

## Dunki Vs Salaar: Shah Rukh Khan, Prabhas to meet face-to-face to ensure clash doesn't affect their box office collection?



Shah Rukh Khan starrer Dunki has grabbed everyone's attention. The film is currently one of the most talked about movies. Everyone is waiting for Shah Rukh Khan to deliver his third hit of the year. SRK has already left everyone surprised with his films, Pathaan and Jawan doing extremely amazing at the box office. People are expecting Dunki to be big hits like Pathaan and Jawan. However, the road to success is not going to be so easy for Dunki as it will clash at the box office with Prabhas starrer Salaar. Salaar is one of the most awaited South movies and we all know about the huge fan following of the actor.

Salaar is releasing on December 22 along with Dunki. It is not going to be easy for both the films. Prabhas has not been taking party in any of the promotions, marketing of his film but he wants to make sure that Salaar brings back his bright future at the box office.

Hence, to ensure this Prabhas has decided to have a face-to-face meeting with Shah Rukh Khan about the screen allocation between Salaar and Dunki. As per Zoom TV, a source in Hyderabad revealed that Prabhas wants a ratio of 50:50 screens even in the Hindi cinema because Shah Rukh Khan dominates there. However, his team's logic is naive as Salaar is a massy film and Dunki is the classy one. Dunki is not being pitched as a niche film and SRK and Rajkumar Hirani are pitching Dunki as a block buster looking at the success of Pathaan and Jawan.

A close friend of SRK said that budget wise Dunki cost almost one fourth of Pathaan and Jawan. It costs one third of Salaar but one can never know how big can a Shah Rukh Khan movie be because people love him a lot.

## When Salman Khan mentioned why he stays miles away from his ex-girlfriend, 'If even a question arises in their married life...'

Salman Khan has accepted that he will be living unmarried all his life and his time of finding love has passed. But his past still haunts his fans, not him. And this old video of the Tiger 3 star is going viral where he is seen speaking about his ex-girlfriend with him, but he isn't on speaking terms due to her being married. And many are speculating that the actor is talking about Aishwarya Rai Bachchan. This old video from Karan Johar's show Koffee With Karan shows Bhaijaan appearing solo and being at his candid best. In the video, you can see him explaining to Karan why he isn't on speaking terms with his ex-girlfriend.

Now you are somewhere else, and you have your own life. I don't want, you know, somewhere in somebody else's mind that thought to come in that I was the ex-boyfriend. I don't want that. I don't want anything from her past to come into their lives, and that is why I stay miles away. I don't want to be the cause of the rift between their married lives because of me or my friendship."



## Animal: Sunny Deol finally reviews brother Bobby Deol's new movie; 'I did not like...'

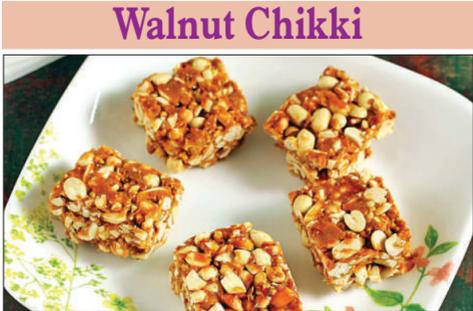
Animal starring Ranbir Kapoor, Bobby Deol, Rashmika Mandanna and more has caught everyone's attention. The film has become one of the highest grossers of the year. The movie is inching close to Rs 800 crore club with its worldwide box office collection. Animal movie has also become a hot topic of discussion due to its violent and bold content. There has been criticism following for the same. However, Bobby Deol and Ranbir Kapoor's acting chops have received appreciation. Now, it is Bobby Deol's brother Sunny Deol who has shared his review of Sandeep Reddy Vanga's Animal.

Sunny Deol stated that he has watched Animal and liked the film. But he mentioned that there were some parts in the film that he did not like it but that differs from person to person. In totality he found Animal to be a nice film. He also appreciated the music of the film and commented on his brother becoming 'Lord Bobby'. Sunny Deol's quote read, "I have watched Animal, and I liked it, it's a nice film. There are certain things that I did not like, which I don't like in many films including my own films. But that's as a person I have the right to like or not like but in totality it is



a nice film. The music is very good and it goes hand in glove with the sequences.

# Recipes



**Ingredients**  
1 cup walnuts  
1 teaspoon ghee  
150 gm jaggery  
1/2 teaspoon fennel seeds

**Method:**  
Roast 1 cup of walnuts in a pan on medium heat by constantly stirring for a few minutes. Remove from heat and chop into small pieces.

