

Pakistani singer Atif Aslam to make his Bollywood comeback after 7 years with THIS movie



A couple of years ago, after the ghastly Pulwama attack and rising tension, the association with Pakistani artists were banned in India. Recently, the ban was reportedly lifted. It gave hope to Indian fans of Pakistani artists on the possible collaboration of their favourite stars in India. And now, the latest report claims that noted Pakistani singer Atif Aslam is going to make his comeback in Bollywood after about 7 to 8 years. Yes, you read that right. As per a report Atif Aslam is returning to Bollywood. He is in talks with the Sangani Brothers, Haresha and Dharmesh, for their Bollywood movie under the banner of Sangani Brothers Motion Pictures. The movie is called LSO90's, that is, Love Story of 90's. As per reports, the movie stars Adhyayan Suman and Miss Universe Diva, Divita Rai. The Sangani brothers confirmed Atif's collaboration and said that the Pakistani star musician staging a comeback after 7 to 8 years is 'sheer bliss'. They are ecstatic that Atif Aslam sang their very first song in their movie LSO90's. Atif's fans are going to be thrilled, claim the producer-distributor duo.

The producers of LSO90's claim that it was challenging to get Atif Aslam on board for their Bollywood movie with Adhyayan. The Brothers revealed that Atif was focused on the storyline of the movie. They had to disclose all their particulars regarding the movie. They claimed that Atif was really impressed and got ready to lend his voice to their movie. "It's a moment of pride and joy for us," they said. Atif will sing a melodious number which perfectly aligns with the title of their movie, Love Story of 90's. It will come out in 2024. "It's a harmonious blend of visuals, lyrics and music. He has only sung one song in the flick, but we are considering creating another track with him," they share.

Fighter star Hrithik Roshan opens up on Vikram Vedha's poor box office performance for the first time

Hrithik Roshan is basking in the success of Fighter which has zoomed past Rs 200 crore at the worldwide box office. The movie has also minted Rs 100 crore plus in India alone. The Siddharth Anand movie is an aerial action film. It also stars Deepika Padukone, Anil Kapoor, Karan Singh Grover and Akshay Oberoi in key roles. Hrithik Roshan recently opened up on love from the audience, box office collections and success and failures at the movies.

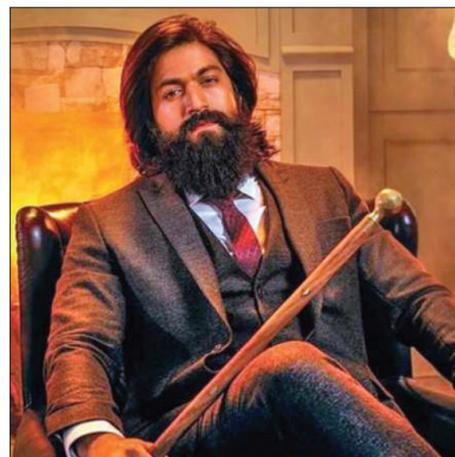
In an interview with an online entertainment news portal, Hrithik Roshan was asked whether the love that he receives for each of his movies is quantifiable or intangible. The actor shared that it is both. He shares it is what fills one up. Hrithik went on to elaborate his point. He talked about tasting both success and failure in the movie business. He talked about experiencing movies which have not performed well at the box office but have received immense love and adulation from fans nonetheless. He feels he has done something good when it becomes a part of the legacy.



After Ramayan with Ranbir Kapoor, KGF star Yash to work with THIS superstar?

South Indian superstar Yash has secured a place in Bollywood with Nitesh Tiwari's Ramayana. Well, there are discussions about his involvement in his second Hindi project. There are rumors that Yash has conveyed his interest in collaborating with Bollywood superstar Shah Rukh Khan. Yes, you read that right!

