

**Bobby Deol in Animal to Vicky Kaushal in Sam Bahadur: Meet the stellar talent of the week**



Bollywood has witnessed a power-packed week with stellar performances that have left audiences in awe. From emotive portrayals to intense character transformations, this week's lineup of exceptional actors has set the industry abuzz. Let's take a closer look at the standout performances that have captivated hearts and garnered widespread acclaim.

**Alizeh Shines in Farrey**  
Alizeh, the rising star, has taken the industry by storm with her standout performance in 'Farrey.' Despite this being her debut film, her portrayal of complex and nuanced emotions in the thriller genre has left audiences spellbound. In 'Farrey,' Alizeh brings depth and authenticity to her character, leaving an indelible mark with her stellar acting skills.

**Ranbir Kapoor's Ferocious Turn in Animal**  
Known for his versatility, Ranbir Kapoor once again proves why he is a force to be reckoned with in Bollywood. In 'Animal,' Kapoor takes on a dark and intense character, marking a departure from his usual roles. His ferocious and layered portrayal has not only added depth to the film but has also left a lasting impression on audiences. icky Kaushal's Commanding Presence in Sam Bahadur

Vicky Kaushal, the powerhouse performer, delivers a commanding performance in 'Sam Bahadur.' Known for his dedication to his craft, Kaushal steps into the shoes of the legendary Sam Manekshaw with unmatched finesse. His ability to capture the essence of the character, coupled with his meticulous attention to detail, elevates 'Sam Bahadur' to new heights. Vicky Kaushal's performance in the film showcases his commitment to authenticity and his knack for bringing historical figures to life on the silver screen.

**Bhool Bhulaiyaa 3 casting update: Kartik Aaryan to star with a whole new ensemble?**

Akshay Kumar and Vidya Balan gave a big hit with Bhool Bhulaiyaa. It was Aditya Srivastav aka Rooh baba who made everyone love the film. Later, we saw Anes Bazmee coming with the film's sequel Bhool Bhulaiyaa 2 with Kartik Aaryan and Kiara Advani in the lead. Both the films were huge hits. Bhool Bhulaiyaa also starred Tabu and it was a major commercial success. After the film was released, many wanted the third part of the film. Now, Bhool Bhulaiyaa 3 is in the pre-production mode. 'As per reports, actress Tabu has walked out of the film and until now only Kartik Aaryan has been finalised for the film. A source told a news agency that in the eagerly anticipated Bhool Bhulaiyaa 3, Kartik Aaryan stands as the lone confirmed pillar; his role set in stone amidst a sea of speculations. Contrary to the swirling rumours, no other actor has been approached. The filmmakers are yet to approach any other actors for the ensemble cast, heightening the anticipation surrounding this cinematic venture. As the spotlight currently shines solely on Kartik, the casting puzzle continues to captivate the imagination of eager fans



awaiting further revelations.

**Kangana Ranaut to contest Lok Sabha 2024 elections?**

Kangana Ranaut is one of the most prominent actresses of Bollywood. Apart from her acting chops, she is known for wearing her thoughts on her sleeves. She is not at all shy and openly speaks her mind. More than often, she has courted controversy because of the same. Kangana Ranaut is quite invested in country's political affairs too. She openly speaks about the matters that affect the nation. Thanks to this, there have been a lot of speculation over Kangana's entry into politics. It was recently that one of her posts hinted at her entry into politics. Is it really so? Is Kangana Ranaut going to contest Lok Sabha 2024 elections? Here's what you need to know. Kangana Ranaut has clarified that the reports of her contesting Lok Sabha 2024 elections are mere speculations. She took to her Instagram stories to share a report suggesting that Kangana Ranaut is being considered to replace Kirron Kher by a political party and contest elections in Chandigarh. However, responding to the same, Kangana Ranaut stated that many of her relatives are sending her the screenshot of the report but it's simply speculation. She wrote, "My relatives and friends are sending this to me



assuming the headline is my quote, the headline is not my quote... all speculations."

