

Virat Kohli all set to embark on a new journey professionally? Cricketer unfollows long-time manager Bunty Sajdeh on social media



The World Cup 2023 campaign has ended in heartbreak for all fans of the Indian cricket team. Fans have shed tears for the two stalwarts Virat Kohli and Rohit Sharma who did an excellent job in the tournament. While Virat Kohli won the Man Of The Tournament award, Sharma was left with disappointment. Virat Kohli and Anushka Sharma gave us some of the memorable moments of the campaign whether it was her celebrating his first WC wicket or the hug they shared after the epic loss at the finals. Now, more news is coming around Virat Kohli. It seems he is planning to float his own manager soon. As we know, he was managed by Bunty Sajdeh's Cornerstone for many years. Bunty Sajdeh is the brother of Seema Khan who was earlier married to Sohai Khan. His cousin Ritika Sajdeh is wedded to Rohit Sharma. Whether it is setting up his clothing line or other associations, Virat Kohli has always had a strong entrepreneurial streak. He has also unfollowed Bunty Sajdeh on social media.

In fact, Bunty Sajdeh was termed as the Jerry Maguire of the industry. MS Dhoni already has his firm Rhiti Group which also has other investors. Now, Virat Kohli is forming his own company. There has been a lot of talk about the equation between Virat Kohli and Rohit Sharma. But this World Cup 2023 has ended all those nasty speculations. Visuals of Rohit Sharma and Ritika Sajdeh crying after the loss make Indian cricket fans shed buckets. Virat and his manager had an association of 10 long years. In that period, he became one of India's most prolific sportsmen. Virat Kohli and Anushka Sharma are one of the wealthiest celebrity couples in the country.

Koffee With Karan 8: Pathaan and Tiger to join Rani Mukerji's Mardaani franchise?



Rani Mukerji, Kajol, and Karan Johar together are LIT. And this episode of Rani Mukerji and Kajol is by far the best episode of Koffee With Karan 8. Rani

Mukerji and Kajol transported their fans to the era of the 1990s, when the actresses were more real and raw. And in the show, both Rani and Kajol made a lot of revelations, and one that caught our attention was when Rani declared that she would want Pathaan and Tiger in her Mardaani franchise. Shah Rukh Khan made his smashing comeback with Pathaan, and it became the highest Hindi grosser in the history of Indian cinema until Jawan was released. Aditya Chopra gave SRK the biggest hit of his career. When we talk about Tiger, it's the first film from the spy universe, and it's a smashing hit franchise. War, starring Hrithik Roshan, is another hit spy universe that has left fans enthralled, and they are eagerly waiting for War 2. Rani Mukerji got candid in her rapid fire when asked by Karan Johar about which franchise she would like to be part of: Tiger, War, or Pathaan to which the actress instantly replied that she would like Tiger and Pathaan to join her Mardaani franchise. Rani Mukerji made her comeback with Mardaani after her sabbatical, and she stunned her fans with her fierce cop avatar.

After Animal, Sandeep Reddy Vanga and Ranbir Kapoor to explore more darkness in films?

Ranbir Kapoor, Rashmika Mandanna starrer Animal is scheduled to release on 1st December. The film explores the dark side with a dark character played by Ranbir Kapoor. There's a family drama at the core which explores the father-son relationship played by Anil Kapoor and Ranbir. This is the first time Ranbir is working with Sandeep Reddy Vanga and he has pushed the envelope with a dark character. And now, Sandeep has opened up on working with Ranbir again.

With Sandeep Reddy Vanga directed Animal, Ranbir Kapoor is going to step out of his comfort zone. His character as seen in the Animal trailer is very gore. The lengths to which Ranbir's character goes to prove his love for his father has a darker shade than what was seen in the trailer. And in a recent interview, Sandeep Reddy Vanga of Arjun Reddy and Kabir Singh fame has revealed if he and Ranbir will work again. Well, it depends if Animal works well. Sandeep tells Idlebrain that if by God's grace Animal works wonders, then for sure he would work with Ranbir. And with his next films, he shall explore deeper storytelling and character exploration. "So, me and Ranbir have another idea to work



together. It is very dark, and we thought if this works, we should definitely dive into the darkness," the filmmaker says. Well, Animal looks fantastic. And just from the trailer itself, we could see Ranbir doing things which will make him shine.

