

Shah Rukh Khan proves he's a doting dad to Suhana Khan as he reacts to her debut with The Archies and the screening video



Shah Rukh Khan is super happy today and in a very chill and laid-back mood. And hence, he decided to conduct an Ask SRK session on X (formerly Twitter). The Dunki Trailer dropped yesterday and also The Archies screening was held. Shah Rukh attended the special preview of The Archies last night with his whole family. And today, when the father was asked about his daughter's debut, he had a heartwarming response.

Shah Rukh Khan was asked by a fan about Suhana Khan being launched with Zoya Akhtar's The Archies. The social media user had also shared a family picture from last night. Shah Rukh, Gauri Khan, AbRam Khan, Aryan Khan and Gauri's mom along with Shah Rukh attended the grand premiere of The Archies movie. Replying to the netizen, the handsome hunk and a doting father said, "It's lovely to see your children grown up and starting to work hard."

Shah Rukh Khan was also asked about the video of him and Suhana Khan walking the red carpet at The Archies movie premiere. For the unversed, Shah Rukh had manifested this moment more than a decade ago. The video of the same went viral. It was shared by a fan handle of Shah Rukh. The Jawan and Pathaan superstar reacted to the same with his iconic dialogue.

A couple of months ago, Shah Rukh Khan penned a heartfelt note for Suhana Khan on her debut movie The Archies poster release. He asked her to remember that she will never be perfect but being herself will be the closest to that. He asked her to be kind and giving. She said that the brickbats and the applause are not hers to keep. He told her that the road to people's hearts is unending. He signed the note as another actor.

Animal: Sara Ali Khan was offered the role of Tripti Dimri in the Ranbir Kapoor starrer but rejected it; here's why

Ranbir Kapoor starrer Animal is winning hearts. The film has got the A certificate but that did not affect its business. The film is inching towards the Rs 500 crore mark already. Ranbir Kapoor has delivered his best performance in the film and people cannot stop praising him for his performance. The action scenes in the film have been amazing. Apart from Ranbir, the film stars Bobby Deol, Anil Kapoor, Rashmika Mandanna, Tripti Dimri and others. Tripti Dimri played an important role in the film. She got a lot of positive responses for it as well. Her intimate scene with Ranbir in Animal has gone viral and many are talking about it. She played the role of Zoya in the film.

Well, she is currently the national crush of India and is being the most talked about person. However, before Tripti, it was another Bollywood actress who had auditioned for the role of Zoya. As per reports in Filmfare, Sara Ali Khan also auditioned for Animal. She had auditioned for Zoya's role but Sandeep Reddy Vanga was not very impressed with her audition.



Tiger 3 actress Katrina Kaif talks about her equation with her co-star Salman Khan; says 'I found my place...'

Salman Khan and Katrina Kaif starrer action-thriller film Tiger 3 has been winning hearts with its unique storyline and plot. The entire cast and crew of Tiger 3 are currently basking in the success of their recently released film which has been receiving appreciation from the audience across the globe. Well, Katrina and Salman share a close and warm bond together and fans also love seeing them on-screen. Their on-screen chemistry showcases the deep bond that they share.

In an exclusive conversation with Filmfare, Katrina spoke her heart out of her equation with Salman and also her experience of working with him. Katrina said that the wonderful thing about Salman and her equation over the years as professionals has surely evolved. She started as a newcomer when she shot for the first time with him. She said that as an actor she has found her voice, her feet and her place. Katrina said that she and Salman are more spontaneous in the scenes and their equation has changed. She revealed how there is much fluidity and more of an exchange between them and their dynamics have changed throughout the years. She said that Salman as a person does not come



with fixed ideas. She said that one has to be fluid and not come up with a fixed notion as Salman will surprise his actors.

Recipes

Mixed Dal Dosa



Ingredients

- 2 tablespoon toor daal
- 2 tablespoon green moong dal
- 2 tablespoon urad dal
- 2 green chilli
- salt as required
- 2 tablespoon yellow moong dal
- 2 tablespoon chana dal
- 4 tablespoon basmati rice
- 5 cloves garlic
- 2 tablespoon virgin olive oil

Method:

Collect the dal and rice in a bowl. Wash it well at least 3-4 times. Collect the washed dal and rice in a bowl. Fill it with warm water and let it soak for about 4 hours.

