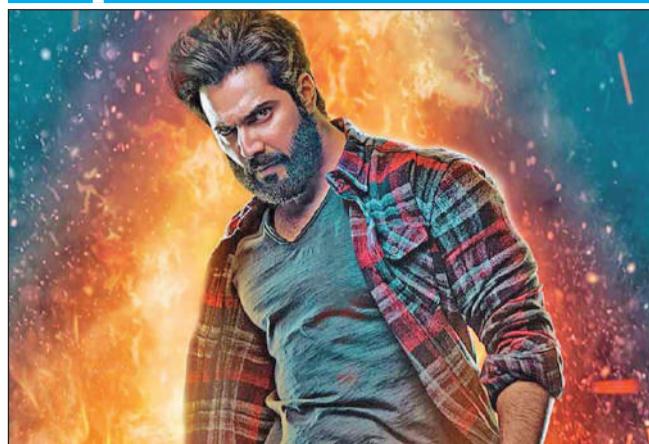


## Varun Dhawan opens up on Bhediya box office collection: I expected the film to do better



Varun Dhawan returned to big screens post-pandemic with two films, Jugjugg Jeeyo and Bhediya. However, both his films have received a fair response at the box office. While Jugjugg Jeeyo grossed Rs 135 crore worldwide, his recently released Bhediya has managed to earn Rs 64.10 crore in the domestic market. However, Varun is happy with the fact that both the films were creatively satisfying for him.

Talking about the film's collection, Varun said that he had hit a roadblock during the lockdown and wanted to come back to movies that will be satisfying him creatively. He said that he was cautious about choosing scripts and did not want to do films just because his dates were available.

"I waited a long time to sign Jugjugg Jeeyo, Bhediya, and Nitesh Tiwari's Bawaal. So, 2022 has been one of the most satisfying years creatively. As an actor, I am the proudest of these three films. It has been such a strange year, [with films] trying to get people back to theatres I expected Bhediya to do [better box-office] numbers than it did," Varun told Mid-Day.

Having said that, Varun is grateful that people have seen his films in theatres and his film's collection has been higher than many other films that have hit the screens post-pandemic. It motivates him to try and do better with his upcoming projects to meet the expectations of the audience.

Varun recently completed 10 years in the film industry and has experimented with films such as Sriram Raghavan's Badlapur (2015) and Shoojit Sircar's October (2018). Speaking about his unconventional choices, the actor said that his approach is to make a good film and the producer should not lose money.

## Nutritionally terrible foods to avoid



So you make endless mental notes of fried snacks and sweets that your kid gorges on, but what do you know about foods laden with sodium, fat, sugar and other unsavoury ingredients? We run you through unhealthy children's foods that you'd rather avoid:

**Fruit snacks:** For long, food and beverage giants have been pulling a fast one on you by using the word 'fruit' to sell nutritionally suspect products. Fruit cakes or fruit gummies, for instance, are as sugar-filled as a candy. The fact that they stick to kids' teeth make them a harbinger of cavities.

**French fries:** With the mushrooming of fast food joints, French fries have befriended children's taste-buds more than ever. The problem with fries is not just the unhealthy trans fats and calories it's loaded with, but also how easy it is to gobble too much of it at once. Fries are known to dominate the palate to an extent where the child may not really develop a taste for other vegetables. To rein your junior in, try baking your fries at home or rustle up sweet potato fries, which are packed with fibre, vitamin C and potassium.

**Sugar cereals:** It's no more a secret that most sugary cereals are hopelessly low on fibre and high on sugar. The trick then is to choose cereals that contain less than 10 grams of sugar and at least three grams of fibre.

## Kiara Advani reveals the Alia Bhatt superhit film she wished to be a part of

Kiara Advani who is doing exceptional work in Bollywood has always been vocal about being a big fan of Alia Bhatt's work. And now in her latest interaction the Bhool Bhulaiyya 2 star her desire to be a part of her film Gangubai Kathiawadi as she cannot stop praising how good she was. Kiara in her recent interview with Film Companion spoke about her favourite film from 2022 and Alia Bhatt's Gangubai Kathiawadi. Kiara said how she could've blinked her eye while watching the film, calling Alia Bhatt phenomenal she added that she wished she could have been a part of something like that.

Gangubai Kathiawadi is counted as one of the best films of Alia Bhatt and we soon can see Kiara Advani doing something on a similar line. Kiara Advani was spotted just a few months ago outside Sanjay Leela Bhansali's office and there is strong speculation that soon the new favourite actress in town will be doing a film with SLB. Kiara had openly praised SLB and expressed her desire to always work with him. SLB is known to make a lot of actors' careers right and one of the biggest examples is Ranveer Singh. On the professional front, Kiara is right now pro-



moting her next film along with Vicky Kaushal and Bhumi Pednekar.

