

Animal: Javed Akhtar calls success of Ranbir Kapoor starrer 'dangerous'; says 'The image of a hero should be...'



Ranbir Kapoor, Rashmika Mandanna and Bobby Deol starrer Animal is one of the biggest blockbusters of 2023. The success of animals changed a lot of things for many. Animal, the movie itself, has received a wide variety of reactions. Some have hailed it as one of the best and some found it utterly misogynistic. Sandeep Reddy Vanga, the director called out people with that opinion. And now, Javed Akhtar says the Animal success is dangerous.

Veteran writer and lyricist, Javed Akhtar attended the 9th Ajanta-Ellora International Film Festival in Chhatrapati Sambhajinagar. There, he expressed his concerns with the success of the movie. Akhtar says that the image of the hero should not be taken lightly. "The image of a hero should be created with an awareness of what is right and how it should be." He says, there's a reason behind it which is the confusion in society. He feels the society does not decide what is right and what it wrong and it is reflected in the cinema. He talks about the time when the poor were shown as heroes and the rich were shown as bad guys. He feels they cannot show it now as everyone is now running behind the money. Javed Akhtar further adds, "If there's a film in which a man asks a woman to lick his shoe or if a man says it's okay to slap a woman... and the film is a super hit, that's dangerous." He to Ranbir Kapoor and Tripti Dimri's much-highlighted scene. The poet also adds that the responsibility has now shifted from the filmmakers to the audience. They have to decide what they like and what to reject. Sandeep Reddy Vanga movie received immense response both positive and negative. He has been called out as well just like at the time of Kabir Singh. Sandeep says many expected him to keep quiet despite criticisms. He was shocked by the reactions for Kabir Singh but not Animal. Instead, he found that a few of them copy-pasted Kabir Singh review for Animal.

Tiger 3 on OTT: Salman Khan, Katrina Kaif movie confirmed to stream on THIS platform



Salman Khan and Katrina Kaif brought Diwali dhamaaka for fans with Tiger 3. The movie helmed by Maneesh Sharma received great response from the audience and it managed to mint massive numbers at the box office. Tiger 3 made approximately around Rs 466 crore at the box office becoming one of the highest grossing films of 2023 joining Pathaan, Jawan, Gadar 2 and others. From its action sequences to storyline, Tiger 3 was well received by fans. Now, the wait is over as the announcement of its OTT release has been made. Salman Khan and Katrina Kaif's movie Tiger 3 is going to stream on Amazon Prime Video soon.

The OTT giant made the big announcement via social media. On Instagram, Amazon Prime Video dropped the news stating that Salman Khan and Katrina Kaif's Tiger 3 is soon going to stream on the platform. However, the premiere date of Tiger 3 has not been announced. But fans can expect that Tiger 3 will release pretty soon on Amazon Prime Video. Fans are excited but a little upset too as the date hasn't been announced. Fans are hoping that Tiger 3 will release on Amazon Prime Video in the month of January only.

When Abhishek Bachchan sarcastically rubbished divorce rumours with Aishwarya Rai Bachchan; 'Thanks for letting me know'



A lot is said and written about Abhishek Bachchan and Aishwarya Rai Bachchan's bond. It is being rumoured that there is a trouble in their paradise. In fact a report in Times Now even suggested that Aishwarya Rai Bachchan has moved out of Abhishek Bachchan's home. But the couple rubbished all the rumours as they made a joint appearance at daughter Aaradhya Bachchan's annual day event. Neither Aishwarya Rai Bachchan nor Abhishek Bachchan have commented on the rumours. Well, this is not the first time that rumours of their divorce have taken over the headlines. In the past, Abhishek Bachchan even sarcastically hit back to trolls talking about their separation.

Back in 2014, Abhishek Bachchan took to his X (formerly known as Twitter) to give a sarcastic reply whilst squashing all the divorce rumours that were floating around 10 years ago. He wrote, "Ok.... So I believe I'm getting divorced. Thanks for letting me know! Will you let me know when I'm getting re-married too? Thanks." Later in an interview with Filmfare, he had spoken at length about how these rumours of divorce do not affect him. Abhishek Bachchan said that he won't let a third party dictate how Aishwarya and him should lead their lives. He said he is a public figure and he cannot make the media happy all the time.

