

Salaar: Sriya Reddy reveals that one thing about Prabhas and Prithviraj Sukumaran that not many know



Prabhas starrer Salaar is winning hearts. The film is ruling the box office. The performances in the movies have been brilliant. The story of Salaar revolves around two friends Deva (Prabhas) and Vardha (Prithviraj Sukumaran). The film also stars Shruti Haasan, Sriya Reddy, Eshwari Rao, Jagapathi Babu and Meenakshi Chaudhary. Salaar is directed by Prashanth Neel and produced by Hombale Films. Prabhas and Prithviraj Sukumaran's bond in the film has been quite interesting. People have loved the story and the performances by Prabhas and Prithviraj. Now, Salaar star Sriya Reddy spoke to BollywoodLife exclusively and played quick rapid fire round about her costars Prabhas and Prithviraj.

She was asked to tell one thing about Prabhas and Prithviraj Sukumaran that not many know. She said, "I think about Prabhas he is quiet, soft. But its not that does not know anything. He knows it but he is too gentle and that is a great combination a man can have. This is the one quality I like about him. And with Prithviraj, he is so well-spoken, so articulate and I really like people who know their minds and he exactly knows what he wants in life."

Salaar released on December 22 and had a clash at the box office with Shah Rukh Khan's Dunki. Dunki released on December 21 and everyone was worried which film will have to face the downfall. However, both the movies have done well and are ruling the box office. Sriya had also opened up about her reaction to this big clash. She said, "Jawan and Pathaan were two commercial films. Dunki was not a commercial film. So it was a different genre. A film like Dunki coming with Salaar was still okay because it was two different kinds of films and people have different preferences. Some would like to watch a Dunki while some would like to watch a Salaar. I think a healthy competition is always welcomed.

Raid 2: Ajay Devgn begins shoot; film to release on THIS date



banner T-Series and Panorama Studios. Ajay's film Raid 2 will be released theatrically on 15th November 2024. On the work front, Ajay has Singham 3, Golmaal 5, Auron Mein Kahan Dum Tha and more films in his kitty.

Bhool Bhulaiyaa 3: Kartik Aaryan to begin shooting for the horror comedy from THIS month in 2024



doubt, Tabu's portrayal of twin sisters Anjulika and Manjulika in Bhool Bhulaiyaa 2 was nothing short of outstanding. Despite this, it was surprising to learn that the makers are not considering bringing Tabu back for the third installment of the film.

Recipes

Tomato Garlic Pasta



**Ingredients**  
400 gm wholewheat pasta, 2 tablespoon virgin olive oil  
2 handful parmesan cheese, 1 bunch coriander leaves  
powdered black pepper as required  
500 gm cherry tomatoes, 15 cloves garlic  
8 leaves basil, salt as required, water as required

**Method:**  
To make this delicious pasta recipe, first cook the whole-wheat pasta. Take a heavy-bottomed pan and heat it on medium flame. Add water in it and allow it boil. Add some salt in it and make sure that it is not over cooked, check the texture and turn off the flame. Drain the water and keep the pasta aside till it is required.

Wash the cherry tomatoes and chop them into small pieces. Mince the garlic cloves and grate the parmesan cheese. Keep these ingredients in different bowls.

Now, put a non-stick pan on medium flame and heat some oil in it. Add the cut cherry tomatoes in the pan and cook them for 4-5 minutes.

Once the tomatoes are cooked, add the minced garlic and mix it with the tomatoes. Also, add salt and black pepper to the mixture.

Follow it by adding the chopped coriander leaves and mix everything together. Let this mixture cook for around 10 minutes so that the tomatoes are cooked and properly mashed. If the mix seems to dry up, add a little water.

Finally, add the earlier cooked wholewheat pasta in the pan and mix all the ingredients together. Remove the pan from flame. Garnish the prepared pasta dish with grated parmesan cheese and basil leaves. Serve and Enjoy !

Can drinking water regularly from copper vessels impact the liver?