## Adipurush actor Prabhas opens up about his marriage plans and it has a major Salman Khan connection

Telugu star Prabhas is undoubtedly one of the most eligible bachelors of the country. He has had been in the news for his rumoured love affair with his Adipurush costar Kriti Sanon until the latter cleared the air saying they are untrue. While reports of Prabhas' marriage have been going on for the past few years, the Baahubali star recently revealed when he plans to get married.

Prabhas will be seen making an appearance on Nandamuri Balakrishna's talk show Unstoppable 2. In the recent promo shared by Aha Video, Prabhas was seen having a gala time with the host. Prabhas was greeted with a loud cheer from the audience and he had a wide smile on his face.

In the video, Balakrishna was seen grilling Prabhas over his marriage plans. The actor was welcomed as a guest along with actor Gopichand. Balakrishna told Prabhas that Sharwanand told him that he will get married after him. He then asked Prabhas to answer the question and he replied saying that he will get married after Salman Khan.



Sweetened drinks: Almost all the hype around the health risks that soda poses is sadly true, and more so for kids. Drinking soda or cola increases their odds of developing type-2 diabetes and ending up obese. Not to mention the cavities they will cause. Fruit drinks too can be just as bad as soda. Scientists say that if they aren't made from 100 per cent juice, their nutritional worth is as low as soda. In any case, limit your child's intake of packaged fruit juice, and encourage her to drink a lot of milk and water.

Granola bars: They have been hailed as the ultimate health snack, but many varieties of the granola bars have ingredients that make them more of a dessert than a nutritional delight. The catch is again on the cover. Hunt for bars that contain at least two grams or fibre and less than 10 grams of sugar, and also for those that have little or no saturated fat, and no high fructose corn syrup or artificial sweeteners.

Sports drinks: Your child might be drained after that gruelling session of cricket or badminton, but don't let him or her guzzle down sports drinks. Kids can become easily used to the taste and stop preferring water. Whip up a glass of chocolate milk instead, as it packs just the right mix of protein and carbs to help repair muscle.

Packaged noodles: Not only are noodles low on nutrition, they come with a lot of sodium. Children between the ages of two and three should have no more than 1,000 milligrams of sodium per day, while kids up to age eight shouldn't exceed 1,200 mgs per day. However, one serving of most packed noodles or pasta has more than half of a child's recommended limit.

Cheese: While cheese is a fabulous source of calcium and protein, you need to watch your child's portions. A slice of cheese can contain over 100 calories and 10 grams of fat, so regularly having more than that for a snack can add the numbers up fast. The daily recommended amount for dairy is two cups for age 2-3, and two-and-a-half cups for age 4-8. Just one-and-a-half ounces of cheese counts as one cup of the recommended amount of dairy.

## Makeup trends to follow in 2023



finish, you may even blend your blush with a blusher into the crease of your eyes.

Embellished beauty: Sparkles and shimmer galore! Sparkle and embellishments like rhinestones and gemstones have been the trend for a long, and it is still going strong. These embellishments embody an eccentric sense of individuality and are the perfect vices to elevate your look as they give any look a subtle touch of sparkle. Refrain from being precise with your stones or getting each eye to match the other perfectly.

Use them to make a solid statement portraying your inner diva. You can use it around your eyes, as embellished freckles, or to contour your lips for a striking effect. You can pair them with bold black eyeliner. The gems render a stardust-like feel while remaining elegant and classy.

### Sensual Siren Eyes

This winter, the siren eye will be prevalent with its cool-toned, smoky eye touch. Every eye shape receives a seductive boost from siren eyes and demi-lashes without seeming too contrived. For the ultimate glam effect, pair with fake freckles and glossy lips.

### Frosted, Glossy Lips

After much experimentation with icy blue frosted eyes, it is suspected that the trend will be all about the lips with the '90s trends return. The frosted glossy lip and the iconic brown lip liner and balm looks offer your lips an enviable comfortable, lived-in feel. Besides nourishing balms and high-impact lip glosses, plumping oils are the latest must-haves to clock in heavy-duty moisturisation while teasing your pout with the barest slick of colour.