Now drain the excess water. Add the dal and rice to a blender along with 1/2 cup of water, garlic cloves and green chillies. Blend to form a paste.

Take out the batter in a bowl. Add salt as per taste and give a good mix. Use a whisk and whisk the batter for 1-2 minutes to fluff it up well. You can add a little bit of water more to adjust the consistency.

Heat a non-stick pan and drizzle it with some oil. Now pour 2-3 ladleful of batter on the tawa and spread in circular motions to form a thin layer.

Cook the dosa from both sides until golden in colour and crisp in texture. Make more such dosas with the remaining batter. You can easily make 5-6 dosas with this much batter.

Your Dosas are now ready to be served. Pair up with coconut chutney or sambhar and serve.

Walking for weight loss? Add these simple stretches for quick result?



Before stepping out for a morning walk, it's crucial to prepare your body with a proper warm-up routine and stretches are excellent for this. Stretches not only enhance flexibility but also reduce the risk of injuries by increasing blood flow to the muscles and improving joint mobility. Incorporating a set of simple yet effective stretches into your routine can significantly contribute to a more productive walking session. Here are a few stretches you can do.

Neck stretch: Start your warm-up by gently tilting your head from side to side, then turning it slowly from left to right. This stretch helps release tension in the neck muscles, especially if you've been sitting for an extended period. Perform these movements in a controlled manner, avoiding any sudden jerks.

Shoulder stretch: Extend your arms to the sides and make small circles in both clockwise and counterclockwise directions. Gradually increase the size of the circles as your shoulders loosen up. This stretch helps improve blood circulation in the shoulder area and prepares the joints for more strenuous activities.

Wrist stretch: Extend your arm straight in front of you, palm facing down. Use your opposite hand to gently press down on your fingers, stretching the wrist and forearm. Hold the stretch for 15-30 seconds on each hand. This is particularly beneficial if your work-out involves gripping or lifting exercises.

Hip stretch: Stand with your feet shoulder-width apart and initiate circular motions with your hips, both clockwise and counterclockwise. This dynamic stretch targets the hip flexors, promoting increased flexibility and mobility in the hip joint. Perform the movement for 30 seconds in each direction.

Leg swings: Hold onto a stable surface and swing one leg forward and backward in a controlled manner. This dynamic movement helps stretch the hamstrings and quadriceps, enhancing flexibility in the lower body. Repeat the swings for 15-20 seconds on each leg.

Ankle rolls: While standing, lift one foot off the ground and rotate your ankle clockwise and then counterclockwise. This stretch is particularly beneficial for activities that involve quick changes in direction, as it improves ankle mobility and reduces the risk of sprains.

Calf stretch: Stand with your feet hip-width apart and rise onto your toes, lifting your heels off the ground. Lower your heels back down, and repeat the movement. Calf raises prepare the calves for activities like running or jumping, promoting better blood circulation and flexibility in the lower leg muscles.

Inner thigh stretch: Sit on the floor with the soles of your feet together and gently press your knees toward the ground. This stretch targets the inner thighs and groin muscles. Hold the stretch for 30 seconds to improve flexibility in the lower body.

DIY face masks to keep your skin soft this winter



As winter approaches, the chill in the air brings not just festive vibes but also concerns about keeping your skin soft and hydrated. The cold weather tends to strip the skin of its natural moisture, leaving it dry and dull. Fear not! Instead of relying solely on store-bought products, consider turning to simple and effective DIY face masks using natural ingredients readily available in your kitchen. Let's take a look at these easy-to-make face masks that promise to keep your skin soft, supple, and glowing throughout the winter season.

Dry skin is what you have to combat this winter Honey and Yogurt Hydration Mask

Combine the moisturizing properties of honey with the nourishing goodness of yogurt. Mix one tablespoon of honey with two tablespoons of plain yogurt. Apply the mixture to your face, leave it on for 15-20 minutes, and rinse with lukewarm water. Honey locks in moisture, while yogurt soothes and revitalizes the skin, leaving it soft and hydrated.

Avocado and Olive Oil Soothing Mask

Mash half an avocado and mix it with a tablespoon of

olive oil. Apply the mixture to your face, allowing it to sit for 15-20 minutes before rinsing off. Avocado is rich in natural oils and vitamins, while olive oil provides intense hydration. This mask replenishes dry skin, leaving it silky smooth.