Prepare the back of a baking tray/pan by greasing it with a little bit of oil and line it with parchment paper. Keep aside for now.

In a thick bottom pan, add grated jaggery, 1 tablespoon water and let it melt. Once melted, then add ghee. Boil on medium low heat by stirring constantly. Keep cooking on low flame till it is smooth.

To check for the syrup to be ready, keep a glass of cold water on the side, and drop tiny amounts of the syrup. The jaggery syrup should come to a hard ball stage wherein when dropped in the water, and when pulled should not be stringy but brittle. Remove from flame once this stage is achieved.

Mix in the walnuts and fennel seeds, and immediately spread out to the prepared pan.

Top with another parchment paper, and using a rolling pin to flatten the mixture into a rough rectangle.

Remove the top parchment, and while still warm, make marks and cut the chikki pieces.

Let it cool down completely and store the chikkis in an airtight container. Enjoy!

## 6 vitamin E-rich foods for healthy and glowing skin



More than just skincare products are required to achieve that truly desired healthy and radiant skin. The key is to nourish your skin from within, and vitamin E is a key player in this game. Implementing these vitamin E-rich foods into your daily diet promotes not only radiant skin but also overall well-being. Here are the 6 delicious foods that are high in this skin-loving vitamin and promise a natural glow.

**Spinach**  
Spinach, the green powerhouse, isn't just for Popeye. Packed with essential vitamins and minerals, especially vitamin E, it supports your skin's immune system, keeping diseases at bay and preventing damage. A mere cup of spinach holds an array of nutrients, including vitamin A, vitamin C, vitamin K, iron, folate, and potassium. The 2.03 mg of vitamin E in a 100g serving ensures your skin stays hydrated and reduces the appearance of fine lines.

**Avocado**  
Avocados, the versatile and creamy fruit, are more than just a trendy toast topping. With a generous 2.07 mg of vitamin E per

100g, avocados also deliver a dose of vitamin C and skin-loving potassium. The magic lies in its anti-aging properties, reducing wrinkles and age spots. Loaded with essential vitamins like A, C, and E, along with oleic and linoleic acids, avocados work wonders for maintaining youthful and vibrant skin.

**Almonds**  
Say goodbye to dry skin by making almonds a part of your daily diet. With an impressive 25.63 mg of vitamin E per 100g, almonds offer more than just skin-deep benefits. Packed with protein, fibre, potassium, and magnesium, these nuts contribute to beautiful and radiant skin while providing antioxidant properties that combat free radicals in the body.

**Broccoli**  
Broccoli, often hailed as a superfood, is a skin guardian packed with iron, calcium, vitamin C, and prebiotic fibres. A cup of cooked broccoli provides 2.3 mg of vitamin E, boosting skin health by maintaining its natural glow and protecting it from infections. Rich in essential nutrients and antioxidants, including minerals like copper and zinc, broccoli becomes an ideal vegetable for both skin health and immunity.

**Sunflower Seeds**  
Sprinkle some sunflower seeds on your yoghurt or salad for a delightful skin boost. With 35.17 mg of vitamin E per 100g, these seeds are not only a rich source of nutrients but also contribute to healthy skin and improved immunity. Packed with fibre, protein, potassium, magnesium, and zinc, sunflower seeds are a natural way to enhance your skin and overall well-being.

**Peanuts**  
Peanuts, a popular snack, offer more than just a satisfying crunch. With 4.93 mg of vitamin E in a 100g serving, they contribute to skin health by providing essential fatty acids that keep the skin hydrated and maintain its natural moisture. Additionally, peanuts are believed to fight acne-causing bacteria and reduce inflammation, thanks to their vitamins, minerals, and antioxidants.

## Mistakes to avoid while applying any face pack



Applying a face pack can be a beneficial part of a skincare routine, but it's essential to do it correctly to maximise the benefits and avoid potential issues. Here are five mistakes to avoid while applying any face pack:

**Not patch testing**  
**Mistake: Applying a face pack without patch testing it first.**

Why it's a mistake: Everyone's skin reacts differently to skincare products. A face pack that works well for one person may cause irritation or an allergic reaction in another. Patch testing on a small area of skin helps you identify any adverse reactions before applying the product to your entire face.

