

Dunki: Shah Rukh Khan reacts to working with Taapsee Pannu in the film; reveals he learnt a lot from the actress



Shah Rukh Khan starrer Dunki is one of the most awaited films right. Shah Rukh Khan has already given two big hits with Pathaan and Jawan. Hence, fans are waiting for his third film. People feel that Shah Rukh Khan will score a hatrick with three hit films in 2023. Dunki Drop 1 and Dunki Drop 2 impressed the audience. The performance by Shah Rukh Khan has been super impressive and the other stars too have left everyone excited for the film. Recently, Dunki Drop 3 Nikle The Kabhi Hum Ghar Se song released and it was a soulful number. Earlier too, songs from the film have released and it looks like the film is going to be a huge hit.

Shah Rukh Khan has a crazy fan following and he always makes sure that he interacts with his fans. He holds the #AskSRK sessions on X (formerly known as Twitter) and responds to questions by his fans. Recently, he held a similar session and gave many interesting answers about Dunki.

During this session, he was asked about the lead actress of Dunki, Taapsee Pannu. One of the users asked, "Why only @taapsee for dunki why not anyone else? #asksrk @iamsrk" Shah Rukh Khan was all praise for Taapsee in his answers. He wrote, "@taapsee is so awesome in the film!! Really really good too much fun and learning with her as an actor. #Dunki"

Dunki also stars Boman Irani, Taapsee Pannu, Vicky Kaushal, Vikram Kochhar, Anil Grover. The film will be releasing around December end. Dunki will clash with Prabhas starrer Salaar in December. However, fans are eagerly waiting for the trailer of Dunki to release soon.

Singham Again: Ajay Devgn injured on sets of Ranveer Singh-Deepika Padukone movie

Singham Again is one of the most awaited movies from Rohit Shetty's copverse. It is the third part of one of the biggest cop franchises in India. Singham Again also known as Singham 3 stars Ajay Devgn, Kareena Kapoor Khan, Ranveer Singh, Tiger Shroff, Deepika Padukone and Akshay Kumar. It is the first time that such an ensemble cast will be seen together. And now, the latest report claims that Singham star Ajay has been injured.

Singham Again shooting commenced a couple of weeks ago. Ajay Devgn and Ranveer Singh commenced the shoot first and the rest of the cast joined later. The latest report about Singham Again suggests that Ajay has been injured while shooting for the Rohit Shetty directorial movie. Yes, you read that right. A report claimed Ajay was shooting for a combat sequence. And an unfortunate blow struck his face, leaving his eye bruised. The report also claimed that Ajay had to break the shoot for a couple of hours because of the same. He was treated by the doctor on set itself. Since the shoot must go on, Rohit Shetty continued the shoot with



the baddies of Singham Again.

Not Salaar, Prabhas fans are more excited about Spirit: Is this the Animal effect?

Animal movie starring Ranbir Kapoor is making new records at the box office. The Sandeep Reddy Vanga movie is getting a thundering response not just in India but also abroad. It looks all set to wreak havoc and become one of the highest-grossing movies of 2023. Meanwhile, we also have Prabhas starrer Salaar and Shah Rukh Khan starrer Dunki coming up for the release. The hype around both movies is sky-high. However, the love and craze for Animal has turned the tide.

Animal movie's response has grabbed headlines in entertainment news. The movie has garnered rave reviews. Until now, everyone had been buzzing about Shah Rukh Khan starrer Dunki or Prabhas starrer Salaar. The Prashanth Neel movie is set in the KGF verse, as per reports. The Salaar trailer was released on 1st December on the release of Animal and Vicky Kaushal starrer Sam Bahadur. And now, Animal is eating everything up. From movie shows to fan reviews and more, Animal has conquered it all. And it seems, after seeing this humungous response to Animal, Prabhas fans are now eagerly looking forward to Spirit. Prabhas will join hands with Sandeep Reddy Vanga for



Spirit for the first time. The movie has already been announced. Animal's response has left fans excited for Prabhas starrer Spirit. A report in Telugu Cinema claims that Prabhas fans are now more excited about Spirit.