## General Knowledge Question

1. For galvanizing iron which of the following metals is used?

- A. Aluminium
- B. Copper
- C. Lead
- D. Zinc

2. Economic goods are

A. all commodities that are limited in quantity as compared to their demand

B. Commodities that are available according to their demand

C. Commodities that are available more as compared to demand

D. None of the above

3. For purifying drinking water alum is used

A. for coagulation of mud particles

B. to kill bacteria

C. to remove salts

D. to remove gases

4. Hockey was introduced in the Asian Games in

A. 1958 in Tokyo

B. 1962 in Jakarta

C. 1966 in Bangkok

D. 1970 in Bangkok

5. ESCAP stands for

A. Economic and Social Commission for Asia and Pacific

B. European Society Council for Africa and Pacific

C. Economic and Social Commission for Africa and Pacific

D. None of the above

6. Firdausi was

- A. a poet
- B. well known for his epic 'Shahname'
- C. Both option A and B
- D. None of the above

7. Himalayan Mountaineering Institute is at

- A. Darjeeling
- B. Dehradun
- C. Marmago
- D. Dispur

8. Gabriel Daniel Fahrenheit was

- A. a German Physicist
- B. developed the mercury thermometer in 1714
- C. devised temperature scale
- D. All of the above

9. During the first crusade, crusaders reached Jerusalem and captured it in

- A. 1000 AD
- B. 1099 AD
- C. 1200 AD
- D. 1515 AD

10. Dr. Linus Carl Pauling is the only person to

- A. have won two Nobel prizes individually for
- B. Chemistry in 1954, Peace Prize in 1962
- C. Peace Prize in 1954, Chemistry in 1962
- D. Medicine in 1954, Physics in 1962

11. Free market is

A. a condition in the international market where nations do not impose customs duty or other taxes on import of goods

B. market where the price of a commodity is determined by free play of the forces of supply and demand

C. ports that are exempted from payment of customs duty on articles of commerce, primarily to encourage tourism

D. None of the above

12. East Timor, which became the 191st member of the UN, is in the continent of

- A. Asia
- B. Africa
- C. Europe
- D. South America

13. Free surface of a liquid behaves like a sheet and tends to contract to the smallest possible area due to

- A. force of adhesion
- B. force of friction
- C. centrifugal force
- D. force of cohesion

## ASTRO SPEAK

### ARIES



MAR 21 - APR 20

A sparkling and supportive energy will find you when Jupiter, the planet of luck and growth, enters your sign. This planetary placement is poised to turn the wheels of fortune in your favor, so be sure to pursue your goals enthusiastically. Meanwhile, the Scorpio moon squares off with Saturn, highlighting how your social life has become too distracting.

### TAURUS



APR 21 - MAY 20

You'll begin to feel hope where there was once only darkness, dear Taurus, as optimistic Jupiter moves into Aries and your solar twelfth house. This planetary placement is meant to restore your faith in the universe, even if you're still troubled by certain aspects of life. Give yourself permission to escape into your own social bubble as the Scorpio moon blows a kiss to Neptune, asking you to cherish your community.

### GEMINI



MAY 21 - JUN 20

You'll have an opportunity to expand your social reach throughout the next several months as Jupiter enters Aries and the sector of your chart that governs community. However, you'll want to help others make connections as well, as this planetary placement values the concept of both giving and receiving. Meanwhile, the Scorpio moon shares a sweet exchange with Neptune.

### CANCER



JUN 22 - JUL 23

Kindness and generosity will earn you respect throughout the next several months, as benevolent Jupiter moves into Aries and your solar tenth house. These vibes will also bring support to your professional ambitions as long as you're willing to work hard and take the initiative. A spiritual energy will come into play making it a good time to disconnect from the real world in order to nurture your spirit.

### LEO



JUL 24 - AUG 23

Your spirit will become invigorated as Jupiter enters Aries bringing an abundance of auspicious energy to your solar ninth house. Don't be afraid to trust in a higher power throughout the next six months, as the universe will be eager to guide and support you. Good vibes will continue to flow as the Scorpio moon blows a kiss to Neptune, providing you with an opportunity to honor your emotions while following your heart.

### VIRGO



AUG 24 - SEP 23

You'll feel optimistic about the future and your ability to evolve as lucky Jupiter moves into Aries and the sector of your chart that governs transformation. The universe will support your quest for self-improvement right now, though elevating your circumstances may require you to cut unhealthy ties. Don't be afraid to share your feelings with someone special.

### PISCES



FEB 20 - MAR 20

Financial gains are headed your way, sweet Fish, as Jupiter migrates into Aries and the sector of your chart that governs money. Opportunities are likely to manifest quickly, so prepare yourself for a busy couple of months. Meanwhile, the Scorpio moon blows a kiss to ethereal Neptune, helping you connect with your spiritual side.

## Recipes

### Bharwan Aloo Tilnaaz



#### Ingredients

- 4 medium potato
- 60 gm peas
- 30 gm sesame seeds
- 5 gm garam masala powder
- 30 gm ghee
- 100 gm khoya
- 60 gm cashews
- 5 gm cumin powder
- 5 gm red chilli powder
- salt as required
- 300 ml vegetable oil

#### Method: