

**Amitabh Bachchan upset with claims of South Indian film industry doing better than Bollywood, here's what he has to say**



There has been a constant debate over the South Indian film industry taking over Bollywood and intact they doing better work than us. Amid the ongoing chatter, the Shahenshah of Bollywood Amitabh Bachchan has come out and spoken about this constant comparison which was a need of an hour. There was a time when Bollywood witnessed a huge downfall especially after Sushant Singh Rajput's death, when Boycott Bollywood trend started, and many thought that Bollywood might not be able to redeem itself. But it did it in a magnificent way.

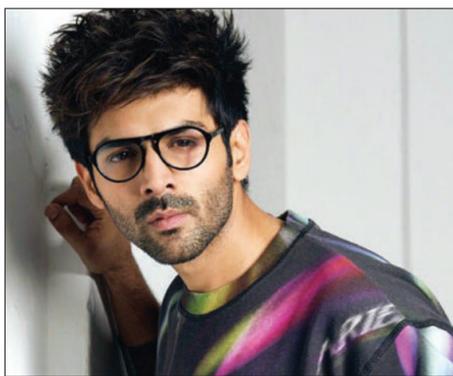
At a recent event, Big B strongly reacted to the comparison between South films and Bollywood. He said, "Many times, the film industry comes under a lot of criticism and all kinds of accusations that you are responsible for changing the morals of the country and changing the attitude of the people. I'm sure that you know Jaya, who has studied formally at the Institute (FTII), would endorse the fact that stories and films are made from experiences that we noticed in nature, in the world, in everyday life, and that is what becomes our inspiration".

Adding further Big B called cinema a power in itself and mentioned that how the chatter of South films are better than Hindi films is not right. "Regional cinema has been doing very well. But when we talk to them, they say they are making the same kind of films that we do in Hindi. They just change the dressing so that they look beautiful. A lot of the people I've met said, 'We are remaking your old films, there's Deevyar, Shakti and Sholay somewhere in all our stories.' Malayalam and some of the Tamil cinema is authentic and aesthetic. This whole idea of pointing fingers at a particular region and saying that unki aachi chahi hai, humari nahi (they are better than us) is not right", quoted by PTL.

**Kartik Aaryan goes 23 hours without sleep for THIS reason**

Kartik Aaryan is currently among the busiest stars of Bollywood. The actor has come a long way in his acting career. From Pyaar Ka Punchnama to Bhool Bhulaiyaa 2, Kartik Aaryan has showcased a tremendous growth. It was Sonu Ke Titu Ki Sweeti that made him one of the biggest stars of the current generation. Now, the actor has many films in his kitty. Amidst the busy schedule, Kartik Aaryan is all set for his performance at Filmfare Awards 2024. This time the award ceremony is going to take place in Gujarat. Kartik Aaryan took to his social media account to update about his rehearsals.

We must say, Kartik Aaryan is one dedicated soul. The actor updated that he was rehearsing for his performance at 3.30 am. He also wrote in one of his stories that he has gone without sleep for almost 23 hours as he was busy shooting for his films, traveling down to Gujarat and then rehearsing for his performance. Kartik Aaryan has a lot of films in the pipeline. On Republic Day, a new poster of his upcoming movie Chandu Champion was released. The movie is going



to release on June 14, 2024.

**Rashmika Mandanna wraps shooting of period action film Chhava; calls co-star Vicky Kaushal a Maharaj**

Popular South Indian actress Rashmika Mandanna is one of the most successful actresses in the industry now. The national crush of India Rashmika gained a lot of attention with her role as Geetanjali in Animal film. The gorgeous actress has been doing films in several languages including Hindi. Recently, Rashmika took to her social media as she announced that she had finished shooting for the period action film Chhava.

Rashmika even praised her co-star Vicky Kaushal. The actress wrapped up the shooting for Laxman Utekar's action period film Chhava. She wrote: "2 days ago was my wrap for Chhava. It took me two days to get myself to accept it..This film is all love! The crew, the cast, the story, the costumes, the vibe, the sets, the visuals, the dialogues..everything! It is all LOVE".

In Rashmika's next post, she praised her co-star Vicky and called him a 'Maharaj'. She wrote, 'its been such a pleasure working with you. You are just toooo warm and kind (except for the last day where you were just taking my ease) but most days you were amazing. I am kidding..you are such a gem. I will always wish the best for you man. Was such a



pleasure. mom has told me to convey regards to you'.