Recipes

Cornitos Grilled Paneer Tacos with Salsa Dip



**Ingredients**  
6 taco shells  
100 ml salsa sauce  
150 gm cheese sauce  
50 gm lettuce leaf  
50 ml virgin olive oil  
5 gm white pepper powder  
225 gm paneer  
50 gm capsicum (green pepper)  
50 gm jalapeno  
50 gm coriander leaves  
salt as required  
1/2 teaspoon taco seasoning

**Method:**  
Marinate paneer with salt, white pepper powder, olive oil & keep aside for 10-15 minutes.  
Heat the griller with some oil and grill the Paneer until done.  
Heat some oil in a pan, add taco seasoning, and then add capsicum and onions. Sauté nicely for 3 to 5 minutes, then remove from heat.  
Place Taco shells on boat and line them with lettuce. Top them with grilled paneer and sauteed mixture, coriander leaves and jalapeno.  
Then, spread cheese sauce and salsa dip evenly on top and sprinkle taco seasoning.  
Serve Tacos with salsa dip.  
Enjoy!

5 foods that increase iron levels in women



Maintaining optimal iron levels is crucial for overall health, particularly for women, who are more susceptible to iron deficiency due to menstrual blood loss and pregnancy. Iron deficiency can lead to fatigue, weakness, and dizziness. Incorporating iron-rich foods into your diet is essential to prevent anemia and maintain energy levels. Here are five foods that can significantly boost iron levels in women.

**Spinach**  
Packed with iron, spinach is a versatile leafy green that can be easily incorporated into various dishes. It contains non-heme iron, which may not be as readily absorbed by the body as heme iron found in animal products. However, pairing spinach with foods high in vitamin C, like citrus fruits or bell peppers, enhances iron absorption. Including spinach salads, smoothies, or sautéed spinach as part of the daily diet can contribute to meeting iron requirements.

**Lentils**  
These legumes are a fantastic source of iron for women. They contain a good amount of non-heme iron along with fiber and protein, making them a nutritious choice. Lentils are versatile and can be included in soups, stews, salads, or made into delicious patties or spreads. Consuming lentils regularly can aid in maintaining healthy



iron levels in the body.

**Pumpkin seeds**  
Pumpkin seeds are rich in iron. They are convenient to snack on or can be sprinkled over salads, yogurt, or added to homemade granola. Additionally, pumpkin seeds contain other essential minerals, making them a beneficial addition to the diet for women looking to increase their iron intake.

**Quinoa**  
This pseudo-grain is not only a great source of protein and fiber but also contains a considerable amount of iron. Quinoa is a versatile ingredient that can be used as a base for salads, served as a side dish, or even used in breakfast bowls. Its iron content makes it a valuable addition to the diet, particularly for those seeking plant-based sources of this essential mineral.

**Lean meats**  
For those who consume animal products, lean meats like chicken, turkey, and beef are excellent sources of heme iron, which is more easily absorbed by the body than non-heme iron. Regular consumption of lean meats provides a significant boost to iron levels. It's essential to balance these meats with other nutrient-rich foods for a well-rounded diet.

Winter Skin Care: Home remedies



water or a rose-based skin tonic.

Moisturizers are available in cream and liquid form. For dry and dehydrated skin, it is better to use a moisturizing cream. A liquid moisturizer should be used under make-up. For combination skin, apply a moisturizing lotion, while for normal to oily skin, apply non-oily products. Apply sunscreen before going out in the sun to protect the skin from moisture loss. For dry and dehydrated skin, a sun block cream is better, while for normal to oily skin, use a sunscreen gel.

Normal to dry skins should also be nourished with a good night cream. Look for a nourishing cream, containing ingredients rich in Vitamins A and E. Spread the cream lightly on the face. Adding a few drops of water helps the massage. After cleansing, apply the nourishing cream and massage it on the skin, with upward and outward movements, for 3 to 4 minutes. Then wipe off all cream with moist cotton wool before bedtime.

