

Is Human 2 in the pipeline? Producer Vipul Shah shares exciting details



The year 2022 has been an exciting one for many. Especially for those who dabbled in OTT space. We witnessed many content-driven web series and films that worked marvelously and captivated the attention of the audience. One such thriller is Human starring Shefali Shah, Kirti Kulhari, Vishal Jethwa and others. It is directed by Vipul Shah and Mozez Singh. The web show received appreciation from all corners and it even received a rating of 7.9 on IMDB. Now, fans are excited to know about part 2.

In a recent conversation with BollywoodLife, Vipul Amrutlal Shah spilled some interesting beans about the second instalment of Shefali Shah, Kirti Kulhari show. We asked if fans can expect an announcement about Human 2 pretty soon, to which, he said, "So we are writing Human 2. It is a bit of a responsibility now to make sure that it is at least as good as season one. Once done, we will take it to Hotstar, and if they like it then of course. We would love to make Human 2 but the work is on."

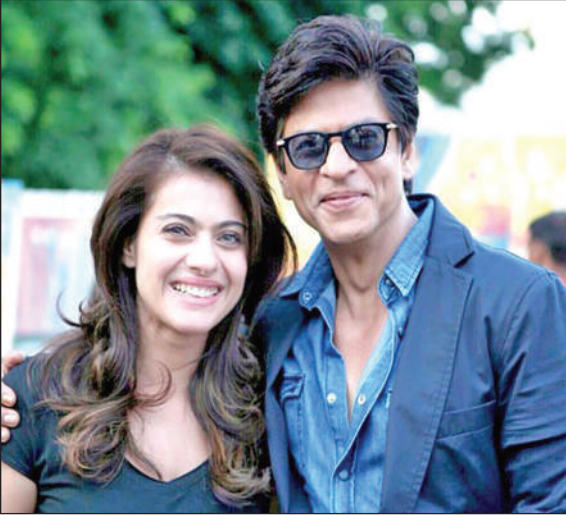
Vipul Shah also shed some light on how successful the year 2022 was for him. She described how the year was pretty special for him. From Human to his soon-to-release Kerala Story - Vipul Shah remained to be the man behind some of the major projects that took place this year. When asked how he sees it, the producer said, "I think this year has been pretty special for me from many angles. The fact that I co-directed Human, produced it and it is such an unusual subject. The fact that it is being loved by the audience and critics and now we are receiving so many awards, it has rated in top three on IMDB of the year. So that has been very satisfying."Another exciting project coming from Vipul Shah is the web series - Commando. He revealed that he is going to launch a new boy with this series. Stay tuned for more details on the same.

Kajol reacts to Shah Rukh Khan romancing 20-year-olds while she plays mom to a 24-year-old

Kajol and Shah Rukh Khan have been working in the film industry for nearly three decades now and they both have received love and appreciation from the audience. During her promotional event for Salaam Venky, Kajol shared her reaction when she was asked about Bollywood heroes such as Shah Rukh Khan who are still romancing 20-year-olds while she is playing a mother to a 24-year-old in her film.

Sharing her thoughts on the same, Kajol said that she feels the heroes of the film industry are still in this nut for a reason, which is a business at the end of the day. She opined that every hero has to pull in that much to make that particular film a hit. She said that it's a huge responsibility on their heads, adding disclaimers that it is her opinion and not a fact. "Somebody asked me this question, 'You have grown as an actor and your contemporaries have not grown as diverse as the roles that you have done'. I think that really has to do with the fact that they are also stuck down the line because of the number game. They are shouldering that responsibility," Kajol said at the Agenda Aaj Tak.

Kajol recently said that Hindi film industry is one of the most forward thinking and progressive industries, and



Bollywood films not performing well at the box-office is just a matter of time.

Ranbir Kapoor reveals his plans of raising his daughter Raha with working wife Alia Bhatt

Ranbir Kapoor and Alia Bhatt became proud parents to their first baby daughter Raha on November 6. And Ranbir is still yet to come to terms of becoming a father and never expected to feel this way after welcoming his first child.