**Recipes**

**Chilli Garlic Wedges**



**Ingredients**  
2 potato  
1/2 teaspoon red chilli powder  
1 teaspoon chilli flakes  
1 teaspoon garam masala  
1 cup vegetable oil  
1 tablespoon minced garlic  
1/4 cup refined flour  
1 teaspoon oregano  
salt as required  
1 tablespoon chopped ginger  
2 tablespoon chopped coriander leaves

**Method:**  
Wash the potatoes well, peel them and cut them into wedges. Soak them in water for 10 minutes. Now add them to a pot along with water and salt. Boil for about 5-6 minutes. Add refined flour to a bowl along with red chilli powder, oregano, chilli flakes and salt. Add water and make a slurry. The slurry should be neither too thick nor too thin. Add the potato wedges to a bowl and mix well to coat them well in the mixture. Now heat 1 cup of oil in a kadhai. Drop the wedges in hot oil and fry in batches. Fry until golden brown in colour. Take out the fried wedges on a plate. Heat 2 tbsp oil in a pan. Add chopped garlic, minced ginger and saute for a minute. Now add chopped coriander leaves and fried potato wedges. Add a pinch of red chilli powder and mix well. Cook for just 1-2 minutes. Serve the Chilli Garlic Wedges with a dip of your choice and enjoy.

**Why walking is the best exercise and tips to increase your daily steps**

Walking is a simple yet highly effective form of exercise that brings a myriad of exclusive health benefits, impacting both physical and mental well-being. Incorporating a regular walking routine into your lifestyle can contribute to overall health, fitness, and longevity.

**It keeps the heart healthy:** Walking is a cardiovascular exercise that gets your heart pumping and blood circulating throughout the body. This regular cardiovascular activity strengthens the heart, improving its efficiency in pumping blood and reducing the risk of cardiovascular diseases such as heart attack and stroke.

**It improves metabolism:** Walking is a natural and accessible way to manage weight. While it may not burn as many calories as high-intensity workouts, the consistency of walking helps create a calorie deficit, aiding in weight loss or weight maintenance. Additionally, walking boosts metabolism, helping the body efficiently use and burn calories throughout the day.

**It keeps the joints and bones healthy:** Unlike high-impact exercises, walking is a low-impact activity that is gentle on the joints. Regular walking can help prevent joint problems and alleviate existing joint pain. Weight-bearing activities like walking also contribute to maintaining and improving bone density, reducing the risk of osteoporosis and fractures.

**It improves digestion:** Walking aids in digestion by promoting the regular movement of food through the digestive tract. This can help prevent constipation and other digestive issues, contributing to a healthy and well-functioning digestive system.

**It increases lung capacity:** Engaging in brisk walking improves respiratory function by increasing lung capacity. The deeper breaths taken during brisk walking strengthen respiratory muscles and enhance the efficiency of oxygen



exchange in the lungs. This can be particularly beneficial for individuals with respiratory conditions like asthma.

**It reduces stress:** Walking has profound effects on mental health. It stimulates the release of endorphins, the body's natural mood boosters, leading to an improved mood and reduced stress levels. The meditative and rhythmic nature of walking can act as a form of mindfulness, promoting relaxation and alleviating symptoms of anxiety and depression.

**It improves sleep quality:** Regular physical activity, including walking, is associated with better sleep quality. The natural fatigue induced by physical exertion can aid in falling asleep faster and enjoying more restful sleep. Establishing a consistent walking routine may contribute to regulating sleep patterns and improving overall sleep quality.

**It is good for those with diabetes:** Walking plays a crucial role in managing blood sugar levels. It enhances insulin sensitivity, allowing cells to better respond to insulin and facilitating the uptake of glucose from the bloodstream. This makes walking a valuable component of diabetes management and a preventive measure for those at risk of developing the condition.

**It improves posture:** Walking promotes good posture and strengthens core muscles. Maintaining an upright posture while walking engages abdominal and back muscles, contributing to a strong core.

**Tips to increase your daily step count:** To increase your daily step count, start by incorporating small changes into your routine. Take short walks during breaks, opt for stairs instead of elevators, and park farther from your destination. Set a daily step goal and use a pedometer or a smartphone app to track your progress. Break your day into segments and schedule short walks in the morning, afternoon, and evening.