Here are some home remedies for winter:

**Skin Softener for Dry Skin:** Take four tablespoons honey, one cup milk, four teaspoons wheatgerm oil. Mix together and keep in a glass jar with a lid. Keep in the fridge. Apply a little of this lotion on the face, neck and hands daily. Rinse off with water after 15 minutes.

**Moisturiser for Oily Skin:** Take 100 ml rose water and add one teaspoon pure glycerine. Mix well and keep in an airtight bottle. Apply a little of this lotion to relieve dryness on the face and hands.

**Face Mask:** Mix half a teaspoon honey, one teaspoon rose water and one teaspoon dried milk powder. Mix into a paste and apply on the face. Remove after 20 minutes with water.

For all skin types, apply aloe vera gel daily on face and wash off with plain water after 15 minutes.

General Knowledge Question Answers

1. Name the first non-Indian who received the Bharat Ratna award?	(D)Iron Ore	11. Which one among the following radiations carries maximum energy?
(A)Khan Abdul Ghaffar Khan (B)Mother Teresa (C)Martin Luther King (D) Aubin Mehta	(A) Akbar (B)Noor Jehan (C)Bahadur Shah (D) Babur	(A) Ultraviolet rays (B) Gamma rays (C) X- rays (D) Infra-red rays
2. In which year, the Mother Teresa won the Nobel Peace Prize?	7. The Indian state which leads in agricultural production is	12. Bokaro Steel Limited was set up with the assistance of
(A) 1975 (B) 1982 (C) 1981 (D) 1979	(A)Punjab (B) Haryana (C) Karnataka (D) Tamil Nadu	(A) USA (B) Germany (C) UK (D)Soviet Union
3. For making bullet-proof glass, which one of the following glasses is used?	8. The longest mountain range in the world is known as:	13. The Headquarters of WTO (World Trade Organization)is situated in
(A) Soda glass (B)Reinforced glass (C) Jena glass (D)Pyrex glass	(A)The Himalayas (B) Geneva (C)The Rockies (D)The Andes	(A) Montreal (B) Geneva (C) Seattle (D) the Hague
4. Which substance is used to retard the setting action of cement?	9. The most populous city in the world is	14. Which was the second Italian Satellite launched from Soviet Union?
(A) AlO (B) CaO (C) NaO + KO (D) CaSO.2HO	(A) Paris (B) Tokyo (C) Peking (D) London	(A) Bhaskar-1 (B) Aryabhata (C)Rohini (D) Apsara
5. The mineral in which India depends largely on imports is	10. Which state among the following produces maximum soybean?	15. The metal whose salts are sensitive to light is
(A)Mercury (B)Mica (C)Bauxite	(A) Bihar (B) Uttar Pradesh (C) Madhya Pradesh (D) Rajasthan	(A) Copper (B) Zinc (C) Silver (D) Gold