The practice of drinking water from copper vessels has been a longstanding tradition in many cultures, attributed to potential health benefits. However, the impact on the liver from regularly consuming water stored in copper containers is a topic that requires careful consideration.

The liver, a vital organ responsible for detoxification and metabolism, can be influenced by the consumption of copper-infused water. Copper vessels have been thought to possess antimicrobial properties, aiding in the purification of water. However, prolonged exposure to high copper levels may lead to copper toxicity, impacting liver function.

**Here's what you need to know about copper toxicity**

Copper toxicity occurs when the body accumulates an excess of copper, overwhelming its natural regulatory mechanisms. The liver, being a primary site for copper metabolism, is directly affected. High copper levels can disrupt the liver's ability to regulate copper, leading to the accumulation of this metal in the liver tissues. This accumulation can cause oxidative stress, potentially damaging liver cells and impairing their normal functioning.

Furthermore, excessive copper intake may interfere with the balance of other essential trace elements, such as zinc. Copper and zinc compete for absorption in the intestines, and an imbalance can result in reduced zinc levels. Zinc deficiency is associated with liver dysfunction and may exacerbate the impact of excess copper on the liver.

While copper is known to have antioxidant properties, an excess of antioxidants can turn into pro-oxidants, contributing to oxidative stress. The liver, as a major detoxifying organ, may face challenges in managing the increased oxidative load, potentially leading to inflammation and damage to liver cells.

Individual susceptibility to copper toxicity varies, and factors such as age, existing health conditions, and genetic predispositions can influence how the body handles copper intake. Certain liver disorders, such as Wilson's disease, a genetic disorder that impairs copper metabolism, can increase the risk of copper accumulation and toxicity.

It is crucial to note that studies on the specific impact of drinking water from copper vessels on liver health are limited, and more research is needed to establish clear connections. The potential risks associated with copper consumption should be weighed against the perceived benefits, and moderation is key.

While the use of copper vessels for drinking water is a practice deeply rooted in tradition, it is essential to approach it with caution. Regular consumption of water with elevated copper levels may have implications for liver health, potentially leading to copper toxicity and related complications. Individuals considering or practicing this tradition should be mindful of their overall copper intake, monitor their health, and consult with healthcare professionals if any concerns arise.

Can drinking water regularly from copper vessels impact the liver?

5 ways to use orange peels in your beauty routine



Orange peels are rich in nutrients and contain natural oils that can be beneficial for your skin.

Here are five ways you can incorporate orange peels into your beauty routine:

Orange peel powder face mask  
Dry orange peels in the sun and grind them into a fine powder.Mix the powder with yogurt or honey to create a face mask.

Apply the mask to your face, leave it on for 15-20 minutes, and then rinse off.

This mask can help brighten your skin, reduce acne, and provide a natural glow.

Citrus body scrub  
Combine finely ground orange peel powder with sugar and olive oil.

Use this mixture as a body scrub in the shower.

The exfoliating properties of orange peel can help remove dead skin cells, leaving your skin smoother and refreshed.

Orange peel infused toner  
Soak dried orange peels in witch hazel or distilled

water for a few days.

Strain the liquid and use it as a natural toner for your face.The citrus properties can help tighten pores and refresh your skin.

DIY orange peel oil  
Dry orange peels thoroughly and place them in a clean, airtight jar.

Cover the peels with a carrier oil such as jojoba or sweet almond oil.

Allow the mixture to sit in a cool, dark place for a few weeks.

Strain the oil and use it as a facial oil or massage oil.

Orange peel oil may have antioxidant and antibacterial properties.

Orange peel hair rinse  
Boil dried orange peels in water to create an orange peel-infused water.

Let it cool and use it as a final hair rinse after shampooing.

The natural oils in orange peels can help condition your hair, leaving it shiny and smelling citrusy.

