

Dunki advance booking: Shah Rukh Khan all set to beat Pathaan box office records in the US



Rajkumar Hirani's upcoming Dunki is indeed one of the most awaited films of the year that is all set to release soon this month. With the release of Dunki Drop 4 - The Trailer, the audience got to see a wider glimpse into an endearing world created by Rajkumar Hirani that evoked feelings of love, romance, and homecoming. The excitement is indeed well-witnessed on the advance booking windows in the USA, where the film has already sold 5000 Tickets for Day 1.

Seems like the first-time collaboration of Rajkumar Hirani and Shah Rukh Khan is going to create a record that has indeed started. The advance booking for the film has already begun in the United States of America. According to a report, Dunki will be screened in approximately 320 locations in the USA, including 915 shows that have already sold 5400 tickets for Day 1 within 6 days. This suggests that the number will see an upward trend as the film is nearing its release date.

Overseas also Dunki is showing a phenomenal booking in its advance booking. In 4 days, The advance booking of day 1 is close to 400 K and will cross 550 K by the end of the day. The advance booking of Dunki is way ahead of Pathaan.

Dunki features an ensemble cast, with colorful characters portrayed by exceptionally talented actors Boman Irani, Taapsee Pannu, Vicky Kaushal, Vikram Kochhar, and Anil Grover, along with Shah Rukh Khan. A JIO Studios, Red Chillies Entertainment, and Rajkumar Hirani Films presentation, produced by Rajkumar Hirani and Gauri Khan Written by Abhijat Joshi, Rajkumar Hirani, and Kanika Dhillon, Dunki is slated to release on December 2023.

Ramayana update: Ranbir Kapoor, Sai Pallavi new movie to go on floors next year?

Ranbir Kapoor is at his A-game right now. After the successes of Brahmastra and Tu Jhoothi Main Makkaar, he has now delivered a blockbuster called Animal which is winning hearts everywhere. Animal, especially has amped up Ranbir's game in show business. The actor is getting lots of praise from every corner of the world. Right from fans to celebs and industry insiders, RK is the superstar everyone is talking about. And amidst this buzz, an update on his next, which is Ramayana.

Ranbir Kapoor and Sai Pallavi are rumoured to be playing the lead roles of Lord Ram and Sita. The buzz has been high due to the casting information that has been floating around in media portals. And now, an X user (formerly Twitter) has made claims about when Ramayana goes on floors. You read that right. As per an X user Akshay Chaturvedi's claims that he and the superstar talked about his next crazy project. Akshay claims to have met Ranbir in the immigration queue at the airport and that it was a huge surprise for him. The tweet blew up as people started asking him about Ramayana. He later added an update saying that Ramayana will go on floors in early summer.



Jackie Shroff's advice to son Tiger Shroff on 'Bollywood' proves why he is father of the millennium

Jackie Shroff is the coolest person you will ever find in Bollywood. The veteran actor who is known for his remarkable performances in films like Ram Lakhan, Hero, Mission Kashmir and others believe in the simplicity of life. He is often seen giving food recipes or speaking on the importance of plants. Jaggu dada as he is fondly called is also a doting father to children Tiger and Krishna. Recently the actor mentioned that how he had a heartfelt conversation with son Tiger Shroff who's recent Bollyood films have bombed at box office.

Jackie Shroff said that he is well aware that son Tiger Shroff's last few films haven't performed well at the box office. The actor stated that Tiger has every potential and quality to be a successful actor. It's just that he needs to have a good technician and a good release. The proud father also mentioned that how Tiger has everything in him, and he personally loves his son's action sequences in the film.

Everyone knows film business is a tricky thing. No one has a complete idea of which films work and which films don't at the box office. Talking about the same, Jackie Shroff stated that he has always told Tiger not to worry too much if his films are not working. The Ram Lakhan actor thinks that films are just like life, you can't achieve success each time. He has advised Tiger not to take the failures to his heart and be easy on himself.



Yoga exercises that are effective in tightening stomach muscles



Tightening and toning the stomach muscles is a common fitness goal, and yoga provides a holistic approach to achieving a strong and sculpted core. The following eight yoga exercises are effective in targeting the abdominal muscles while promoting overall strength, flexibility, and balance.

Boat pose (Navasana)

Boat Pose is a powerful yoga pose that engages the entire core, including the rectus abdominis and the obliques. To practice Boat Pose:

Sit on the floor with your knees bent and feet flat. Lean back slightly, keeping your spine straight. Lift your feet off the ground, bringing your shins parallel to the floor. Extend your arms forward, parallel to the floor, keeping your chest lifted. Hold the pose, engaging your core muscles, and breathe steadily.

To intensify, straighten your legs, reaching your arms towards your toes. Boat Pose not only strengthens the abdominal muscles but also improves balance and tones the entire core.

Plank pose (Phalakasana)

The Plank Pose is a fundamental yoga pose that targets the entire core, including the rectus abdominis, obliques, and transverse abdominis. To practice Plank Pose:

Start in a push-up position with your wrists directly under your shoulders. Engage your core and straighten your body into a straight line from head to heels. Keep your neck in line with your spine and gaze towards the floor. Hold the pose for as long as you can, focusing on maintaining a strong and stable core. To modify, you can lower onto your forearms or drop your knees to the ground.

Plank Pose not only tightens the stomach muscles but also builds overall strength, especially in the shoulders, arms, and back.

Warrior pose (Virabhadrasana)

A warrior pose is a standing balance pose that engages the core while working on stability and strength. To practice Warrior pose: Begin in a standing position with your feet hip-width apart. Shift your weight onto one leg and hinge at the hips, extending the other leg straight back. Simultaneously, reach your torso forward, bringing it parallel to the ground. Keep your arms extended forward or bring them alongside your body. Engage your abdominal muscles to stabilize your torso and balance. Hold the pose for several breaths before switching sides.