Recipes

Bajra Masala Khichdi



Ingredients

- 1 1/2 cup pearl millet
- 1 onion, 2 green chilli
- 1 teaspoon cumin seeds, 2 clove
- 1/2 teaspoon turmeric
- 1 stalk curry leaves
- 2 potato
- 1 tomato
- 2 tablespoon ghee
- salt as required
- 2 dashes asafoetida
- 1/2 teaspoon red chilli powder
- 2 bay leaf

Method:

To prepare this delicious khichdi, boil the bajra in some water on medium flame in a pan & once done, keep aside. Put a small pressure cooker on medium flame and add potatoes in it along with some water. Boil the potatoes for 2-3 whistles and once done, turn off the gas knob and keep aside.

Put a kadhai on medium flame and melt ghee in it. Once the ghee is melted, add asafoetida, cloves, cumin seeds, and bay leaves or tej patta. Saute for a few seconds and fry the whole spices for a minute and then add onion in it. Saute for 1-2 minutes. Meanwhile, peel the potatoes and cut them in a bowl. Add chopped potatoes to the kadhai and then add boiled bajra along with sliced tomatoes to the mixture.

Add a little water and let the dish cook until a perfect texture is achieved. Once done, turn off the flame and keep it aside. Serve hot with curd & ghee.

Millets to be consumed in the winter season



Millets, known for their nutritional richness and versatility, make an excellent addition to winter diets. These ancient grains offer a range of health benefits and can be incorporated into various dishes to provide warmth, energy, and nourishment during the colder months. Let's know about the different types of millets and how they can be incorporated into your diet.

Finger Millet (Ragi)

Rich in calcium, iron, and fiber, finger millet, or ragi, is a winter-friendly millet that provides essential nutrients. The high fiber content aids digestion, preventing digestive issues commonly associated with cold weather. Ragi is also a good source of warmth, making it an ideal choice for the winter season. It can be consumed in the form of porridge, rotis, or added to soups for a nutritious boost.

Pearl Millet (Bajra)

Pearl millet, commonly known as bajra, is a staple winter grain in many regions. It is rich in iron, magnesium, and phosphorus, essential minerals that contribute to overall health. Bajra is known for its warming properties, making it an excellent choice for winter consumption. It can be used to prepare rotis, khichdi, or even added to soups and stews for a hearty and nutritious meal.

Sorghum (Jowar)

Jowar, or sorghum, is a gluten-free millet that is highly versatile and nutritionally dense. It is an excellent source of dietary fiber, protein, and antioxidants. Jowar's complex carbohydrates provide sustained energy, keeping the body warm during colder days. Including jowar in the form of rotis, porridge, or upma can be a nutritious way to combat winter lethargy and boost overall health.

Foxtail Millet

Foxtail millet is rich in protein, fiber, and minerals such as iron and magnesium. It is a low-glycemic-index grain, making it suitable for those looking to manage blood sugar levels. Consuming foxtail millet during winter provides a sustained release of energy, helping to keep the body warm. It can be used in various recipes, including pulao, khichdi, and dosas, offering a healthy and warming alternative to traditional grains.

Proso Millet (Pani Varagu)

Proso millet, also known as pani varagu, is a nutritious millet option for the winter season. It is a good source of vitamins, minerals, and antioxidants. The warming nature of proso millet makes it suitable for colder months, and its versatility allows it to be incorporated into a variety of dishes, such as upma, pulao, or even desserts. The high fiber content aids in digestion and promotes a healthy gut.

Little Millet (Samai)

Little millet, or samai, is a small-grained millet rich in fiber, B-vitamins, and minerals. Its nutritional profile makes it an excellent choice for winter consumption. Little millet can be used to prepare a range of dishes, including rice replacements, upma, and porridge. Its warming properties and nutrient content contribute to overall well-being during the colder months.

