

IFFI 2023: Madhuri Dixit gets emotional as she gets honoured with special recognition for contribution to Indian Cinema



The International Film Festival of India (IFFI) is happening and people are excited to know the winners. Madhuri Dixit has been an important part of this award ceremony this year. She has received the Special Recognition for Contribution to Bharatiya Cinema award at International Film Festival of India (IFFI). Madhuri Dixit was very emotional as she received the award. She gave an emotional speech about her 38 years in the industry.

She said, "I have been in the industry for 38 years. I have worked with some wonderful directors. For me it was like a family. And I got the right opportunity at the right time." She spoke in Konkani language about IFFI. Union Sports Minister Anurag Thakur praised Madhuri Dixit as she was honoured with Special Recognition for Contribution to Bharatiya Cinema award.

Anurag Thakur took to X (formerly known as X) and wrote, "An icon across the ages, @MadhuriDixit has graced our screens with unparalleled talent for four incredible decades. From the effervescent Nisha to the captivating Chandramukhi, the majestic Begum Para to the indomitable Rajjo, her versatility knows no bounds. Today, we are filled with admiration as we present the 'Special Recognition for Contribution to Bharatiya Cinema' Award to the talented , charismatic actress who has redefined excellence in cinema, at the 54th International Film Festival of India. A celebration of an extraordinary journey, a tribute to an everlasting legacy!" People also praised the actress and said that she deserved the award. One of the users wrote, "An absolute icon, and epitome of timeless beauty, grace and talent! Well-deserved recognition."

Tiger 3 star Katrina Kaif would love to star in a film with Vicky Kaushal, but on this condition



Katrina Kaif and Vicky Kaushal have been married for about two years. The two of them have not worked in a movie together. However, they have worked on some ads together. Katrina and Vicky are always asked about their projects together and that's what happened with the Tiger 3 actress again. And Katrina has a condition on the same.

Katrina Kaif has been promoting Tiger 3 and has been dishing out interviews. In one such interview, Katrina was asked about working with Vicky Kaushal. The actress says it would be fun to work with Vicky in an action movie. "His character Vihaan Shergill from Uri: The Surgical Strike against Zoya from the Tiger franchise is going to be fun and will have to see how it works out," the actress gushes, reports Pinkvilla. Katrina has always maintained that it would be very interesting whenever they will work together. So, now we know, Katrina would like to have a face-off with Vicky in movies. And after watching Katrina as Zoya, we bet, it would be thrilling as well.

Sushmita Sen talks about romance and marriage rumours with Lalit Modi, Rohman Shawl



Sushmita Sen has been one of finest actors of Bollywood. We recently saw her ruling the OTT world with Aarya series. The third part of Aarya released recently and Sushmita Sen impressed us with her performance. Aarya 3 received all the love from the audience and Sushmita was in the news. The lady has also been in the news for her relationship rumours. She was dating Rohman Shawl and later announced separation. Post that Lalit Modi revealed that he is dating Sushmita but she never said anything about it. Sushmita later clarified that she is not married to Lalit Modi. Everyone started trolling and speculating about Sushmita Sen's love life.

Sushmita Sen has opened up about her phase with Lalit Modi. She spoke to Mid Day and said that she never disclosed about her relationship with Lalit Modi but just clarified that she is not married. She said that she put up that one clarification on Instagram because sometimes when people keep quiet, their silence is mistaken for weakness or fear. She just wanted to put one post to let everyone know that she is laughing about the news and stories. She also added that she was enjoying the memes but if you're calling some-

one a golddigger, at least don't monetise the person. She also jokingly said that people need to check their facts as she likes diamonds and not gold.

Recipes

Penne Makhni



**Ingredients**  
75 gm boiled pasta penne  
5 gm chopped green chilli  
50 gm onion tomato masala  
5 gm chilli flakes  
20 gm salted butter  
50 ml tomato puree  
10 gm peeled,chopped garlic  
80 gm makhni gravy  
10 gm red chilli powder  
20 gm fresh cream  
10 gm grated parmesan cheese

**Method:**  
To prepare this enticing pasta, first heat oil in a pan. When the oil is heated enough, add in the chopped garlic followed by green chilli.

