

WAR 2 to enjoy solo release?
Karan Johar, Kartik Aaryan
looking for a clean release date
for their patriotic film



Kartik Aaryan and Karan Johar surprised fans when they announced a big movie on the occasion of the young star's birthday. It is a war drama, which is going to come in theatres on Independence Day 2025. Fans were curious and excited given the past history of the two after the Dostana 2 incident. But they got a shock as YRF announced that WAR 2 will be coming on the same date, August 15, 2025. As we know, WAR 2 that has Hrithik Roshan, Jr NTR and Kiara Advani as leads is directed by Ayan Mukerji. It is one of the biggest movies of the YRF Spyverse. Taking it on would be a business harakiri.

It seems Karan Johar and Kartik Aaryan want the best release date for their movie. After WAR 2 was announced on Independence Day 2025, the two are having a lot of discussions on a new release date. Releasing on the same day would not be a good business decision.

The source said that WAR 2 was the "bigger fish" and deserves all the respect. WAR 2 is a part of the big budget YRF Spy Universe and averting it makes best business sense. The source told Bollywood Hungama, "If War 2 keeps the promise of releasing on August 14, Karan and Kartik will move their film to a future date. It could be 2nd October, 2025."

It seems Karan Johar is well aware of how Ayan Mukerji operates. Even Brahmastra Part One Shiva took a lot of time. If WAR 2 gets delayed, he will go for the Independence Day weekend. But Kartik Aaryan and Karan Johar will decide on the most prudent release date.

Did Amitabh Bachchan unfollow Aishwarya Rai Bachchan on Instagram?

The Bachchans make headlines every single day. Amitabh Bachchan, Aishwarya Rai Bachchan, Abhishek Bachchan and Jaya Bachchan frequently make headlines. Their family feud usually gathers more attention. But they also court headlines for their special gestures as we saw recently in Kaun Banega Crorepati 15. Amidst the constant talks about family feuds, Aishwarya Rai Bachchan and Amitabh Bachchan have yet again made headlines.

A Reddit user shared a post asking whether Big B unfollowed Aishwarya Rai Bachchan on Instagram. Well, a lot of Redditors have answered the question in the comments already. Some have claimed that Amitabh Bachchan and Aishwarya never followed each other on Instagram to unfollow. Some also voiced out that there must be something wrong. Someone pointed out that it could be because of the privacy setting where only Amitabh Bachchan can see his followers and others cannot. Recently, rumours started floating around about Aishwarya spending more time at her mother's home than with Bachchan. Aishwarya's post with



her mum and daughter, Aaradhyha has been making fans wonder about the same. Moreover, there were instances such as Aishwarya not getting a wish from any family member apart from Abhishek Bachchan on her birthday.

Yeh Rishta Kya Kehlata Hai star Harshad Chopda to take a break from TV shows?

Yeh Rishta Kya Kehlata Hai is one of the longest-running TV shows in the country. Recently, Harshad Chopda, Pranali Rathod, Karishma Savant and others quit the show to make way for Samridhii Shukla, Shelzada Dhami, Pratiksha Homnukhe, Shivam Khajuria and others. However, the TRPs are not that great. During Harshad Chopda and Pranali Rathod's stint, Yeh Rishta Kya Kehlata Hai enjoyed massive popularity. Well, fans are looking forward to seeing HC onscreen again. But it might take time.

For two years, Harshad Chopda entertained fans as Abhimanyu Birla. The character is etched in the minds of the audience forever. Harshad is known to take long breaks between his TV shows. An online entertainment news portal stated the factual gap between Harshad Chopda starrer TV shows. In the initial days of his career, Harshad did back-to-back shows. From Left Right Left to Kis Des Mein Hai Merri Dil, Tere Liye and Dharampatni to name a few. After starring in Dil Se Di Hui Dua... Sabhagyavati Bhava,



Harshad Chopda took his first long break. The show ended in 2012.