**Recipes**

**Hariyali Kebab**



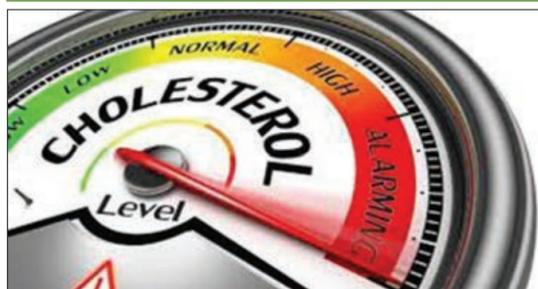
**Ingredients**

- 250 gm blanched spinach
- 4 green chillies
- 2 teaspoon coriander powder
- 1 dash nutmeg powder
- 5 cashews
- 250 gm chana dal
- 1 1/2 teaspoon dry mango powder
- salt as required
- 1 cup chickpeas flour
- 5 tablespoon refined oil

**Method:**  
Soak the chana dal for at least 4 hours before cooking. Grind the soaked chana dal to a smooth paste along with blanched spinach leaves, coriander, salt and green chillies. Take it out in a bowl and mix with the rest of the ingredients except oil and cashews.

Now, you should have a dough-like mixture with you. Make some small balls out of it and give them the shape of kebabs. Press half a cashew on top of each kebab. Meanwhile, put a tawa on medium flame and apply some oil in it. When all the kebabs are made, place them on the hot tawa and pan fry until golden brown from both sides. Serve with your favourite chutney.

**5 ways to lower your cholesterol naturally**



High cholesterol is when you have too much cholesterol in your blood. High cholesterol often doesn't show signs, and remains a hidden danger that affects millions of lives.

Cholesterol includes good cholesterol called high-density lipoprotein (HDL), bad cholesterol called low-density lipoprotein (LDL), and triglycerides which is a fatty substance similar to bad cholesterol.

A blood test can identify if your cholesterol levels are too high. Consult your doctor as untreated high cholesterol can lead to health issues like heart disease, stroke, and diabetes. Here are some lifestyle changes that can help to naturally lower your cholesterol levels for a healthier body.

**Eat a healthy diet:** It's definitely easy to say and hard to follow, but then the hard work is worth it, and in case of high cholesterol - essential. There are plenty of natural foods which can help to reduce your cholesterol levels. Along with these, cut down all processed foods, especially those with too much salt and sugar: Soluble fiber found in oatmeal, kidney beans, apples, and Brussels sprouts reduces cholesterol absorption in the blood. Whey protein from dairy products can lower LDL and total cholesterol. Food rich in omega-3 fatty acids, such as salmon, walnuts and flaxseed are also great for healthy heart tissue

and blood vessels.

**Reduce alcohol consumption:** Yes, it looks cool to drink alcohol and probably all your friends drink it. Especially if you are going to a party, is there even a party possible without booze? But, you have got to rise above what looks good and what truly is good. You need to choose what really matters - your health or peer pressure?

**Loose weight:** This is essential if you are overweight or obese. Carrying extra weight, especially around the abdomen, increases your ratio of visceral fat which can affect even your liver. If you are overweight, your cholesterol levels will be higher which can negatively affect your arteries and blood vessels. Extra weight can be lost by not going on a crash diet, but committing to a healthy diet consisting of home cooked meals from natural food items. Eat lots of fruits, vegetables, nuts, seeds, whole grains and exercise regularly to lose weight in a healthy manner. Also ensure to drink plenty of water.

**Quit smoking:** Smoking increases the pressure on your heart and your heart rate, compounding the adverse effects of the buildup of cholesterol in and on the artery walls. Researchers have found that quitting tobacco improves HDL cholesterol levels by improving blood circulation and lung function. The good news is that a year after quitting smoking, heart disease risk is cut in half for most ex-smokers. You can start by cutting down on the number of cigarettes you smoke and seek help from friends and family to support you. You can also seek a health professional for guidance.

**Increase activity and exercise:** It's great that you have the luxury to sit for a long time whenever you want. Or maybe it's your work that requires long periods of sitting. Whatever the reason may be, you have to find a way to cut down on your sitting time and increase your overall physical activity throughout the day. Exercise is also extremely important to help reduce your cholesterol levels and you can choose your favourite activities like walking, swimming, cycling, dancing etc.

However, it's important that you do not spend the majority of your day on the couch or in a chair. Keep standing and moving every now and then to get the much-needed physical activity.