Recipes

Broccoli Spinach Cheela



**Ingredients**  
1 cup broccoli  
1 cup gram flour (besan)  
2 green chilli  
1/4 teaspoon black pepper  
gm salt  
1 cup spinach  
5 cloves garlic  
1 teaspoon cumin powder  
1/4 teaspoon garam masala powder

**Method:**  
Cut the broccoli into florets. Clean the spinach leaves and cut the stems. Add broccoli and spinach leaves to a blender. Also add garlic cloves, green chillies and about 2-3 tbsp water. Blend to form a thick paste.

Take out the green paste in a bowl. Add besan, cumin powder, garam masala, black pepper powder and salt. Add water in batches and mix well to form a lump-free batter.

The consistency of the batter should be medium- neither too thick nor too thin.

Now drizzle a few drops of oil on a non-stick tawa. Pour two ladleful of batter on it and spread in circular motions to make a round cheela.

Cook from one side until golden patches appear. Flip towards the other side and cook until a bit crispy.

Serve the cheela with a chutney or dip of your choice. Enjoy!

**Tips**  
You can add a filling of paneer or veggies in the cheela to make it more wholesome.

Stretch away shoulder freeze with 5 simple daily exercises



Frozen shoulder, also known as adhesive capsulitis, affects millions of people worldwide. It occurs when the connective tissue around the shoulder joint becomes inflamed and stiff, severely restricting motion and causing chronic pain. The good news is that with patience and consistency, a frozen shoulder can often be overcome with simple stretching exercises.

Mobilising frozen shoulder joints doesn't necessitate elaborate equipment or flawless technique; simple stretches using household items, when performed consistently and gently, can significantly improve shoulder mobility. The following are five effective daily exercises:

**Pendulum circles**  
This initial stretch provides gentle traction to offer relief to inflamed capsule tissue. The individual stands, leaning forward with support from the good arm, allowing the affected shoulder to hang freely. Subtle circular movements are initiated using the core and torso, gradually increasing the circle size over 2-5 minutes in each direction without causing pain. The descending arm, coupled with a gentle swing, provides a distracting tug to give overworked tissue some slack.

Behind-the-back towel assisted stretch

The towel stretch assists in extending the shoulder to counteract capsule contraction. A small towel is draped down the individual's back, holding one end in each hand. The towel is pulled up with both hands, focusing on lifting and stretching the affected shoulder while keeping the elbow straight. Hold for at least 30 seconds, taking deep breaths before releasing and repeating 2-3 times.

External rotation with dowel

Gently externally rotating the shoulder rolls the capsule tissue outward, preventing re-freezing. A broom handle or dowel is held behind the back, gripping it shoulder-width apart with palms forward. The affected elbow is kept fixed at the side, using the good hand to push and rotate the affected arm outward. Hold for 20 seconds, release slowly, and repeat 2-3 times before switching sides.

Wall slide stretch overhead

This position enhances elevation and overhead mobility crucial for daily tasks like brushing hair. The individual stands facing a wall slightly farther than arm's length away, feet shoulder-width apart. Palms are placed flat on the wall just above shoulder level. Maintaining an upright posture, hands are slowly slid up the wall, leading with the affected arm. Reach as high overhead as flexibility allows, holding for 20 seconds. Repeat 3-5 times.

Cross-body adduction stretch

Focusing on shoulder capsule tissue missed by other poses, the unaffected arm is used to lift the affected arm by the elbow until it's parallel to the ground. Gently pulling the affected arm across the chest as far as tolerable, the emphasis is on feeling the shoulder capsule stretch rather than straining the joint or arm. Hold for at least 30 seconds before slowly releasing. Repeat 2-3 additional reps.

Prior to commencing any exercise routine, particularly if pre-existing health conditions are present, it is imperative to seek guidance from a healthcare provider. Ensuring one's safety and well-being, this consultation serves as a crucial step in determining the appropriateness.

5 things to use this winter to protect your skin from drying



As the frosty winds of winter weave their enchanting spell, they bring with them a common adversary: dry skin. However, fear not, for with the right tools and practices, you can shield your skin from the harsh elements. Discover five essential allies that will fortify your skincare routine and ensure your skin remains hydrated and radiant throughout the winter months.