Kodo Millet

Kodo millet is a nutrient-dense millet that provides a good amount of protein, fiber, and essential minerals. It is known for its ability to regulate blood sugar levels, making it a suitable option for individuals with diabetes. Including kodo millet in winter meals can offer sustained energy and warmth.

5 Ultimate skin health resolutions for 2024



At the start of every year, we make a list of impossible, unrealistic resolutions to try and maintain. But as we step into the new year, the promise of radiant and resilient skin is a siren call to ensuring that these particular skin-resolutions take centre stage in our lives. Embracing a holistic approach to skincare is imperative – it is not just the products we use but the choices we make in everyday life.

Sun protection

Not just for vacations anymore, sunscreen has to become an irreplaceable part of our daily morning routines. When we live in a country like India where the sun is inescapable, sunscreen needs to be worn regardless of the weather. It is also important now to understand the different ways ultraviolet rays can affect the skin. Ultraviolet A (UVA) rays have a longer wavelength and is associated with issues like aging and pigmentation, whereas Ultraviolet B (UVB) rays have a shorter wavelength and are associated with sun burns. It is also important to wear at least an SPF 30+ sun-

screen at all times, even when you're at office or indoors.

Hydration

Hydration and moisturisation of the skin should be paramount, and prioritised to negate and prevent other problems. Using a good quality moisturiser with hydrating ingredients like hyaluronic acid and ceramides will maintain the hydration levels in the skin preventing further issues like faster aging, dehydration, and redness.

Healthy lifestyle choices

Arguably the most important tip on this list is making healthy lifestyle choices. Everything from your movement to your diet to your sleep affects your skin. If we look at it as a Venn diagram, healthy skin lies at the intersection of movement, diet, and sleep. Just doing one or two of the three is sometimes not enough. Eating a healthy diet with foods rich in antioxidants and beta-carotene is the way forward. Foods like strawberries, avocados, and bell peppers can help with maintaining healthy skin. Light exercise, yoga, meditation, and most of all a good night's rest can alleviate skin stress and create a healthier skin barrier.

Skincare routine

Nowadays, customised and personalised skincare routines are all the rage. However, it is important to not be intimidated, and to take your routine one step at a time, especially if you are still understanding your skin type. All products will not suit all skin types. For example, a gel moisturiser will not work for dry skin, and a rich crème moisturiser will not work for oily, clogged skin. Every skin is different, and to start building your routine one must be consistent and committed to the process.

General Knowledge Question Answers

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| 1. Which Indian state is the largest producer of rice? | d) Punjab |
| 2. What is the name of India's national income accounting system? | a) GDP (Gross Domestic Product)
b) GNP (Gross National Product)
c) NDP (Net Domestic Product)
d) NNP (Net National Product) |
| 3. What is the name of India's first indigenously built supercomputer? | a) Param
b) SAGA-220
c) Anupam
d) FLOPS |
| 4. What is the name of India's first satellite? | a) Aryabhata
b) Bhaskara
c) Rohini
d) INSAT-1B |
| 5. Which Indian state has the highest per capita income? | a) Maharashtra
b) Gujarat
c) Haryana |
| 6. What is the name of India's largest IT services company? | a) Infosys
b) TCS (Tata Consultancy Services)
c) Wipro
d) Cognizant |
| 7. What is the name of India's largest natural gas company? | a) GAIL (Gas Authority of India Limited)
b) ONGC (Oil and Natural Gas Corporation)
c) Reliance Industries
d) Essar Oil |
| 8. Which Indian city is known as the 'Silicon Valley of India'? | a) Hyderabad
b) Mumbai
c) Chennai
d) Bangalore |
| 9. What is the name of India's largest oil refinery? | a) Jamnagar Refinery
b) Mathura Refinery
c) Barauni Refinery
d) Panipat Refinery |
| 10. Which Indian state is the largest producer of coal? | a) Jharkhand |
| 11. Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA) | 5. Haryana |
| 12. NSR Bmerge | 6. TCS (Tata Consultancy Services) |
| 13. Kerala | 7. GAIL (Gas Authority of India Limited) |
| 14. State Bank of India (SBI) | 8. Bangalore |
| | 9. Jamnagar Refinery |
| | 10. Chhattisgarh |
| | 11. Chhattisgarh |
| | 12. GDP (Gross Domestic Product) |
| | 13. Param |
| | 14. Aryabhata |

ASTRO SPEAK

ARIES

The sun enters Gemini and your solar third house marking the last stretch of spring and a chance for you to expand your mind. These vibes are perfect for nurturing your curious nature, though your social side will need some attention too. You'll want to be on guard for drama within your network of peers, taking care not to get involved if negativity begins to circulate your sphere.