Cinnamon water: Here's how it helps in weight loss



Cinnamon water has gained popularity as a beverage believed to aid in weight loss, thanks to its potential health benefits. While it's important to note that no single ingredient can guarantee significant weight loss on its own, incorporating cinnamon water into a healthy diet and lifestyle may contribute to overall well-being and support weight management.

It boosts metabolism

Cinnamon is known to have thermogenic properties, meaning it may help increase the body's metabolic rate. The spice contains compounds that activate thermogenesis, a process where the body generates heat and burns calories to digest food. While the impact may not be dramatic, a slightly elevated metabolism could contribute to the overall calorie-burning process.

It regulates blood sugar level

Cinnamon has been studied for its potential role in improving insulin sensitivity and lowering blood sugar levels. Stable blood sugar levels can help prevent excessive insulin spikes and crashes, which may reduce cravings for sugary or high-calorie foods. By promoting better blood sugar control, cinnamon may indirectly support weight loss efforts by preventing overeating and reducing the likelihood of storing excess glucose as fat.

It suppresses appetite

Some studies suggest that cinnamon may have appetite-suppressing effects. The aroma of cinnamon is thought to influence brain function and may help reduce the desire for sweet and high-calorie foods. By curbing cravings and promoting a feeling of fullness, individuals may be less inclined to consume excessive calories, aiding weight management.

It improves digestion

Cinnamon has traditionally been used to aid digestion. It may help reduce bloating, indigestion, and discomfort after meals. Efficient digestion is crucial for nutrient absorption and overall gut health. When the digestive system functions optimally, the body can better extract essential nutrients from food, potentially supporting weight loss by promoting overall health.

It has anti-inflammatory properties

Chronic inflammation has been linked to obesity and other metabolic disorders. Cinnamon possesses anti-inflammatory properties, which may help mitigate inflammation in the body. By reducing inflammation, cinnamon may support metabolic processes and contribute to an environment conducive to weight loss.

It is rich in antioxidants

Cinnamon is rich in antioxidants, which help combat oxidative stress in the body. Antioxidants play a role in protecting cells from damage caused by free radicals. While the direct impact on weight loss may be indirect, the overall health benefits of antioxidants contribute to general well-being, supporting a healthy lifestyle conducive to weight management.

It detoxifies the body

Staying hydrated is essential for overall health and can contribute to weight loss. Cinnamon water provides a flavorful option for hydration, potentially encouraging individuals to drink more water throughout the day. Additionally, some proponents suggest that cinnamon water may have mild detoxifying properties, aiding the body's natural processes of eliminating waste and toxins.

Taking care of skin and hair in fluctuating weather



Like we change our clothes as the season changes, similarly our skin care and hair care routine also change when we transition from one season to another. As the weather changes, we change our skincare and hair care regime as per it. During summers, our primary focus is on sunscreens and hydration and as the winter starts our focus shifts to the moisturisers. In the same way, our scalp and hair also react differently with every change in a season. Just like the skincare regime, our hair care routine also needs to be changed as per the changing seasons. Some of us don't pay heed to change in hair and skin care routines with the change in seasons, whereas those who want to change it don't get the correct methods to change. Change of seasons can make the skin & hair dry, sweaty, and itchy.

First let us look at the changes we need to make in our hair care routine with the change in weather –

Diet Full of Nutrition: Having a diet full of all the nutrients can help the scalp and hair. Change in season also changes our diet, which can be another factor that can damage hair. Improve the diet also as the season changes. Add seasonal fruits and vegetables to the diet,

monitor the protein intake and stay hydrated. A nutritious diet not only helps hair health but can also prove to be an immense privilege for overall health and wellbeing.

Oil Care in Every Season: Apply oil to the scalp and hair in every season. It is the one factor that should not be changed or stopped in any season. Apply oil from the roots to the ends at least once or twice a week. Massaging the scalp with oil increases blood circulation, which brings sufficient nutrients to it and makes the scalp nourished and healthy. The oil we use for hair should always be the same.