Yash gained a lot of fame and recognition with the KGF franchise and left everyone impressed with his badass role. The handsome hunk of Bollywood Yash is all set to be seen in his second Hindi film wherein he will essay the role of Ravana in Tiwari's epic period drama. According to a report, Yash is quite aware of the fan base that he has built among Hindi audiences due to his blockbuster KGF franchise. Well, this is one of the main reasons Yash is all excited to step into Bollywood and leave a mark on the hearts of the audience. Amidst shooting for KGF and Ramayana, Yash is considering his next move. There are rumors about the talks for his second action film with Red Chillies Entertainment. Their conversations involve sharing creative ideas. If reports are to be believed then, Yash has expressed his interest in working with Dumki star Shah Rukh Khan.



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
 - Powder sugar

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.
Enjoy!

Reasons why basi roti is an ideal breakfast option



In the quest for a wholesome breakfast, one might not immediately think of stale roti, but this seemingly unconventional choice has several surprising advantages that make it an ideal morning option. Stale roti, or leftover chapati, can be a nutritious and convenient choice for breakfast. Here's why incorporating stale roti into your morning routine might be a healthy and practical choice.

It has a low glycaemic index

Stale or basi roti has a lower glycaemic index compared to freshly made roti. The process of cooling and reheating alters the structure of carbohydrates, slowing down their conversion into sugar. This results in a slower and steadier release of glucose into the bloodstream, helping to maintain more stable blood sugar levels throughout the morning. For individuals concerned about managing their blood sugar, opting for stale roti can be a strategic move.

It improves digestibility

The aging process of roti involves the partial breakdown of complex carbohydrates, making them easier to digest. This can be particularly beneficial for

individuals with sensitive digestive systems. The reduced gluten content in stale or basi roti might also be gentler on the stomach, making it a suitable option for those who experience discomfort with freshly made bread.

It has good probiotics

Stale roti can serve as a source of prebiotics, which are compounds that nourish the beneficial bacteria in the gut. The fermentation that occurs as the roti ages promotes the growth of these essential microorganisms. A healthy balance of gut bacteria is linked to improved digestion, better nutrient absorption, and even a strengthened immune system. By choosing stale roti, you're inadvertently supporting the flourishing ecosystem within your digestive tract.

Overall nutritional profile remains the same

Contrary to popular belief, stale roti retains a significant portion of its original nutrient content. While some vitamins may undergo slight degradation during the aging process, the overall nutritional profile remains substantial. Stale roti still provides essential nutrients such as B vitamins, iron, and fiber. By consuming stale roti for breakfast, you can benefit from these nutrients without the need for extensive cooking or preparation.

It is economical and is sustainable

Opting for stale roti aligns with principles of sustainability and frugality. Rather than discarding leftovers, repurposing stale roti for breakfast reduces food waste. This eco-friendly choice contributes to a more sustainable lifestyle, as it minimizes the environmental impact associated with food disposal. Additionally, using leftovers is a cost-effective way to create a fulfilling and nutritious breakfast without the need for additional ingredients.

It serves as a versatile culinary canvas

Stale roti serves as a versatile base for a myriad of breakfast options. From traditional recipes to creative, innovative dishes, the adaptability of stale roti allows you to experiment with flavors and textures. Create a savory breakfast by pairing it with vegetables and spices, or indulge in a sweet treat by adding honey, fruits, or yogurt. The neutral taste of stale roti makes it a perfect canvas for various culinary interpretations, catering to diverse palates and preferences.

Step-by-step guide to de-tan the skin at home

Tanning is mainly a natural result of prolonged exposure to the harmful UV rays of the sun which can affect the normal functioning of the skin cells and can also lead to multiple skin disorders. It is this reason why the skin cells start producing too much melanin. It is a countermeasure to repel this harmful effect. Melanin is a dark brown or black colour pigment that gives colour to our skin and hair. This buildup of melanin in the skin due to overexposure also leads to darker skin tone.



rays, and let it dry. Rinse it off and pat dry the skin.

Honey papaya pack: This is an amazing face pack that you can make at home to lighten hyperpigmentation and sun tan as well. The enzymes in papaya also help remove dead skin and reduce dark spots. It also has beta-carotene which works best to

deliver radiant skin and helps seal in the moisture.