Banana and Almond Oil Radiance Mask

Mash a ripe banana and add a teaspoon of almond oil. Apply this mixture to your face, leaving it on for 15 minutes before washing it off. Bananas are packed with vitamins and moisture, and almond oil adds a radiant glow to your skin. This mask is an excellent choice for restoring vitality to dull winter skin.

Oatmeal and Milk Exfoliating Mask

Mix two tablespoons of ground oatmeal with enough milk to form a paste. Gently massage the mixture onto your face in circular motions and let it sit for 10-15 minutes. Oatmeal exfoliates and removes dead skin cells, while milk moisturizes and soothes. This mask not only softens the skin but also reveals a fresh, radiant complexion.

Cucumber and Aloe Vera Calming Mask

Blend half a cucumber and mix it with two tablespoons of aloe vera gel. Apply the mixture to your face and leave it on for 20 minutes before rinsing off. Cucumber hydrates and soothes, while aloe vera provides a calming effect. This mask is ideal for sensitive skin, leaving it soft and refreshed.

Coconut Oil and Brown Sugar Scrub

Create a gentle exfoliating scrub by combining two tablespoons of coconut oil with one tablespoon of brown sugar. Massage the mixture onto your face in a circular motion, then rinse off. Coconut oil deeply moisturizes, and brown sugar exfoliates, revealing soft and smooth skin.

General Knowledge Question Answers

1. Who discovered the theory of relativity?
 - a) Isaac Newton
 - b) Albert Einstein
 - c) Galileo Galilei
 - d) Stephen Hawking
2. What is the capital of Canada?
 - a) Toronto
 - b) Ottawa
 - c) Vancouver
 - d) Montreal
3. Which is the smallest continent in the world?
 - a) Europe
 - b) South America
 - c) Antarctica
 - d) Australia
4. Who was the first person to walk on the moon?
 - a) Neil Armstrong
 - b) Buzz Aldrin
 - c) Yuri Gagarin
 - d) Alan Shepard
5. Which river is the longest river in the world?
 - a) Amazon River
 - b) Nile River
 - c) Yangtze River
 - d) Mississippi River
6. Who was the first Indian astronaut in space?
 - a) Rakesh Sharma
 - b) Kalpana Chawla
 - c) Sumita Williams
 - d) Abdul Kalam
7. Who invented the telephone?
 - a) Alexander Graham Bell
 - b) Thomas Edison
 - c) Benjamin Franklin
 - d) James Watt
8. What is the currency of Japan?
 - a) Yen
 - b) Yuan
 - c) Euro
 - d) Pound
9. Which is the largest desert in the world?
 - a) Sahara Desert
 - b) Gobi Desert
 - c) Arabian Desert
 - d) Australian Desert
10. Who painted the famous painting "Mona Lisa"?
 - a) Leonardo da Vinci
 - b) Michelangelo
 - c) Pablo Picasso
 - d) Vincent van Gogh
11. What is the capital of Australia?
 - a) Sydney
 - b) Melbourne
 - c) Brisbane
 - d) Canberra
12. Who is known as the Iron Lady of India?
 - a) Indira Gandhi
 - b) Sonia Gandhi
 - c) Mamata Banerjee
 - d) Margaret Thatcher
13. What is the national animal of India?
 - a) Lion
 - b) Elephant
 - c) Tiger
 - d) Panther
14. Who wrote the famous play "Hamlet"?
 - a) William Shakespeare
 - b) Samuel Beckett
 - c) Tennessee Williams
 - d) Oscar Wilde
15. Which country is known as the Land of the Midnight Sun?
 - a) Norway
 - b) Sweden
 - c) Finland
 - d) Denmark
16. Which is the largest bird in the world?
 - a) Penguin
 - b) Ostrich
 - c) Eagle
 - d) Albatross

12. Indira Gandhi
13. Tiger
14. William Shakespeare
15. Norway

8. Yen
9. Sahara Desert
10. Leonardo da Vinci
11. Canberra

4. Neil Armstrong
5. Nile River
6. Rakesh Sharma
7. Alexander Graham Bell

1. Albert Einstein
2. Ottawa
3. Australia

ASTRO SPEAK

- ARIES** (MAR 21 - APR 20)