**How to make semolina and coffee face pack for a glowing skin**



Creating a semolina and coffee face pack can be a simple and effective way to promote glowing skin. Both ingredients offer benefits such as exfoliation, brightening, and improved blood circulation. Here's a step-by-step guide on how to make and use a semolina and coffee face pack.

**Ingredients:**  
2 tablespoons of semolina (suji or rava)  
1 tablespoon of finely ground coffee  
1-2 tablespoons of yogurt (for normal to oily skin) or milk (for dry skin)  
1 teaspoon of honey (optional, for additional moisturization)  
A small bowl for mixing  
A spoon for stirring

**Instructions:**  
**Combine semolina and coffee:** Take a small bowl and add 2 tablespoons of semolina. Add 1

tablespoon of finely ground coffee to the semolina.

**Add yogurt or milk:** For normal to oily skin, add 1-2 tablespoons of yogurt. For dry skin, add 1-2 tablespoons of milk. Adjust the quantity to achieve a smooth, spreadable consistency.

**Include honey:** If you want added moisturization, include 1 teaspoon of honey. Honey also has antibacterial properties.

**Mix thoroughly:** Use a spoon to mix all the ingredients thoroughly. Ensure that there are no lumps and the mixture is uniform.

**Let it sit:** Allow the mixture to sit for a few minutes to let the semolina absorb the liquid and create a paste-like consistency.

**Application:** Before applying the face pack, cleanse your face to remove any makeup or impurities.

Use your fingers or a brush to apply an even layer of the semolina and coffee face pack to your face, avoiding the eye area.

**Massage gently:** Once applied, gently massage the face pack in circular motions. The semolina and coffee act as natural exfoliants, helping to remove dead skin cells.

**Leave it on:** Let the face pack dry for about 15-20 minutes. As it dries, you may feel a tightening sensation.

**Rinse off:** After the pack has dried, moisten your face with water and gently scrub in a circular motion before rinsing thoroughly. Pat your face dry with a clean towel.

**Moisturise:** Finish by applying your regular moisturizer to keep your skin hydrated.

**General Knowledge Question Answers**

- The Sangai Festival is celebrated in \_\_\_.  
[A] Assam  
[B] Manipur  
[C] Mizoram  
[D] Nagaland
- The temples constructed at Khajuraho are:  
1. Jain temples  
2. Vaishnavite Temples  
3. Saivite Temples  
Choose the correct option from the codes given below  
[A] Only 1 & 3  
[B] Only 2 & 3  
[C] 1, 2 & 3  
[D] Only 1 & 2
- The famous 'Hornbill festival' is celebrated in which of the following States of India?  
[A] Nagaland  
[B] Mizoram  
[C] Assam  
[D] Meghalaya
- Which of the following statements about the Gandhara School of Art is NOT correct?  
[A] It displays Greek artistic influence and the concept of the "man-god" was essentially inspired by Greek mythological culture.  
[B] Gandhara School of art enjoyed the liberal patronage of Indo-Greek rulers.  
[C] Artistically, the Gandhara school of sculpture
- Gundecha brothers are well known exponents of which among the following styles of Hindustani Classical Music?  
[A] Khayal  
[B] Tharana  
[C] Dhrupad  
[D] Thumri
- In which of the following city Elephant festival is celebrated annually?  
[A] Jaipur  
[B] Jodhpur  
[C] Kota  
[D] Ajmer
- 'Me-Dam-Me-Phi' festival is a festival of which the communities in North Eastern India?  
[A] Tai-Ahom  
[B] Deori Tribe  
[C] Garo  
[D] Khasi
- Today's Gurmukhi, Dogri and Sindhi scripts have developed from which among the following scripts?  
[A] Brahmi Script  
[B] Sarada script
- The Sangai Festival is celebrated in \_\_\_.  
[C] Tankari Script  
[D] Kushana Script
- Ezhuthachan Puraskaram is the highest literary award of which among the following Governments?  
[A] Kerala  
[B] Tamil nadu  
[C] Karnataka  
[D] Andhra Pradesh
- Which state Government confers the Basavashree award?  
[A] Gujarat  
[B] Maharashtra  
[C] Andhra Pradesh  
[D] Karnataka
- A Fire temple is a place of worship for \_\_\_?  
[A] Sikhs  
[B] Zoroastrians  
[C] Buddhists  
[D] Shinto's
- Bageshwari Qamar is India's first and only (possibly) woman player of which of the following music instruments?  
[A] Ghatam  
[B] Shehnai  
[C] Pakhawaj  
[D] Santoor