**Hydrating cleansers**  
Begin your defense against dryness with the choice of cleansers. Try out gentle, hydrating cleansers that cleanse without stripping away natural oils. Look for ingredients like hyaluronic acid, glycerin, or ceramides, which effectively cleanse while maintaining the skin's moisture barrier. Avoid using harsh soaps and alcohol based cleansers as they can make your dry and sensitive skin worse.

**Rich moisturizers and emollients**  
Explore the power of moisture-retaining creams and emollients which lock in hydration. During winter, switch to heavier, more nourishing moisturizers that contain ingredients like shea butter, squalane,

or oils such as argan or jojoba. These components form a protective barrier, preventing moisture loss and keeping your skin supple and hydrated even in the driest of conditions.

Humidifiers

Combat the dry indoor air caused by heaters with the aid of humidifiers. These devices add moisture back into the air, preventing your skin from becoming dehydrated. Placing a humidifier in your home or office can significantly improve the moisture levels in the environment, benefiting not only your skin but also your respiratory health during the winter months.

Gentle exfoliations

Incorporate gentle exfoliation into your skincare routine to rid your skin of dry, flaky patches. However, during winter, opt for mild exfoliants that won't further strip your skin of moisture. Consider chemical exfoliants containing ingredients like lactic acid or fruit enzymes. These effectively remove dead skin cells, promoting cell turnover without causing irritation or dryness.

Sun protection

Winter sun can be deceivingly damaging, especially when reflected off snow (if you live in a place that snows) or even otherwise. Always apply sunscreen with at least SPF 30 to exposed areas like your face, neck, and hands. Choose broad-spectrum sunscreen to shield your skin from harmful UV rays. Reapply throughout the day, especially if you spend extended periods outdoors, as the winter sun can be just as potent as its summer counterpart.

General Knowledge Question Answers

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| 1. What is the most abundant gas in the Earth's atmosphere?<br><br>a) Carbon dioxide<br>b) Oxygen<br>c) Nitrogen<br>d) Methane   | d) Clearing land for agriculture  | a) Pollution<br>b) Climate change<br>c) Deforestation<br>d) Habitat destruction   |
| 2. Which of the following is not a greenhouse gas?<br><br>a) Carbon dioxide<br>b) Methane<br>c) Nitrogen<br>d) Water vapor   | 6. What is the term used to describe the process by which waste materials are broken down and recycled by natural organisms?<br><br>a) Composting<br>b) Recycling<br>c) Landfilling<br>d) Incineration                            | 11. Which of the following is a major contributor to air pollution?<br><br>a) Burning fossil fuels<br>b) Plant photosynthesis<br>c) Volcanic eruptions<br>d) Forest fires                                     |
| 3. What is the process by which plants use sunlight to convert carbon dioxide and water into oxygen and glucose?<br><br>a) Photosynthesis<br>b) Cellular respiration<br>c) Fermentation<br>d) Combustion | 7. Which of the following is a renewable energy source?<br><br>a) Coal<br>b) Natural gas<br>c) Wind<br>d) Oil   | 12. What is the term used to describe the process by which chemicals or pollutants are removed from water?<br><br>a) Desalination<br>b) Filtration<br>c) Distillation<br>d) Purification                      |
| 4. What is the term used to describe the gradual increase in the Earth's average surface temperature?<br><br>a) Global cooling<br>b) Global warming<br>c) Climate change<br>d) Weather variability       | 8. What is the term used to describe the process by which harmful chemicals or pollutants accumulate in the tissues of living organisms?<br><br>a) Biomagnification<br>b) Bioaccumulation<br>c) Biodiversity<br>d) Biodegradation | 13. Which of the following is a major cause of ocean acidification?<br><br>a) Volcanic activity<br>b) Deforestation<br>c) Burning fossil fuels<br>d) Overfishing  |
| 5. Which of the following is a major cause of deforestation?<br><br>a) Urbanization<br>b) Desertification<br>c) Forest fires   | 9. Which of the following is a non-renewable resource?<br><br>a) Solar energy<br>b) Hydroelectric energy<br>c) Natural gas<br>d) Geothermal energy  | 14. What is the term used to describe the process by which soil becomes degraded and loses its ability to support plant life?<br><br>a) Erosion<br>b) Desertification<br>c) Salinization<br>d) Soil depletion |