Keep Hair and Scalp Clean and Healthy: Change in a season can make the scalp or hair either dry, oily or both. During a season comprising hot and humid weather, our scalp is usually oily because of excessive sebum secretion and sweating. The hair gets dry due to sun exposure and heat. Whereas seasons containing dry and cold weather, make both scalp and hair dry. So, whenever there is a change of the season, keep the scalp and hair clean and moisturised. Use shampoo and conditioner at least thrice a week.

Time to Time Hair Trimming: Hair trimming improves the hair's health and texture by removing split-ends, breakage and makes the hair look heavier and healthier. Every 3 to 4 months, hair trimming is suggested, but it depends on the growth and condition of the hair.

Stop Heat Treatment to Hair: Avoid using heat hair tools as much as possible, especially during the changing season. It is the time when hair is the most sensitive. Heat can affect the hair and its strength adversely. It can make the hair brittle, dry and can lead to severe hair fall. Also, using warm water to rinse hair. Normal temperature water and lukewarm water during winters should be used to rinse hair.

General Knowledge Question Answers

1. Who was awarded the Nobel Peace Prize in 2020?

a) Greta Thunberg
b) Malala Yousafzai
c) World Food Programme
d) United Nations
2. Who was awarded the Nobel Prize in Literature in 2020?

a) Olga Tokarczuk
b) Louise Glück
c) Bob Dylan
d) Kazuo Ishiguro
3. Who was awarded the Padma Vibhushan, the second-highest civilian award in India, in 2021?

a) SP Balasubrahmanyam
b) Shinzo Abe
c) Narinder Singh Kapany
d) Mohammed Yusuf Khan (Dilip Kumar)
4. Who was awarded the Bharat Ratna, India's highest civilian award, in 2019?

a) Atal Bihari Vajpayee
b) Pranab Mukherjee
c) Nanaji Deshmukh
d) Bhupen Hazarika
5. Who was awarded the Nobel Prize in Physics in 2020?

a) Roger Penrose, Reinhard Genzel, Andrea Ghez
b) James Peebles, Michel Mayor, Didier Queloz
c) Isamu Akasaki, Hiroshi Amano, Shuji Nakamura
6. Who was awarded the Man Booker Prize in 2020?

a) Tsitsi Dangarembga
b) Douglas Stuart
c) Hilary Mantel
d) Richard Flanagan
7. Who was awarded the Nobel Prize in Chemistry in 2020?

a) Emmanuelle Charpentier, Jennifer Doudna
b) John B. Goodenough, M. Stanley Whittingham, Akira Yoshino
c) Frances H. Arnold, George P. Smith, Sir Gregory P. Winter
d) Jacques Dubochet, Joachim Frank, Richard Henderson
8. Who was awarded the Nobel Prize in Medicine or Physiology in 2020?

a) Harvey J. Alter, Michael Houghton, Charles M. Rice
b) James P. Allison, Tasuku Honjo
c) Yoshinori Ohsumi
d) William G. Kaelin Jr., Sir Peter J. Ratcliffe, Gregg L. Semenza
9. Who was awarded the Booker Prize in 2019?

a) Margaret Atwood, Bernardine Evaristo
b) Richard Flanagan
c) Anna Burns
d) Paul Beatty
10. Who was awarded the Pulitzer Prize for
11. Who was awarded the Nobel Prize in Economics in 2020?

a) Colson Whitehead
b) Richard Powers
c) Donna Tartt
d) Jennifer Egan
12. Who was awarded the Nobel Prize in Mathematics in 2021?

a) Karen Uhlenbeck
b) László Lovász
c) Yves Meyer
d) John Tate
13. Who was awarded the Nobel Prize in Literature in 2019?

a) Olga Tokarczuk
b) Louise Glück
c) Bob Dylan
d) Kazuo Ishiguro
14. Who was awarded the Man Booker Prize in 2018?

a) Anna Burns
b) George Saunders
c) Lincoln in the Bardo
d) Richard Flanagan

ASTRO SPEAK

ARIES

Take an organized approach toward chipping away at your work, as Virgo moon demands efficiency from us all. You'll have a chance to break free from routine when Luna aligns with Uranus, making it the great time to split up your day with a trip to your favorite lunch spot or café. You'll feel secretive within matters of the heart as Luna and Saturn align, protecting important relationships from the judgment.