General Knowledge Question Answers

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

Answers:

1. Ottawa  
2. Greenland  
3. Mexico City  
4. Vatican City  
5. Liechtenstein

6. Buenos Aires  
7. Somalia  
8. Madrid  
9. Lesotho  
10. Jakarta  
11. Iceland  
12. Seoul  
13. Spain  
14. Bangkok  
15. Russia

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ASTRO SPEAK

ARIES

The moon creeps into Scorpio and the sector of your chart that governs transformation, dear Aries, asking you to acknowledge where change can be made. Remember that shifts may start from within when Luna blows a kiss to Saturn this afternoon, considering how new structures can be created within your life and mind. An expansive energy comes into play when Luna faces off with Jupiter.

LIBRA

The moon takes its final steps through your sign forming a sweet connection with Pluto to restore while offering emotional release. You'll feel grounded and grateful when you awaken and the moon enters Scorpio, heightening your senses and ability to connect with the present. Your generous nature shines through when Jupiter activates, though you should be mindful to save your kindness for those who would do the same.

TAURUS

The moon migrates into Scorpio and the sector of your chart that governs relationships, bringing more intimacy to treasured bonds. Invest in dynamics that lift you up as afternoon sets in and Luna blows a kiss to Saturn, considering how the company you keep impacts your ability to thrive and feel safe. Whether you're single or in a relationship, remember to commit only to those you can grow alongside.

SCORPIO

The Libra moon aligns with Pluto early opening the doors to messages through the dream realms. You should feel refreshed and clear-headed as Luna migrates into your sign, sharpening your perspective around what you want and what is most important in life. Find ways to build yourself up. You may feel overwhelmed if new connections have been moving more quickly than you're used to.

GEMINI

Reflect on what you can remove from your life in order to promote efficiency and wellness, as moon enters Scorpio. The structures you create this afternoon are more likely to stick when Luna blows a kiss to Saturn, you'll need to maintain a steadfast disposition. These vibes can also get you recognition when hard work and skills are applied, so be sure to showcase a strong sense of responsibility.

SAGITTARIUS

Intense dreams may find you as the moon migrates into Scorpio activating the sector of your chart that governs the subconscious. Use messages received to find clarity on what you must do to evolve and what you might be required to let go of. You'll find strength this afternoon when Luna aligns with Saturn, though some time spent alone at home can bring you closer to inner peace.

CANCER

It's okay to be driven by passions and desire throughout the next two days, dear Cancer, as the moon enters Scorpio and your solar fifth house. Themes around creativity and ego will also come into play, making it a good time to boost your confidence through hobbies and personal projects. Get back on track with any spiritual or recreational practices that have fallen to the wayside.

CAPRICORN

The moon migrates into Scorpio and the sector of your chart that governs social consciousness, making you more sensitive to the news and the state of our world. Consider how you can make a difference by learning about causes that are important to you when Luna blows a kiss to Saturn this afternoon, researching how you can make a positive impact that involves more than standing on your soapbox online.

LEO

Emotions fluctuate as the moon enters moody Scorpio and your solar fourth house, dear Leo, putting you in an intuitive and sensitive place. Be kind to yourself throughout the next two days, taking extra time to rest at home. Opportunities for intimate exchange come into play as afternoon rolls in and Luna aligns with Saturn, though you should only share with those you are most comfortable with.

AQUARIUS

Don't mess around when it comes to reaching for success, dear Aquarius, as the moon enters intense Scorpio and your solar tenth house. Advocate for what you've earned, especially when Luna blows a kiss to Saturn this afternoon. These vibes also pair well with a little bit of personal pampering, especially if you've been working too hard recently.

VIRGO

You'll fluctuate between transparency and secrecy as the moon enters Scorpio, dear Virgo, bringing an elusiveness to your voice. Small talk will be difficult to stomach, though now is a great time to solidify intimate bonds. Choose wisely what you share when Luna blows a kiss to Saturn, especially when it comes to impressing a romantic interest.

PISCES

You'll be all spirit as the moon migrates into Scorpio, dearest Pisces, activating the sector of your chart that governs joy and higher thinking. Use this energy to see beyond yourself, but consider how you might improve your own circumstances when Luna aligns with Saturn this afternoon. Just make sure you're engaging the mind, lest you become anxious or overwhelmed.