- Answers:**  
1. Manipur  
2. 1, 2 & 3  
3. Nagaland  
4. Gandhara School of art enjoyed the liberal patronage of Indo-Greek rulers.  
5. Dhrupad  
6. Jaipur  
7. Tai-Ahom  
8. Sarada script  
9. Kerala  
10. Zoroastrians  
11. Shehnai  
12. Zoroastrians

**ASTRO SPEAK**

- ARIES** The new moon rises in your sign early nudging you to make a special wish to the other side. Use this energy to fully honor your birthday season, taking into consideration the achievements you hope to reach throughout the next six months. Meanwhile, the sun and Uranus face off overhead, which could bring a plot twist to your day, especially where matters of the heart are concerned.
- LIBRA** The Scorpio new moon wants you to feel healthy, wealthy, and sensual, dear Libra, activating your house of the material realms. Set intentions around your financial goals, connecting with your body and the earth as you work toward manifesting prosperity. Meanwhile, the sun and Uranus face off overhead, asking you to reevaluate your spending habits, relationship to debt, and personal commitments.
- TAURUS** Set intentions that revolve around healthy relationships and strengthening your love of self, dear Taurus, as the Scorpio new moon activates your solar seventh house. Remember that it's okay to change your mind about certain people or situations when the sun and Uranus face off, but try not to make reckless decisions while under pressure or if things get heated.
- SCORPIO** The new moon rises in your sign early nudging you to make a special wish to the other side. Use this energy to fully honor your birthday season, taking into consideration the achievements you hope to reach throughout the next six months. Meanwhile, the sun and Uranus face off overhead, which could bring a plot twist to your day, especially where matters of the heart are concerned.
- GEMINI** Recommit to your health under the Scorpio new moon, making a vow to prioritize wellness. However, you may be called to break certain patterns if you're to take these intentions seriously, though opposition between sun and Uranus could conjure anxiety over the process of change. Neptune steps in to soften the vibe, acting as a reminder that you have the power to set personal boundaries.
- SAGITTARIUS** Stillness finds you under the Scorpio new moon, dearest Sagittarius, inspiring you to go deep within. Meditation, journaling, and solitary walks will open your heart and mind, helping you find peace where it is needed most. If possible, avoid high-pressure situations when the sun and Uranus face off, and remember to support your physical self when feeling overwhelmed.
- CANCER** Let your ego have some fun under the Scorpio new moon, dearest Cancer, fully appreciating the qualities and talents that make you unique. Now is the ideal time to recommit to hobbies, friendships, and artistic outlets that lift you up, cultivating your best life. Take a break from your screens when the sun and Uranus face off, opting to lean into spiritual practices or passion projects instead as Neptune activates.
- CAPRICORN** Your humanitarian side shines through under the Scorpio new moon, dear Sea-goat, causing you to consider how you can contribute to the betterment of society. Use this energy to spread some good but avoid political clashes as the sun and Uranus face off. Your influence grows this afternoon when Pluto activates, empowering you within the community.
- LEO** The Scorpio new moon has a nostalgic effect on you, putting you in the mood for simpler times. Lean into this energy by investing in your space while finding ways to nurture the child within. Tensions could brew as the sun and Uranus face off, and it may seem easier to close off emotionally than deal with unexpected conflict. Plan something fun this evening when the moon enters Sagittarius and your house of recreation.
- AQUARIUS** The stars ask you to get serious about your ambitions, dear Aquarius, as the Scorpio new moon activates your solar tenth house. Use this energy to set intentions for the next six months, focusing on the pursuit of professional achievement and status. Try to maintain an emotional center as the sun and Uranus face off, threatening to trigger mood swings or issues with authority figures.
- VIRGO** Pay attention to the ideas that land in your head as Scorpio moon encourages fresh perspectives. Meanwhile, the sun and Uranus face off overhead, promising to broaden your horizons through "a-ha" moments, new information, and opportunities for adventure. A dreamy energy also comes into play as Neptune activates, encouraging you to escape into softness.
- PISCES** Peace finds you as the Scorpio new moon rises in your solar ninth house, dear Pisces, unleashing the philosopher within. Lean into these vibes by embracing all your favorite spiritual practices and activating your connection with the divine. Your intuition spikes as the sun and Uranus face off, opening the door for epiphanies and psychic downloads.