Upward plank pose (Purvottanasana)

Upward Plank Pose is a backbend that targets the core, shoulders, and chest while also stretching the front of the body. To practice Upward Plank Pose:

Sit on the floor with your legs extended in front of you. Place your hands behind you with your fingers pointing towards your feet. Press through your hands and lift your hips towards the ceiling. Keep your chest open and shoulders rolled back, creating a straight line from your head to your heels. Engage your core to support the lift of your hips. Hold the pose for several breaths, breathing deeply into the chest and abdomen.

Makeup tips for all ages and skin types



The application of makeup should be done according to the skin type as the products needed vary for different skin types. For an individual with oily skin, oil free and mattifying products are required while a dry skin needs hydrating products on it. Also there are some women who have a very sensitive skin and they need gentle and hypoallergenic makeup products. A very confusing skin type is a combination skin which needs targeted application for an even finish.

Makeup for different skin types

Oily skin

This type of skin type is oily because of excess production of sebum and to reduce this extra oil from skin, it needs exfoliation two to three times a week. Another thing to keep in mind is that even this type of skin needs hydration as a dehydrated skin tends to produce more oil, so prefer a gentle and oil-free moisturiser, preferably having hyaluronic acid. Before applying any makeup, use a mattifying primer and also use a foundation of matte finish. Setting of foundation can be made with a translucent powder or powder can be applied after applying foundation as it will absorb excess oil from the skin. Blush and highlighter used should be of powder to prevent excess oil on the skin. Application of a makeup spray at the end is a must.

Dry skin

As a dry skin seems flaky, a daily application of a gentle cleanser is needed. Such a skin can appear to be dull so it is a must to include hydrating and skin brightening products to get an extra shine. Makeup products having a matte appearance or in powder form is a big no for such a skin type as they will highlight the rough and dry textured skin. Rather use foundation, blushes, eye shadows and concealer with a liquid base as creamy products will last longer on such a skin type. Also whenever you feel that your skin is drying, spray the facial mist. For enhanced freshness and moisture on the skin, serums or facial oils can also be used.

Combination skin

This is one of the toughest skin type to work on for makeup. This skin type needs targeted application making using of both kinds of products as needed for dry skin and oily skin. Usually such a skin type has an oily T zone that includes chin, nose and forehead; these areas need oil free and matte products. Rest of the areas of face are dry and need hydrating products. So the aim is to mattify the T zone and hydrate rest of the face.

Sensitive skin

While choosing makeup products, the women with sensitive skin should practice extra caution to avoid skin irritation, breakouts, acne etc. The best way is to choose gentle and hypoallergenic products which are free from fragrances, harsh chemicals or heavy oils. Choose the makeup products especially meant for a sensitive skin. Try not to use exfoliators to prevent skin irritation.

General Knowledge Question Answers

1. Which is the southernmost point in mainland India?	6. Which state in India has the lowest population density?	11. Which is the largest artificial lake in India?
a) Kanyakumari b) Cape Comorin c) Indira Point d) Point Calimere	a) Sikkim b) Arunachal Pradesh c) Mizoram d) Nagaland	a) Nagarjuna Sagar Lake b) Sardar Sarovar Lake c) Bhakra Nangal Dam d) Indira Sagar Reservoir
2. Which is the largest desert in India?	7. Which state in India has the highest literacy rate?	12. Which is the highest dam in India?
a) Thar Desert b) Rann of Kutch c) Cold Desert d) Deccan Plateau	a) Kerala b) Mizoram c) Tripura d) Himachal Pradesh	a) Sardar Sarovar Dam b) Tehri Dam c) Bhakra Nangal Dam d) Hirakud Dam
3. Which state in India is known as the "Land of the Gods"?	8. Which state in India has the longest coastline?	13. Which city in India is known as the "Silicon Valley of India"?
a) Uttarakhand b) Himachal Pradesh c) Jammu and Kashmir d) Arunachal Pradesh	a) Andhra Pradesh b) Gujarat c) Maharashtra d) Tamil Nadu	a) Bengaluru b) Hyderabad c) Pune d) Chennai
4. Which is the largest tea-producing state in India?	9. Which is the largest wildlife sanctuary in India?	14. Which is the highest peak in India?
a) Assam b) West Bengal c) Tamil Nadu d) Kerala	a) Periyar Wildlife Sanctuary b) Sariska Wildlife Sanctuary c) Gir Forest National Park d) Dachigam Wildlife Sanctuary	a) Mount Everest b) Kanchenjunga c) Nanda Devi d) K2
5. Which is the only Union Territory of India that has a High Court of its own?	10. Which state in India has the largest forest cover?	15. Which river is known as the "Lifeline of South India"?
a) Delhi b) Puducherry c) Chandigarh d) Lakshadweep	a) Madhya Pradesh b) Arunachal Pradesh c) Maharashtra d) Odisha	a) Godavari b) Cauvery c) Krishna d) Narmada

ARIES MAR 21 - APR 20	Today's skies offer the break you've been needing, Aries. The moon sits 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.	LIBRA SEP 24 - OCT 22	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.
TAURUS APR 21 - MAY 20	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.	SCORPIO OCT 23 - NOV 22	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.
GEMINI MAY 21 - JUN 20	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 if's" 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.	SAGITTARIUS NOV 23 - DEC 22	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.
CANCER JUN 22 - JUL 23	Today's skies are less emotionally slurring 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.	CAPRICORN DEC 23 - JUL 20	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.
LEO JUL 24 - AUG 23	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.	AQUARIUS JAN 21 - FEB 23	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.
VIRGO AUG 24 - SEP 23	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.	PISCES FEB 20 - MAR 20	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.