LIBRA

You'll get more done when you pull back from the spotlight, as moon continues its journey through Virgo. You may be called to start over on certain projects, commitments, or relationships this afternoon when Luna aligns with Uranus, pinpointing where evolution must occur. This cosmic climate is also great for making clean breaks from anyone or anything that does not serve your highest good.

TAURUS

Find ways to bring creativity to your routines and workday, dear Taurus, as the Virgo moon encourages art and self-expression. Consider taking a break from your responsibilities in order to have fun when Luna aligns with Uranus this afternoon, living up the vibe significantly. This cosmic climate could also lead to innovative breakthroughs, so be sure to honor the visionary within.

SCORPIO

Your attention will be in high demand as the moon continues its journey. You should take care to set reasonable restrictions with your devices. Staying on track with your peers and work will give you more satisfaction than socializing, though these vibes shift as afternoon rolls in and Luna aligns with Uranus, giving you full permission to break away from your duties in order to nurture personal companionships.

GEMINI

You'll have a chance to sort through your emotions in a way that is productive and logical, dear Gemini, thanks to Luna's continued journey through Virgo. Emotional breakthroughs and moments of enlightenment are liable to find you when the moon connects when Uranus this afternoon, and a journaling session could be just what you need to find clarity.

SAGITTARIUS

You'll thrive when tackling responsibilities and taking your ambitions seriously, as Virgo moon pushes you to reach for more. You may decide that it's time to revolutionize how you approach work when Luna align afternoon, promoting innovation. These vibes are also great for recharging through major self-care, and it may be a good time to turn your phone off, if only for a few hours.

CANCER

You'll need to keep busy as the moon continues its journey through Virgo, putting your mind into hyperdrive. Staying on top of tasks works well with this cosmic climate, though you should be mindful to explore your social side this afternoon when Luna aligns with Uranus. An impromptu lunch with coworkers could be just what you need to break up the day, so be sure to move away from your typical routine.

CAPRICORN

If you call out to the universe, it will find ways to respond, dearest Capricorn, as the Virgo moon moves through your house of spirituality and intuition. Ask for signs if you're in need of guidance, keeping your eyes peeled for synchronicities and confirmation. Lean into friendship this afternoon when Luna aligns with Uranus, pulling away from more serious matters in an effort to blow off steam.

LEO

You'll be busy planting seeds to sow your dreams, dear Leo, as the Virgo moon pushes themes around hard work and patience. Pay attention to any epiphanies that find you when Luna aligns with Uranus this afternoon, especially if they could lead to career or financial breakthroughs. Don't be afraid to carve out your own professional opinions, understanding that innovation is often what leads to success.

AQUARIUS

You'll have a knack for removing problems from your life today, dear Aquarius, as the Virgo moon inspires transformation. The more order you bring to your situation, the more empowered and in control you will feel. Allow your emotions and moments of enlightenment to guide you when Luna aligns with Uranus, heightening your intuition while nudging you to break free from the mold.

VIRGO

You'll walk with some extra pep in your step, as moon continues its journey through your sign. The wheels of fortune turn in your direction when Luna aligns with Uranus this afternoon, ushering in synchronicities, unexpected blessings, and extra support from beyond the veil. Use this energy to make a wish, trusting that your pleas will be acknowledged by the stars.

PISCES

You'll have a clear understanding of what you require in a partner, dear Pisces, as the moon continues its journey through Virgo and your house of relationships. Don't be afraid to communicate where change is needed most as afternoon sets in and Luna aligns with Uranus, pushing you to shake up dynamics that have gone stagnant. Be mindful to acknowledge what others are conveying.