**Anti-aging skincare guide for the most youthful face and neck**

Anti-aging is a tale as old as time and a bitter-sweet part of life. As you grow older and your skin inevitably starts showing signs of aging, it becomes essential to take care of your skin in the most holistic way. The face and neck are two regions that require extra care and precautions as they are made up of finer and more delicate tissues, and are most susceptible to signs of aging. Let us take meaningful steps to keep the skin of your face and neck ever youthful and combat the different signs of aging like wrinkles, fine lines, and patchy skin.



substances on our skin that need to be scrubbed out. Use an effective exfoliant with extracts that help exfoliate your face and neck and remove dead skin cells, leaving your skin clear and flawless.

**Serums are the secret**  
Serums are abundant in their potential to restore skin cells. Vitamin C serum is known for removing dark spots and patchy skin and providing a youthful glow. Anti-aging serums with Vitamin A help increase the collagen production of your skin which can enhance your skin elasticity. While applying, always be careful to pat the serum into your skin and bring it down to your neck as well.

**Cleansing is crucial**

The skin goes through a rollercoaster every day. Dust, oil and grease tend to accumulate on your skin and deep in your pores making them susceptible to blackheads, pimples, open pores and much more. Cleansing twice a day and refreshing the skin is a must. Do not forget your neck!

**'Toner' it down**

Cleansing tends to open your pores in order to get all the excess gunk out. Use a pH level balanced toner to help close your pores and secure them. This will help tighten your pores and enhance your skin's overall smoothness.

**Scrub, scrub, scrub**

Often times cleansing alone does not cut it. As we live our lives and make memories, we acquire foreign

**Moisturizing is a must**

A well-moisturized skin is least likely to fall prey to signs of aging. No matter the weather, your skin always needs added moisture (yes, even if you have oily skin). Find a moisturizer with ingredients to best suit your skin type and moisturize your face and neck by massaging in an upwards direction to help your skin stay tight.

**Always apply sunscreen**

Before stepping out of your house, always lather a layer of sunscreen with an adequate amount of SPF. Even if your day doesn't involve intense sun exposure, you must include sunscreen in your AM skincare regime as it has an abundance of benefits.

**General Knowledge Question Answers**

1. For which among the following is not a true fruit?

- A. Apple
- B. Date
- C. Grape
- D. Plum

C. Sodium  
D. Zinc

6. The vitamin which is very liable and easily destroyed during cooking as well as storage is

- A. Vitamin A
- B. Vitamin B6
- C. Vitamin C
- D. Vitamin K

2. Which of the following is least infectious ?

- A. leprosy
- B. hepatitis
- C. tuberculosis
- D. conjunctivitis

7. The compound used in anti-malarial drug is

- A. Aspirin
- B. Neoprene
- C. Isoprene
- D. Chloroquin

3. Which of the following is not a mosquito borne disease?

- A. Dengue fever
- B. Malaria
- C. Sleeping sickness
- D. Filariasis

8. Which of the following is a skin disease?

- A. Anaemia
- B. Pellagra
- C. Osteomalacia
- D. Rickets

4. In certain amino acids, which one of the following elements is found in addition to carbon, hydrogen, nitrogen and oxygen?

- A. Phosphorus
- B. Zinc
- C. Calcium
- D. Sulphur

9. The richest source of vitamin D is

- A. Cod liver oil
- B. Spinach
- C. Milk
- D. Cheese

5. Among the following elements, which one is essential for the transmission of impulses in the nerve fibre?

- A. Calcium
- B. Iron

10. Which of the following tests helps in diagnosis of cancer?

- A. X-ray
- B. Urine test
- C. Blood test
- D. Biopsy test

11. Which one of the following is an enzyme?

- A. Glucagon
- B. Insulin
- C. Somatotropin
- D. Trypsin

12. Which vitamin is provided by sunlight to the body?

- A. Vitamin A
- B. Vitamin B
- C. Vitamin C
- D. Vitamin D

13. The deficiency of which of the following leads to dental caries?

- A. Iron
- B. Copper
- C. Fluorine
- D. Zinc

14. Healing of wounds is hastened by vitamin

- A. A
- B. E
- C. C
- D. K

15. Which of the following diseases is caused by the bite of a mad dog?

- A. Hydrocele
- B. Hydrophobia
- C. Hydrocephalus
- D. Hydroperitoneum

**ASTRO SPEAK**

**ARIES**



MAR 21 - APR 20

The actions of other people could be very unpredictable today, so you need to be prepared for anything. And while this day may test your flexibility and patience, it will still be quite enjoyable. You like it when things are interesting, and unpredictability is part of the price you pay for "interesting." One of your friends might have an intriguing opportunity for you, but you need to have them explain things in more detail before you say yes.