<b>ARIES</b>  MAR 21 - APR 20	Venus and Pluto square off this morning, dear Aries, threatening to disrupt the foundations of your relationships. Be mindful of what your loved ones may be going through, as insensitivity will inflame these tense vibes. Meanwhile, the Leo moon aligns with the Nodes of Fate, offering a reprieve from drama when you lean into the lighter side of life and pursue fun.	<b>LIBRA</b>  SEP 24 - OCT 22	You may feel a bit emotional and depleted as the weekend comes to a close, dear Libra, due to a harsh square between Venus and Pluto. This cosmic climate threatens your sense of harmony, making the idea of facing another Monday morning that much more daunting, especially if you didn't get to relax as much as you'd wanted to.
<b>TAURUS</b>  APR 21 - MAY 20	Venus, your planetary ruler, enters a harsh square with Pluto this morning, sweet Bull, threatening to catch you off guard with disorganization and imbalance. This cosmic climate will highlight where order is needed most, making it important that you keep an eye out for red flags that could lead to chaos later.You'll sense a shift tonight when Luna migrates into Virgo, igniting passions just before another work week begins.	<b>SCORPIO</b>  OCT 23 - NOV 22	Venus squares off with Pluto putting you in a cerebral headspace. Obsessive thought patterns could threaten your sense of inner peace, especially when you focus heavily on your fears or relationships. Luckily, the Leo moon aligns with the Nodes of Fate to offer an energetic lifeline. However, you'll need to let go of uncomfortable emotions as soon as they pop into your head, finding distraction if necessary.
<b>GEMINI</b>  MAY 21 - JUN 20	Try not to let your ego ruin a good thing, as Venus and Pluto square off in our skies. These tense cosmic conditions could lead to jealousy, power struggles, or drama, making it important to monitor your mood and how it affects your relationships. Luckily, a helping hand from the Leo moon and Nodes of Fate offer clarity, though you'll need to stay calm while hashing out important issues.	<b>SAGITTARIUS</b>  NOV 23 - DEC 22	You may feel socially stunted as Venus and Pluto square off in our skies, especially if you've found certain friends increasingly difficult to relate to. Try not to burn any bridges right now, but consider how you might establish a new sense of community. A magical element comes into play as the Leo moon aligns with the Nodes of Fate, asking you to consider what drives your passions.
<b>CANCER</b>  JUN 22 - JUL 23	Venus and Pluto form a harsh square this morning, dearest Cancer, bringing a moody energy to your home. Be mindful of how you treat housemates, taking care to diffuse tension while recognizing when your own behaviors become passive-aggressive or irritable. Luckily, the Leo moon and Nodes of Fate join forces to lighten the ambiance, and setting boundaries can help you escape major blowouts.	<b>CAPRICORN</b>  DEC 23 - JUL 20	Your stoic side may take the reins today, dear Capricorn, as Venus and Pluto square off in our skies. While it's certainly okay to take a social breather when you need space, be mindful of communicating boundaries thoughtfully so that no one gets hurt. Solace can be found when focusing on to-do lists and personal errands, thanks to a helping hand from the Leo moon and Nodes of Fate.
<b>LEO</b>  JUL 24 - AUG 23	You may feel as though your brain is firing on all cylinders, as Venus and Pluto square off in our skies. Obsessive thought excessive attention to details could derail your sense of balance, making it important to find ways to calm your body and mind while navigating tasks. Meanwhile, the moon continues its journey through your sign, to help you maintain a positive outlook, even when life feels messy.	<b>AQUARIUS</b>  JAN 21 - FEB 23	Venus and Pluto square off threatening to upset the balance of your inner peace. Consider clearing your schedule to invest in intensive self-care, understanding that sometimes you must push others away to reconnect with yourself. Spiritual practices will also offer comfort, thanks to a helping hand from the Leo moon and Nodes of Fate. If you feel lost and in need of guidance, try connecting with a wise friend or spiritual practitioner.
<b>VIRGO</b>  AUG 24 - SEP 23	You may feel stuck between who you are and who you want to become, as Venus squares off with transformative Pluto. Try to access your bravery when embracing change, granting permission to follow your instincts, talents, and passions. Staying grounded in each moment can help you find harmony, thanks to a helping hand from the Leo moon and Nodes of Fate.	<b>PISCES</b>  FEB 20 - MAR 20	You may need a break from companions and outside noise, as Venus and Pluto square off in our skies. Political upheaval, social unrest, and personal issues could leave you feeling depleted, making it essential that you find healthy outlets. Leo moon aligns with the Nodes of Fate, making it a good time to nurture your body with yoga, stretching, or a steamy bath.

1. Khan Abdul Ghaffar Khan

2. 1979

3. Reinforced glass

4. CaSO.2HO

5. Mercury

6. Bahadur Shah

7. Punjab

8. The Andes

9. Tokyo

10. Madhya Pradesh

11. Gamma rays

12. Soviet Union

13. Geneva

14. Bhaskar-1

15. Silver
1. Mercur

2. Aryabhata

3. Rohini

4. Apsara

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