Saute well till the colour changes to brown. Tb this add the onion, tomato masala with tomato puree and add tomato makhni gravy.

Cook for about 5 minutes till oil starts leaving the pan.

Next, in the mixture add red chilli powder and butter. Cook for 5 minutes then add in the boiled penne pasta and toss with the prepared sauce.

Add little water if required to improve the consistency of the sauce.

Finally, top with grated parmesan cheese, chili flakes and fresh cream.

Garnish and serve warm.

Enjoy !

7-day yoga plan to improve gut health and metabolism



Maintaining a healthy gut is essential for overall well-being, and incorporating yoga into your routine can be a holistic approach to support digestive health. This 7-day yoga plan is designed to improve gut health through a combination of yoga poses, mindful breathing, and relaxation techniques.

**Monday: Start it with gentle yoga poses**  
Begin your day with a gentle wake-up flow to activate your digestive system. Include poses like Cat-Cow, Downward-Facing Dog, and Child's Pose. Focus on deep, intentional breaths to promote oxygen flow to your digestive organs. In the evening, wind down with Restorative Yoga. Poses like Legs Up the Wall and Reclining Bound Angle Pose can help relax the nervous system, reducing stress that may impact digestion.

**Tuesday: Include wisted yoga poses and meditation**  
Incorporate twisting poses like Seated Spinal Twist and Revolved Triangle Pose. Twists stimulate the abdominal organs, encouraging detoxification and improving digestion. In the evening, practice a guided

meditation to reduce stress. Management of stress is crucial for gut health, and meditation helps activate the parasympathetic nervous system, promoting a restful state.

**Wednesday: Focus on core strengthening**  
Start the day with poses like boat pose and plank. A strong core supports the digestive organs and helps maintain a healthy balance in the gut. In the evening, you can do diaphragmatic breathing can aid relaxation and improve the mind-gut connection.

**Thursday: Focus on hip opening poses**  
Begin with poses like pigeon pose and butterfly pose. Hip-opening poses can release tension in the pelvic area, benefitting the digestive organs. Before going to bed, practice Yoga Nidra for deep relaxation. This guided meditation technique can alleviate stress and promote a sense of calm, positively impacting gut function.

**Friday: Balance and breath**  
Start your Friday with balancing poses like Tree Pose and Warrior III. Balancing poses engage the core and enhance stability, which is beneficial for digestive health. End the day with Alternate Nostril Breathing (Nadi Shodhana). This pranayama technique balances the left and right sides of the brain, promoting harmony in the body, including the digestive system.

**Saturday: Incorporate backbends**  
Include gentle backbends like Cobra Pose and Sphinx Pose. Backbends can stimulate the digestive organs and improve spinal flexibility. Practice mindful eating during dinner. Pay attention to the flavors and textures of your food, and chew slowly. Mindful eating aids digestion and helps prevent overeating.

**Sunday: Relax and restore**  
Engage in a full-body stretch routine. Poses like Extended Triangle Pose and Forward Fold can provide a sense of release and relaxation. End the week with a Yin Yoga session. Yin poses, held for longer durations, can promote flexibility and release tension in the connective tissues around the digestive organs.

5 tips to tackle patchy beard growth



Are you hesitant to grow a beard due to patchy beard growth? This is a common concern for many men, especially during the summer months when hot and humid weather can make it even more challenging to maintain a full and healthy beard. Here are five tips that can help you:

**Use a good beard growth oil:** Oils with actives like Redensyl and DHT boosters which are proven to grow hair follicles can help fill up the patchy parts of the beard. They also tend to make the existing hair healthier and fuller. This can then be used to cover the patchy areas.