On the sidelines of the Red Sea Film Festival in Jeddah, Ranbir was asked how his life has changed after embracing parenthood. To which, he replied saying that it is a delight to have Raha in his life and the fact that he has a daughter, gives him stars in his brains.

He wondered why he didn't become a father sooner since it is a great feeling. He also talked about his insecurities saying that when his children will be 20, he will be 60 and expressed his worries if he will be able to catch up with their energy. Speaking about how he plans to raise his daughter with a working wife, Ranbir said at the press conference that as far as the work is concerned, he and Alia really value time away from work. "I anyway don't work that much, I



work around 180-200 days a year. She (Alia Bhatt) does a lot more work and is way more busy than I am. But we will balance it out. When she takes work probably I'll take a break. When I take work, she will take a break," he said.

Low vitamin D level in the body and obesity: Is there a link?



Several research studies have found that overweight people have lower vitamin D levels in the body. Studies have concluded that body mass index has a direct link with the amount of vitamin D present in the body. These people are said to be less able to convert vitamin D into its active form.

Ideally, one should have 50 nmol/L or above for the overall health of bone. Several health experts say that the ideal amount of vitamin D in the body should never be below 50nmol/L and not more than 125 nmol/L.

Is vitamin D deficiency a consequence of obesity? "Obesity-associated vitamin D insufficiency is likely due to the decreased bioavailability of vitamin D3 from cutaneous and dietary sources because of its deposition in body fat compartments," 2003 study had found. Studies say there is a high prevalence of vitamin D deficiency in people who are obese maybe due to volumetric dilution of vitamin D. This is so far the "the most probable mechanism of the inverse relationship between vitamin D serum levels and BMI."

Since vitamin D is clearly associated with weight, higher levels of it can actually help in weight loss.

Vitamin D has an impact on the storage of fats and the production of fat cells in the body as a result of which it is linked to weight loss. Another explanation is that being a hormone, it prompts neurotransmitters linked to body fat and serotonin. Studies have found that higher levels of vitamin D increases the levels of testosterone and serotonin in the body.

Apart from this, how else does vitamin D help you? Vitamin D has several benefits over the human body. It helps regulate the amount of calcium and phosphate in the body. It is vital for the strength of bones, teeth and muscles. Lack of this vitamin leads to bone deformities like rickets in kids and osteomalacia in adults.

Several studies have shown that vitamin D reduces cancer growth. It also controls infections and reduces inflammation. It improves mood and reduces depression. It has a role in reducing heart diseases. What are the signs of vitamin D deficiency?

The common signs of vitamin D deficiency which demand immediate attention of a physician include: tiredness, body ache, pin, muscle pain and weakness, stress fractures in legs, pelvis, and hips.

Some people might also experience loss of appetite, getting sick more often, hair loss, sleeplessness, fatigue and depression due to lack of vitamin D.

Are supplements good?

While it is first advised to get vitamin D from sunlight, in view of unavoidable circumstances like location supplements are recommended. But one should not blindly self-administer the supplements. One should contact a physician and get the right doses of vitamin D supplements in order to avoid getting an overdose.

Tips to protect your eyes while doing makeup



Wedding season is here and so is the surge in makeup products. However much as we like to accentuate our eyes with makeup, our eyes do not always react well to make up. Here are some tips on how to use eye make up safely while protecting our eyes, courtesy Dr. Neeraj Sanduja, MBBS, MS, Ophthalmologist, and Eye Surgeon.

Hypo allergenic Products : Always use products which are hypoallergenic and have been previously dermatologically tested. Another trick is to apply them on your forearm to see whether you are allergic to any ingredient. Fragrance, dyes, preservatives , nickel etc. present in the make up might induce allergic reaction.

Sharing Make up : this is a big no-no ,eye make up application and brushes should never be shaved. Cosmetics are a fertile breeding ground for microbes so by sharing we are at a risk of cross contamination.