**Overuse**  
**Mistake: Using face packs too frequently.**

Why it's a mistake: While face packs can provide numerous benefits, using them too often can lead to over-exfoliation and irritation. Over-exfoliation can compromise the skin barrier, leading to dryness, redness, and increased sensitivity. Follow the recommended usage instructions on the product or consult with a dermatologist for personalized advice.

**Not cleansing properly**  
**Mistake: Applying a face pack on uncleaned skin.**

Why it's a mistake: Face packs are more effective when applied to clean skin. If your face is not properly cleansed, the product may not be able to penetrate the skin effectively, reducing its overall efficacy. Make sure to cleanse your face before applying any face pack.

**Leaving it on for too long**  
**Mistake: Leaving the face pack on for an extended period.**

Why it's a mistake: Each face pack has specific instructions regarding the recommended duration for application. Leaving it on for longer than advised can lead to excessive drying of the skin or, in some cases, irritation. Always follow the recommended time and remove the pack promptly to avoid adverse reactions.

**Mixing incompatible products**  
**Mistake: Using multiple skincare products that may not be compatible.**

Why it's a mistake: Some ingredients in face packs may interact negatively with other skincare products or ingredients you're using. Mixing incompatible products can lead to skin irritation, redness, or even allergic reactions. Be mindful of the ingredients in your skincare routine, and if you have any doubts, consult a dermatologist.

## General Knowledge Question Answers

- Which of the following is a major contributor to air pollution?  
a) Burning fossil fuels  
b) Plant photosynthesis  
c) Volcanic eruptions  
d) Forest fires
- What is the term used to describe the process by which chemicals or pollutants are removed from water?  
a) Desalination  
b) Filtration  
c) Distillation  
d) Purification
- Which of the following is a major cause of ocean acidification?  
a) Volcanic activity  
b) Deforestation  
c) Burning fossil fuels  
d) Overfishing
- What is the term used to describe the process by which soil becomes degraded and loses its ability to support plant life?  
a) Erosion  
b) Desertification  
c) Salinization  
d) Soil depletion
- Which of the following is an example of a renewable resource?  
a) Coal

- Natural gas  
c) Solar energy  
d) Petroleum
- What is the term used to describe the process by which natural habitats are restored or created?  
a) Reforestation  
b) Afforestation  
c) Restoration ecology  
d) Habitat restoration
- Which of the following is a major cause of water pollution?  
a) Volcanic eruptions  
b) Deforestation  
c) Agricultural runoff  
d) Plant photosynthesis
- What is the term used to describe the process by which waste materials are converted into new products?  
a) Recycling  
b) Composting  
c) Landfilling  
d) Incineration
- Which of the following is an example of a non-renewable resource?  
a) Wind energy  
b) Geothermal energy  
c) Coal  
d) Biomass energy
- What is the term used to describe the variety

- of life on Earth?  
a) Sustainability  
b) Ecology  
c) Biodiversity  
d) Conservation
- Which of the following is a major cause of climate change?  
a) Natural fluctuations in the Earth's temperature  
b) Changes in the Earth's orbit  
c) Human activities, such as burning fossil fuels  
d) Changes in the intensity of the sun's radiation
- What is the term used to describe the process by which carbon is removed from the atmosphere and stored in vegetation and soil?  
a) Carbon sequestration  
b) Carbon capture  
c) Carbon footprint  
d) Carbon storage
- Which of the following is a major cause of deforestation?  
a) Wildfires  
b) Urbanization  
c) Agricultural expansion  
d) Earthquakes
- Which of the following is a major cause of air pollution?  
a) Plant respiration  
b) Volcanic eruptions  
c) Industrial emissions  
d) Photosynthesis

10. Biodiversity
11. Human activities, such as burning fossil fuels
12. Carbon sequestration
13. Agricultural expansion
14. Industrial emissions