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

How to make it: Take 4-5 rice papaya and mash them. Add one tablespoon of honey and mix the ingredients well together. Apply this mask to your face, neck, and hands, and then leave it for 15 minutes. Then quickly rinse it off and pat dry.

Green tea: The flavonoids and antioxidants in green tea help restore the radiance of your skin. Using green tea helps reverse signs of sun damage, issues of dark spots, blemishes, and hyperpigmentation. You can also use green tea bags to de-puff sleepy eyes.

How to make it: Boil green tea in water and let it cool. Then use a cotton pad to apply it on your face, and leave it for 7-8 minutes. Then rinse it off with tap water. You can also use green tea bags soaked in water and then keep them on your face. You can also keep it in the refrigerator for a better cooling effect.

Skincare experts recommend not opting for artificial ways of tanning such as chemical sprays, lamps, and tanning beds which can cause harm to one's skin. Thus, you can get the best de-tan skin results at home by doing these remedies with detailed steps.

Turmeric, honey, and milk: Turmeric has high antioxidant properties that help lighten depigmentation or dark spots. Milk also has skin-brightening properties that can also help reverse the effects of UV rays. When mixed and applied on the skin, it gives an even brighter tone.

Home remedies to remove facial hair

How to make it: Take 1/2 tablespoon of turmeric powder and two tablespoons of milk and honey, and make a thick paste. Apply the mixture equally on the areas most affected by sun

General Knowledge Question Answers

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| 1. What is the capital of Canada?
a) Toronto
b) Ottawa
c) Montreal
d) Vancouver | b) Mendoza
c) Cordoba
d) Rosario | d) Finland |
| 2. Which country is the largest island in the world?
a) Australia
b) Greenland
c) Madagascar
d) Indonesia | 7. Which country is located on the Horn of Africa?
a) Ethiopia
b) Kenya
c) Somalia
d) Tanzania | 12. What is the capital of South Korea?
a) Busan
b) Seoul
c) Incheon
d) Daegu |
| 3. What is the capital of Mexico?
a) Mexico City
b) Guadalajara
c) Monterrey
d) Cancun | 8. What is the capital of Spain?
a) Barcelona
b) Madrid
c) Seville
d) Valencia | 13. Which country is located on the Iberian Peninsula?
a) Portugal
b) Spain
c) France
d) Italy |
| 4. What is the capital of South Africa?
a) Johannesburg
b) Pretoria
c) Cape Town
d) Durban | 9. Which country is located entirely within another country?
a) San Marino
b) Lesotho
c) Andorra
d) Monaco | 14. What is the capital of Thailand?
a) Bangkok
b) Chiang Mai
c) Phuket
d) Pattaya |
| 5. Which country is the smallest in the world by land area?
a) Monaco
b) Vatican City
c) San Marino
d) Liechtenstein | 10. What is the capital of Indonesia?
a) Jakarta
b) Bali
c) Surabaya
d) Medan | 15. Which is the largest country by land area in the world?
a) China
b) Russia
c) Canada
d) United States |
| 6. What is the capital of Argentina?
a) Buenos Aires | 11. Which country is known as the "Land of Fire and Ice"?
a) Iceland
b) Greenland
c) Norway | 16. Which country is home to the world's tallest mountain, Mount Everest?
a) China
b) Nepal
c) India
d) Bhutan |