LIBRA

The sun enters Gemini and your house of spirituality this morning, elevating your spirits and intuition throughout the next month. Lean into the mystic that lives within, and you'll soon find a universe alive with magic and synchronicity. Unfortunately, a tense opposition between Mars and Pluto could temporarily rain on your parade, especially if your friends try to pull you into their drama.

TAURUS

The sun enters Gemini and your solar third house marking the last stretch of spring and a chance for you to expand your mind. These vibes are perfect for nurturing your curious nature, though your social side will need some attention too. You'll want to be on guard for drama within your network of peers, taking care not to get involved if negativity begins to circulate your sphere.

SCORPIO

You'll be thinking heavily about ways to evolve throughout the coming weeks, as the sun enters Gemini and your house of transformation. Use this energy to make important decisions that will lead you to a higher path, even if doing so requires a few "goodbyes." Keep tabs on your emotions as Mars and Pluto face off overhead, taking care to set boundaries and nurture your needs if you feel overly stressed.

GEMINI

Happy birthday, dearest Gemini! The sun officially enters your sign early this morning, giving you full permission to seek attention, revel in your popularity, and make things just a little bit more about you. However, you'll want to be delicate in your approach to adoration as Mars and Pluto face off, and be sure to keep your message positive and attitude light.

SAGITTARIUS

Get ready for lots of love and plenty of flirting, as the sun migrates into Gemini and your solar seventh house. This luminary placement will heighten your charisma and natural wits, providing you with all tools necessary to enchant your latest crush. However, you should focus on maintaining a sense of balance on your own, making time to support your mind, body, and soul in the pursuit of harmony.

CANCER

Your mind will be a busy place throughout the coming weeks, darling Cancer, as the sun enters Gemini and the sector of your chart that governs introspection. This solar placement will ask you to take stock of your life, meditating on ways to improve your overall happiness while acknowledging what you cannot control. A sweetness will wash over you this evening when the moon enters your sign.

CAPRICORN

The sun enters Gemini and your solar sixth house asking you to recommit to your health and wellness goals. These vibes are perfect for recommitting to consistent bedtimes, workout regimes, and overall organization, so be sure to direct your focus accordingly throughout the coming month. You'll feel a shift this evening when the moon enters Cancer, helping you reclaim a sense of balance and harmony.

LEO

Get ready for good times ahead, dear Leo, as the sun enters Gemini and the sector of your chart that governs community. Though you'll be busy shaking hands and kissing babies throughout the coming weeks, a desire to do something good will also come into play. Be sure to acknowledge the humanitarian that lives within. Just be sure to carve out some alone time this evening when the moon migrates into Cancer.

AQUARIUS

A rush of playful and creative energy will wash over you as the sun enters Gemini and your solar fifth house. This luminary placement will reinvigorate your spirits, especially when you devote more time to the pursuit of fun or the arts. Unfortunately, tensions could mound within your love life as Mars and Pluto face off in our skies, but try not to let small arguments spiral into something bigger.

VIRGO

Take extra steps to nurture your professional network throughout the coming weeks, dearest Virgo, as the sun enters Gemini and your solar tenth house. This luminary placement can assist in making headway within your occupational goals, but relationships will be important as you inch your way to the top. Use this energy as motivation to get a head start.

PISCES

Your home will feel elevated and bustling when you awaken as the sun migrates into Gemini and the sector of your chart that governs domestic affairs. Use this energy to get organized within your space throughout the coming month, and be sure to host plenty of social gatherings. You may want to lay low for now, as Mars and Pluto face off overhead, which could put you in a private and irritable mood.