Remove Carefully : Eyeliners, Kohls, mascaras have a tendency to enter the eye. So always be sure to remove the makeup before going to bed . Use alcohol free make

up remover to remove eye make up.

Spare the waterline: The area where are our eye lid meets the eye has opening of many glands which help to lubricate our eyes. Use of eye make up along the eyelash line will block the opening of these glands and lead to increased chances of infection.

Avoid Kohl Eye liners: Kohl eye liners are a stable part of the Indian beauty routine but few know that they contain dangerous levels of lead which can cause damage to our eyes.

Expiry Name: All cosmetics have an expiry date. Make sure to use any product beyond the expiry date as these tubes of cosmetics , brushes and sponges are a fertile ground for bacterial growth.

Contact Lenses: If you are a contact lens user always sure to wear your lenses before application of makeup and use extra caution to keep make up out of your eyes.

In case there is redness , grittiness , persist blurring or discharge after use of eye make up please visit your ophthalmologist immediately.

General Knowledge Question

1. What is the process of intake of nutrients by an organism as well as the utilisation of these nutrients by the organisms called?

- A. Nutrition
- B. Photosynthesis
- C. Chloroplasts
- D. Digestion

2. The mode of nutrition in which an organism makes its own food from the simple inorganic material like carbon dioxide and water present in the surrounding is called:

- A. Heterotrophic nutrition
- B. Saprotrophic nutrition
- C. Autotrophic nutrition
- D. Holozoic nutrition

3. What is the mode of nutrition called in which organisms cannot make its own food from simple inorganic material and depends on other organisms for its food?

- A. Autotrophic nutrition
- B. Heterotrophic nutrition
- C. Parasitic nutrition
- D. Holozoic nutrition

4. When an organism obtains its food from decaying organic matter of dead plants, dead animals and rotten bread, etc., it is called:

- A. Parasitic nutrition
- B. Autotrophic nutrition
- C. Holozoic nutrition
- D. Saprotrophic nutrition

5. The nutrition in which an organism derives its food from the body of another living organism without killing it, it's called:

- A. Saprotrophic nutrition
- B. Parasitic nutrition
- C. Holozoic nutrition
- D. Autotrophic nutrition

6. The nutrition in which an organism takes the complex organic food materials into its body by the process of ingestion, the ingested food is digested and then absorbed into the body cells of the organism:

- A. Parasitic nutrition
- B. Autotrophic nutrition
- C. Holozoic nutrition
- D. Heterotrophic nutrition

7. The process by which green plants make their own food from carbon dioxide and water by using sunlight energy in the presence of chlorophyll, is called:

- A. Xanthophylls
- B. Stomata
- C. Photosynthesis
- D. Chloroplast

8. Animals which eat only plants are called:

- A. Herbivores
- B. Omnivores
- C. Carnivores
- D. None of the above

9. What is the process of taking food into the

body called?

- A. Digestion
- B. Assimilation
- C. Ingestion
- D. Egestion

10. The process in which the food containing large, insoluble, molecules is broken down into small, water soluble molecules is called:

- A. Digestion
- B. Absorption
- C. Ingestion
- D. Assimilation

11. The process of removal of toxic wastes from the body of an organism is called:

- A. Transport
- B. Respiration
- C. Excretion
- D. Nutrition

2. The movement of a plant part in response to light is called:

- A. Phototropism
- B. Geotropism
- C. Chemotropism
- D. Hydrotropism

13. The movement of plant part in response to gravity is called:

- A. Thigmotropism
- B. Hydrotropism
- C. Phototropism
- D. Geotropism

ASTRO SPEAK

ARIES



MAR 21 - APR 20

Stand firm in your beliefs today, dear Aries, as the Sagittarius sun blows a kiss to Saturn. This cosmic climate will allow you to gain respect amongst your peers, but only if you're consistent in your actions, words, and agenda. Luckily, a sweet exchange between the Leo moon and Chiron will boost your confidence, especially when you lean into your passionate side.