The Virgo moon and Pluto share a collaborative aspect this morning, dear Ram, giving you the power and resilience to finish important projects. This energy also supports any vows you've made to cut bad habits, especially when you are proactive about creating new structures. Harmonious vibes flow when Luna migrates into Libra, putting you in the mood for romance and all things sweet.
- LIBRA** (SEP 24 - OCT 22)

Consider taking a mental health day or at least taking it easy this morning, dear Libra, as the Virgo moon and Pluto align overhead. This energy can facilitate healing, though you'll need to make space for emotional release and closure. Luckily, the ambiance lightens as the moon enters your sign, putting into perspective any issues you've been struggling to make sense of.
- TAURUS** (APR 21 - MAY 20)

You'll feel optimistic about the path ahead and how it might shape you, dear Taurus, thanks to a sweet connection between the Virgo moon and Pluto. Use this energy to break free from restrictive thought patterns, trusting in your talents and the universe. A desire for order comes into play once Luna migrates into Libra, and it may be difficult to find balance where there is disorganization.
- SCORPIO** (OCT 23 - NOV 22)

You'll crave fresh and meaningful conversations as the Virgo moon aligns with Pluto. Use this energy to enrich your social interactions, moving away from small talk to reveal personal truths while getting to know others better. You'll feel more closed off once the moon enters Libra, inspiring you to spend more time alone. Finding quiet will allow you to unpack your thoughts and feelings.
- GEMINI** (MAY 21 - JUN 20)

You'll have a chance to release pent-up emotions while finding empowerment, thanks to a helping hand from the Virgo. Use this energy to set your feelings aside to view situations as they really are, making the conscientious decision to goodbye. Find balance by pursuing activities and relationships that are nurturing, going only where you are seen and adored for who you are and not what you have to offer.
- SAGITTARIUS** (NOV 23 - DEC 22)

Embrace the power that comes with professional experience, dearest Archer, as the Virgo moon and Pluto join forces to offer refinement within your field. Trust that you know what you are doing, but be open to acknowledge when mistakes must be corrected. Your focus shifts toward social themes when Luna moves into Libra and your solar eleventh house, putting you in the mood to connect.
- CANCER** (JUN 22 - JUL 23)

You'll have zero issues speaking from the heart today, dear Cancer, as the Virgo moon aligns with Pluto. However, making the most of these vibes may require that you drop truth bombs, but try to take a gentle approach toward breaking intense news or calling out bad behaviors. Invest in your space as the moon enters Libra, reminding you to take care of your home.
- CAPRICORN** (DEC 23 - JUL 20)

Allow your spirituality to guide and transform you this morning, sweet Capricorn, as the Virgo moon and Pluto join forces. This cosmic climate will push you closer to the divine and your higher self, while a meditation or prayer session can highlight roads toward empowerment. The energy turns serious when the moon migrates into Libra, activating the sector of your chart that governs public life and ambitions.
- LEO** (JUL 24 - AUG 23)

Spend some extra time grounding in your body and the present moment this morning, dear Leo, as the Virgo moon blows a kiss to transformative Pluto. Stress and anxiety will melt away when you hold space for yourself, focusing on where you could use some extra love and the details that surround you. You'll feel elevated and clear-headed as Luna migrates into Libra, and important conversations around love could come into play.
- AQUARIUS** (JAN 21 - FEB 23)

Cycles may end this morning as the Virgo moon aligns with Pluto, dear Aquarius, bringing finality to any stories you've been hoping to end. Use this energy to invite healing to your heart and mind, letting go of painful memories you're ready to move on from. You'll perk up as Luna migrates into Libra, activating the sector of your chart that governs higher thinking and spirituality.
- VIRGO** (AUG 24 - SEP 23)

You'll have a chance to scratch below the surface within your relationships and creative outlets, as moon and Pluto share supportive connection. Don't be afraid to go deep when forging bonds or expressing yourself artistically, leaning into themes that are dark, vulnerable, or just plain weird. You'll sense a shift as the moon leaves your sign, entering Libra.
- PISCES** (FEB 20 - MAR 20)

Lean into the convenience of technology as the Virgo moon aligns with Pluto sending love to friends and family with thoughtful messages and pleasantries. However, you should also consider if screens have been taking up too much of your time, finding balance between the digital and material realms. You'll sense a shift as Luna migrates into Libra, putting you in the mood for intimacy.