ASTRO SPEAK

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| ARIES
MAR 21 - APR 20
Start your morning with your favorite grounding practices. You'll find seeing beauty in the unusual easier when you open your perception to appreciate your surroundings. Your wild side comes out to play when Mars and Uranus share a sweet exchange, though your sense of responsibility stays intact, making it the perfect time to take calculated risks at work. | LIBRA
SEP 24 - OCT 22
Take time to fully steady yourself as an earthy grand trine forms between the Virgo moon, Mars, and Uranus, which will have a grounding yet emotionally charged impact on you. Lean into all things beautiful to make the most of these vibes, filling your heart with that which inspires. You'll feel motivated to make changes at home later in the afternoon when Mars and Uranus share a supportive connection. |
| TAURUS
APR 21 - MAY 20
Earthy vibes synchronize as a grand trine forms between Virgo moon, and Uranus helping you feel supported, and clear-headed as another work week begins. Bring some drama into your look as the moon continues its journey through your house of ego, propping yourself up mentally with a few aesthetic touches. Lucky breaks are liable to manifest when you are bold, thanks to a helpful exchange between Mars and Uranus. | SCORPIO
OCT 23 - NOV 22
The Virgo moon forms an earthy grand trine with Mercury and Uranus giving you a social and conversational edge. Play it cool when dealing with new faces, and people will be drawn to your authentic and down-to-earth demeanor. Open the door to unusual topics later when Mars and Uranus align, and consider suggesting exciting activities with that special someone or your latest crush. |
| GEMINI
MAY 21 - JUN 20
Honor your emotions, ground, and look for healing within Mother Nature, as an earthy ground trine ushers you into dawn. Keep a tight social sphere under this cosmic climate, gravitating only toward those who nurture your spirit. Mars and Uranus share a sweet exchange later in the afternoon, helping you release any baggage you've been carrying for too long, even if this shift seems sudden. | SAGITTARIUS
NOV 23 - DEC 22
Complete tasks in your own way no matter how unusual these tactics may seem, as the Virgo moon forms an earthy grand trine with Mercury. These vibes are all about establishing foundations and structures that feel most natural to you, even if it goes against the status quo. Excitement fills the air when passionate Mars aligns with Uranus, inspiring you to change routines to maximize wellness and efficiency. |
| CANCER
JUN 22 - JUL 23
The Virgo moon enters an earthy grand trine with Mercury and Uranus putting you in an extroverted yet grounded mood. Your presence will be calming for others, opening the door for authentic exchange that can build new friendships. Good vibes flow later in the afternoon when Mars and Uranus share a sweet exchange, encouraging you to plan an unconventional outing with that special someone. | CAPRICORN
DEC 23 - JUL 20
You'll feel bright-eyed and bushy-tailed as the Virgo moon forms an earthy grand trine with Mercury and Uranus, dear Capricorn, offering blessings when you are your most enthusiastic and authentic self. Don't play by rules you don't agree with, paving a path that is your own. Look for opportunities to have fun and experience new things later in the afternoon when Mars and Uranus share a sweet exchange. |
| LEO
JUL 24 - AUG 23
Your mind focuses heavily on work and making money, sweet Leo, as an earthy grand trine manifests between the Virgo moon, Mercury, and Uranus. Push for lucky breaks, pay raises, and promotions, giving a solid argument for why you deserve more. Unexpected breakthroughs may further your career later in the afternoon when Mars and Uranus share a sweet exchange, encouraging you to be bold. | AQUARIUS
JAN 21 - FEB 23
Find fulfillment in nurturing yourself and those around you. The kind actions you take toward loved ones will help you gain notoriety for being a caring and compassionate comrade. Consider cutting the workday short, if possible, when Mars and Uranus share a sweet exchange this afternoon, putting you in the mood for solitude and the peace only home can offer. |
| VIRGO
AUG 24 - SEP 23
You should feel confident, energized, and inspired as the moon continues its journey through your sign while forming a grand trine with Mars and Uranus. Allow yourself to follow the unusual, prioritizing personal interests over the status quo. Move boldly toward your goals later in the afternoon when Mars and Uranus share a sweet exchange. | PISCES
FEB 20 - MAR 20
Don't be afraid to shake things up within your social interactions as the Virgo moon forms an earthy grand trine with Mercury and Uranus. People will become enamored by your witty sense of humor and unique perspective, helping you better identify true friends and kindred spirits. New and exciting information could alter how you choose to move forward later in the afternoon. |