TAURUS



APR 21 - MAY 20

Keep a firm disposition around the office in order to gain respect. These vibes will bring luck to your professional agenda, so don't be afraid to advocate for yourself. Nostalgia may find you when the Leo moon blows to Chiron, making it a good time to revisit old music. Though you may have dealt with hardships on your journey, these vibes will help you recognize and appreciate the lessons that made you stronger and wiser.

GEMINI



MAY 21 - JUN 20

Good vibes will elevate your aura and mood thanks to a supportive aspect between the Sagittarius sun and Saturn. This energy can help you make headway within your personal and romantic goals, so don't be afraid to approach the future with practical enthusiasm. Be sure to exchange ideas when the Leo moon connects with Chiron, bringing forth positive results when teamwork is applied.

CANCER



JUN 22 - JUL 23

The universe will ask you to get strict with your health goals as the Sagittarius sun connects with Saturn. You'll want to watch your to-do list as well, making sure that your goals don't outweigh your capabilities or time constraints. The stars will give you permission to treat yourself when the Leo moon aligns with Chiron, especially if you've been working particularly hard recently.

LEO



JUL 24 - AUG 23

Strengthening your identity will bring balance to your romantic life as the Sagittarius sun connects with Saturn. Though you love melting into your partner, now is a good time to exercise healthy boundaries. Take pride in your accomplishments as Luna blows a kiss to Chiron, encouraging you to connect with your spirituality by acknowledging the opportunities and blessings that have landed in your path.

VIRGO



AUG 24 - SEP 23

You'll have a chance to organize your thoughts and feelings as the Sagittarius sun connects with Saturn. Use this energy to look on the brighter side of life, setting boundaries with anyone or anything that's been weighing you down recently. Good vibes will help you shake off any funk that may have been hanging around recently.

LIBRA



SEP 24 - OCT 23

The stars will ask you to put tangible action behind your ideas as the Sagittarius sun blows a kiss to Saturn. This celestial exchange will bring forth good luck. Trusting in your abilities will play a huge role in your ability to succeed, so be sure to build yourself up throughout the day. Unfortunately, a harsh L-square between the Leo moon and could trigger jealousy within the collective, making it important that you exercise caution when it comes to confiding in others.

SCORPIO



OCT 23 - NOV 22

Emotional investments will pay off today, dear Scorpio, as the Sagittarius sun blows a kiss to Saturn. Reaching out to loved ones will bring stability to your bonds, so be sure to lean into your social side. Meanwhile, the Leo moon connects with Chiron, allowing you to smooth out any ripples that may have manifested within your professional sphere.

SAGITTARIUS



NOV 23 - DEC 22

You'll find yourself in a practical yet optimistic headspace today, dear Archer, as the sun blows a kiss to Saturn. Use this energy to articulate ideas, concepts, and emotions that are important to you, as doing so will help you feel more in control of your situation. Meanwhile, the Leo moon shares a supportive exchange with Chiron, allowing you to find inner peace by channeling your ego in healthy ways.

CAPRICORN



DEC 23 - JAN 20

Connecting with nature can help you sort through your psyche today, dear Capricorn, as the Sagittarius sun aspects Saturn. Use this energy as an excuse to temporarily raise your guard so you can find solutions to any issues that have been keeping you up at night. Emotional release may find you later in the afternoon when Luna blows a kiss to Chiron, making it a good time to honor what's in your heart.

AQUARIUS



JAN 21 - FEB 23

You should feel respected within your community as the Sagittarius sun shares a supportive exchange with Saturn. Use this energy to establish a name for yourself, fighting for your goals and leaning into your connections. Meanwhile, the Leo moon blows a kiss to Chiron, bringing harmony and balance to your thoughts. These vibes are perfect for leaning into the softer side of life, sure to usher in new levels of clarity.

PISCES



FEB 20 - MAR 20

Setting boundaries will bring relief to your mental health today, dear Pisces, as the Sagittarius sun connects with Saturn. Use this energy as an excuse to draw lines, prioritizing your needs over pleasing others. Meanwhile, the Leo moon blows a kiss to Chiron, asking you to get organized within your finances.

