p> <p>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.</p> |
| <p>VIRGO
AUG 24 - SEP 23</p> <p>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.</p> | <p>PISCES
FEB 20 - MAR 20</p> <p>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.</p> |