ASTRO SPEAK

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| <b>ARIES</b><br><br>MAR 21 - APR 20<br>Today's skies offer the break you've been needing, Aries. The moon sifts through mentally active Aquarius, imploring you to reach out and connect with your community and friend groups—without the burden of yesterday's tensions. Even though Aries are notorious for being individualistic, you'll feel at your best when you're a part of something larger than yourself.  | <b>LIBRA</b><br><br>SEP 24 - OCT 22<br>Libras despise tense confrontations of any kind. While yesterday's skies made that quite apparent, today the cosmos offer a moment to mend and release—as the moon peacefully floats through objective Aquarius. Relationships may have gotten rocky recently, so with today's amicable skies, work to patch things up with a lover.   |
| <b>TAURUS</b><br><br>APR 21 - MAY 20<br>You've been facing some setbacks in advancing your career, Taurus. Mars and Saturn are both working hard to restructure and reframe what you want to do with your life, and that can feel extremely disorienting. The moon, on the other hand, floats agenda less through visionary Aquarius this afternoon—sensitizing you to your public reputation and helping you further contemplate your next move.           | <b>SCORPIO</b><br><br>OCT 23 - NOV 22<br>The concept of home has been more important to you than ever, Scorpio. Today's Aquarius moon sensitizes you to your home base and your connection to family. You need reassurance now that the foundations you're building are the right ones. Mars and Saturn in Aquarius are working to reframe your living environment, helping you get deeply in touch with what you require in a home.  |
| <b>GEMINI</b><br><br>MAY 21 - JUN 20<br>Break your routine in whatever way you can today, Gemini. The moon floats through high-minded Aquarius this afternoon, pulling you into a dreamworld of potential "what ifs" in your grand view of life. Get lost in the world of a foreign film, begin a new book, or do something out of the ordinary to keep that curious mind of yours content.   | <b>SAGITTARIUS</b><br><br>NOV 23 - DEC 22<br>A much needed wave of relief washes over your mind this afternoon, Sagittarius. The moon floats through freethinking Aquarius today, totally uninhibited from other contacts in the sky. This gives you time to gather your thoughts and understand what's next for you. Communication is critical to your comfort today, and need for exchanges in your environment.  |
| <b>CANCER</b><br><br>JUN 22 - JUL 23<br>Today's skies are less emotionally stirring than yesterday's skies, Cancer. The moon tiptoes through mentally stimulated Aquarius, making no aspects to other planets throughout the day. This signals that it's best to keep extroverted or initiatory actions to a minimum. Partnership, intimacy, and psychological explorations dominate your thoughts today—so crack open up a deep conversation with a lover. | <b>CAPRICORN</b><br><br>DEC 23 - JUL 20<br>You've been waiting for an alleviating moment for a while now, Capricorn. Today's skies deliver you the break you've been craving, as there's relatively little action throughout the day. The moon ambles through offbeat Aquarius throughout the day, calling attention to your natural abilities and talents and asking you to reignite your interests in things you've left on the back burner. Get lost in it and love what you do. |
| <b>LEO</b><br><br>JUL 24 - AUG 23<br>You've been rearranging your perspective on life and all of its functions recently, Leo. The cosmos of late haven't been so easy to navigate, especially on one's own. Today's skies lighten the load as the moon floats through other-oriented Aquarius, drawing you to a deeper understanding of relationship matters. Your one-on-ones take priority today, so refrain from keeping everything to yourself.         | <b>AQUARIUS</b><br><br>JAN 21 - FEB 23<br>Today calls attention to your appearance and physical health, Aquarius. The moon ambles freely through your sign throughout the afternoon, making no aspects to other planets and leaving you to your own devices. Today's skies are unequivocally lighter than the past few days, so take advantage of the levity and reconnect with your body.  |
| <b>VIRGO</b><br><br>AUG 24 - SEP 23<br>You need a project to unleash your energy towards right now, Virgo. Today's cosmic mix is undoubtedly easier to handle than the past few days, as the moon floats solo through visionary Aquarius. Work, errands, health, and exercise are calling out for your attention today. So, tune into your body and pick a project that you can activate your natural busybody tendencies.                                  | <b>PISCES</b><br><br>FEB 20 - MAR 20<br>Alone time is important to foster in your environment today, Pisces. The moon drifts without a care in the world through Aquarius this afternoon, lifting the crushing weight off your shoulder the past few days. Your sensitivities are running high today and you still may wish to refrain from much interaction with other people. Silence your phone, run a bath, and let your spirit refresh itself.                                 |