**LIBRA**



SEP 24 - OCT 23

You could feel a magnetic pull toward a person you've never met before. Resist the urge to cyber-stalk this person, but do keep an eye on them. There is a reason that they interest you, and if you can't figure out what it is, you need to get more information in order to do so. You've been waiting for someone to show you a better way of being with people.

**TAURUS**



APR 21 - MAY 20

You could be on a somewhat solid financial footing right now, although it wouldn't hurt to have a few more coins in your coffers. Put a little more effort into conserving more of your funds. The easiest way to do that is to cut out any luxury treats. Drink tea instead some fancy coffee. And don't leave your credit cards near your computer. You'll be less likely to succumb to that must-have item you see online.

**SCORPIO**



OCT 23 - NOV 22

There's no sense in hurrying to get things done today. It will only result in you wasting your energy. Sometimes it's easy to confuse being busy with getting things accomplished, but you need to keep your focus on what needs to happen today, not on what you would like to have happen tomorrow. Let that take care of itself. Try to work on the social aspect of your life a little bit more intensely. There are goals that you haven't met yet.

**GEMINI**



MAY 21 - JUN 20

You know some pretty fascinating people, but you may not have seen them in a while. Why not try to figure out a way to get together online? Enjoy a virtual happy hour or meal, sing some tunes, or engage in an impromptu workout and encourage one another. There are lots of ways to stay connected if you use that creative brain of yours!

**SAGITTARIUS**



NOV 23 - DEC 22

Fire up your laptop and start a spreadsheet, because you need to stay on top of all the details that will be flying at you today! You can't afford to let any numbers, names, or dates fall through the cracks. Take nothing for granted. Avoid the gray areas on the internet. Make people commit to yes or no. Your life needs to be all about black-and-white facts right now. This will enable you to get more focused and reduce the drama in your life.

**CANCER**



JUN 22 - JUL 23

No one sees things quite like you do, and more and more people are starting to enjoy your take on the world. Some of your ideas might leak out in an unconscious act on your part, and it might make you nervous. But even if you aren't quite ready for people to know about them, you could be pleasantly surprised by the fact that these people really dig your ideas! Get used to getting more attention.

**CAPRICORN**



DEC 23 - JAN 20

Even if you don't have a sweetheart right now, this day could be full of romance for you! If you're not going to be falling in love with another person all over again, you'll be falling in love with yourself all over again, which might feel ten times as sweet. You're a wonderful person, and even if there's no one in your life right now to remind you of that fact, you can remind yourself. It's a nice, powerful feeling to tell yourself how special you are.

**LEO**



JUL 24 - AUG 23

It's time to get social! You put lots of effort into your professional life, and now you need to start putting just as much effort into your personal life, too. Your mission is to accept any and all invitations you get without hesitation, no matter how unexciting they might sound. You are definitely one of the celebrities in your social circle right now, so you need to take advantage of the spotlight while you have it.

**AQUARIUS**



JAN 21 - FEB 23

Try to put yourself in a situation where you could be rejected, or at least come out with less than you put in. You shouldn't do anything too silly, like spend your life savings on lottery tickets, but you should do something a little daring. Maybe it's time to call that certain someone, try out a trendy new fashion look, or try your hand at fixing a complicated gourmet dinner.

**VIRGO**



AUG 24 - SEP 23

Are you looking forward to being able to traveling again? You should be! Stay optimistic about the current situation and don't worry about all the details yet. You'll be exposed to a lot of new things that will amuse you, shock you, and, most of all, educate you! So you'll want to take notes and lots of pictures. You'll want to remember your trip for a long time, so start planning it!

**PISCES**



FEB 20 - MAR 20

Try to use a form of communication that is a little out of the ordinary today. Telephone calls, letters, even e-mails are just so old school! You'll get your message across—whatever it is—a lot more effectively if you use some creativity, especially if you're trying to get your feelings across to a potential new sweetheart. Use beautiful words in a poetic sense to let them see into your heart.

- 10. Biopsy test
- 11. Trypsin
- 12. Vitamin D
- 13. Pantoic acid
- 14. C

- 5. Calcium
- 6. Vitamin C
- 7. Chloroquin
- 8. Pellagra
- 9. Cod liver oil

- 1. Plum
- 2. Leprosy
- 3. Sleeping sickness
- 4. Snipitur

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