**Brush and trim to even it out:** The principle of using a brush on hair to make it look fuller is widely accepted. The brush adds volume and fluffs up the hair, creating the impression of greater density. The same principle

applies to facial hair: By brushing your beard, the hair on your face will open out, fluff up and fill your entire face, effectively concealing any patchiness. Additionally, in the event that certain parts of your facial hair contain hair growth and are not completely bald, you may consider trimming it to even out your facial hair: While it may seem counterintuitive, trimming your beard can actually help to promote healthy growth.

**Change your lifestyle and eating habits:** Maintaining a healthy lifestyle is crucial in achieving a fuller beard. Regular exercise helps reduce stress and promotes hair growth. Exercise, especially weight training improves testosterone which is known to propel Beard growth. In addition, diet plays a significant role in hair growth. To achieve a healthy and voluminous beard, it is advisable to limit the intake of oily food, carbohydrates, sugar, and junk food. Instead, include food items that are rich in vitamins and protein in your diet. A well-balanced diet consisting of leafy vegetables, milk, eggs and grains is essential in promoting healthy beard growth. In addition, taking a multivitamin can also help ensure that your body has all the necessary nutrients to support healthy hair growth, including your beard.

**Don't forget to exfoliate your skin:** To achieve a fuller beard, it is important to take proper care of the skin. This can be accomplished through regular exfoliation and the use of natural skincare products. By exfoliating once a week, dead skin cells can be removed from the surface, leaving the face clean and refreshed. This process can also unclog follicles and stimulate beard growth. Regular use of a gentle exfoliating scrub, one or two times a week, can help to remove dead skin cells and unclog hair follicles, promoting healthy beard growth.

General Knowledge Question Answers

1. Which article of the Indian Constitution deals with the establishment of the Parliament of India?

a) Article 76  
b) Article 80  
c) Article 83  
d) Article 87
2. The Parliament of India consists of how many houses?

a) One  
b) Two  
c) Three  
d) Four
3. The maximum strength of the Lok Sabha is how many members?

a) 530  
b) 545  
c) 550  
d) 560
4. What is the term of the Lok Sabha?

a) 4 years  
b) 5 years  
c) 6 years  
d) 7 years
5. Which house of the Parliament represents the states of India?

a) Lok Sabha  
b) Rajya Sabha  
c) Both Lok Sabha and Rajya Sabha  
d) Neither Lok Sabha nor Rajya Sabha
6. What is the term of a member of the Rajya Sabha?

a) 4 years  
b) 5 years  
c) 6 years  
d) 7 years
7. Who is the ex-officio Chairman of the Rajya Sabha?

a) Vice President of India  
b) Prime Minister of India  
c) President of India  
d) Speaker of the Lok Sabha
8. Who is the ex-officio Chairman of the Lok Sabha?

a) Vice President of India  
b) Prime Minister of India  
c) President of India  
d) Speaker of the Lok Sabha
9. Who can preside over the joint sitting of both houses of the Parliament?

a) President of India  
b) Vice President of India  
c) Speaker of the Lok Sabha  
d) Chairman of the Rajya Sabha
10. What is the quorum required for conducting business in the Lok Sabha?

a) One-third of the total number of members  
b) One-fourth of the total number of members  
c) One-fifth of the total number of members  
d) One-sixth of the total number of members
11. Which house of the Parliament has the power to initiate money bills?

a) Lok Sabha  
b) Rajya Sabha  
c) Parliament  
d) None of the above
12. The President of India can nominate how many members to the Rajya Sabha?

a) 6  
b) 10  
c) 12  
d) 14
13. What is the minimum age required to be a member of the Lok Sabha?

a) 21 years  
b) 25 years  
c) 30 years  
d) 35 years
14. Which amendment to the Indian Constitution introduced the anti-defection law?

a) 52nd Amendment  
b) 62nd Amendment  
c) 72nd Amendment  
d) 84th Amendment
15. Who among the following is the ex-officio chairman of the Rajya Sabha?

a) Vice President of India  
b) Speaker of Lok Sabha  
c) Prime Minister of India  
d) President of India

ASTRO SPEAK

- ARIES**

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**

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**

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**

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**

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.
- SAGITTARIUS**

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**

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.
- CAPRICORN**

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**

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**

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**

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**

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.