5. Solar energy
6. Restoration ecology
7. Agricultural runoff
8. Recycling
9. Coal

1. Burning fossil fuels
2. Purification
3. Burning fossil fuels
4. Desertification

## ASTRO SPEAK

<p><b>ARIES</b> MAR 21 - APR 20</p>	<p>The Capricorn moon and Neptune align early this morning, dear Aries, offering guidance and new strategies through the dream realms. Find empowerment in your ambitions when Luna and Pluto join forces, seizing the day by taking your responsibilities seriously and letting go of baggage, roadblocks, or personal reservations that may have hindered your climb up until this moment.</p>	<p><b>LIBRA</b> SEP 24 - OCT 22</p>	<p>Demand a little more of yourself today, dear Libra, as the Capricorn moon and Pluto share a supportive alliance. Though your emotions may be tested when striving to reach new heights, you'll thank yourself later for implementing a bit of internal tough love. Just be sure to have fun while honoring your creative spirit as the moon enters Aquarius, removing yourself from any boxes you've felt trapped in recently.</p>
<p><b>TAURUS</b> APR 21 - MAY 20</p>	<p>Consider how you can transform your circumstances as the Capricorn moon aligns with Pluto this morning, dear Taurus, pushing you to find a balance between strategy and faith. Believe that you can reach great heights while taking accountability for the steps you must take to climb higher. Your innovative side comes out to play as Luna enters Aquarius, encouraging fresh thoughts without abandoning tradition.</p>	<p><b>SCORPIO</b> OCT 23 - NOV 22</p>	<p>Moments of enlightenment or illuminating conversations may change the way you think as the Capricorn moon aligns with transformative Pluto. Feel free to play with new ideas, understanding that empowerment is often found when we release preconceived notions. You'll crave affection and nurturing as Luna drifts into Aquarius, and it may be wise to center your weekend plans around the home.</p>
<p><b>GEMINI</b> MAY 21 - JUN 20</p>	<p>A cleansing energy washes over you in the very early hours, thanks to connection between the Capricorn moon and Neptune. You'll have a chance to release further once you've awakened and Pluto activates, so be sure to let go of emotional or mental weight as you get ready for the day. You'll feel uplifted as Luna makes her debut into Aquarius, blessing you with heightened intuition and luck.</p>	<p><b>SAGITTARIUS</b> NOV 23 - DEC 22</p>	<p>Take a moment to examine your relationship with wealth and materialism as Capricorn moon and Pluto align. Lean into these transformative vibes by letting go of meaningless attachments, finding beauty once more in simpler pleasures and the natural world. Your inquisitive nature comes out to play when Luna enters Aquarius, asking questions can help you find solutions to problems you may not have realized you had.</p>
<p><b>CANCER</b> JUN 22 - JUL 23</p>	<p>The Capricorn moon and Neptune share a sweet exchange in the very early hours, dear Cancer, offering a surge of spiritual support and harmony. You'll find empowerment through love once you've awakened and Pluto activates, though you should take care to release or set boundaries with situations that have caused you to fall off balance.</p>	<p><b>CAPRICORN</b> DEC 23 - JUL 20</p>	<p>The moon continues its journey through your sign forming a sweet connection with ethereal Neptune that may usher in messages through the dream realms. Allow your personal perspective to shift when Pluto activates, finding empowerment by redefining yourself and your place in this world. A grounded energy comes into play when Luna enters Aquarius, your critical thinking skills.</p>
<p><b>LEO</b> JUL 24 - AUG 23</p>	<p>The Capricorn moon cozies up to transformative Plutopresenting the perfect opportunity to cut bad habits. Use this energy to replace unsavory patterns with healthier ones, finding empowerment with each smart decision you make. Sweetness finds you mid-morning as the moon enters Aquarius, and if moving away from certain rituals or vices caused you to feel on edge, you'll have a chance to reclaim balance with a bit of self-love.</p>	<p><b>AQUARIUS</b> JAN 21 - FEB 23</p>	<p>You'll have a chance to embrace release as the Capricorn moon aligns with Pluto encouraging you to close chapters, break patterns, and find renewal. Freshness follows as the moon migrates into your sign, helping you feel confident in any new endeavors you choose to move toward. Share ideas with like-minded individuals later today when Mars and Chiron share a sweet exchange, helping you feel more ingrained.</p>
<p><b>VIRGO</b> AUG 24 - SEP 23</p>	<p>The Capricorn moon and Pluto want you to feel good about yourself this morning, dear Virgo, forming a cosmic union perfect for shaking off judgmental eyes and shady vibes. Focus on creating sustainable work habits when Luna migrates into Aquarius, taking into consideration your goals, current responsibilities, and overall health.</p>	<p><b>PISCES</b> FEB 20 - MAR 20</p>	<p>Consider a social media or screen detox as the Capricorn moon aligns with Pluto. These vibes are perfect for deactivating accounts, emphasizing the importance of technological boundaries. Quieter vibes roll in as the moon enters Aquarius and your house of introspection, furthering your need for privacy. Don't feel guilty about canceling plans in favor of hibernating this weekend.</p>