

Directors Ayushi Anand & Vishal Yoman brings the real side of Mirzapur via "Mirzapur Official"



All of the fans of the 'Mirzapur' web series are unaware of the true nature of the city. Throughout the series, we all developed a mental image and scenario of a city filled with day-to-day crime. But it's more than that; the city has produced a slew of leaders, actors, and well-known public figures from other fields, which few people are aware of distinguishing between the reel and real Mirzapur. Indian film directors Vishal Yoman and Ayushi Anand launched 'Mirzapur Official', a dedicated platform giving insights into the city from breaking to infotainment.

What started with a Facebook community page now has more than 200k followers which include people from all around the country. Mirzapur Official delivers reliable and accurate information as well as solutions. Since its beginning, they have addressed a variety of issues and launched several campaigns that have been favorably appreciated by the public and recognized by the government. They are continuously running campaigns and coming up with innovative ways to make the most of the platform.

Being Bollywood fanatics, both the founders have decided to launch their new platform 'Cinemchi,' under the label Kalpanik Films. The name of the portal describes itself, it is a platform for all the people out there who have immense love for cinema. The portal will be dedicated to all the Bollywood news & gossip apart from that it is an initiative to bring regional cinema into the picture. At the times when mainstream Bollywood is part of our daily conversation, we often forget to talk about regional cinemas where many films have been nominated for Oscar.

## Dream Girl 2: Ayushmann Khurrana starrer to get a sequel?



Ayushmann Khurrana and Nushrratt Bharucha starrer Dream Girl was one of the biggest hits of 2019. The film, which was directed by Raaj

## Asim Riaz to play Salman Khan's younger brother in THIS film?

Bigg Boss 13 runner-up Asim Riaz has reportedly bagged a prominent role in Salman Khan's film. Asim has often expressed his LOVE and admiration for the superstar and even Salman was very fond of him in Bigg Boss season 13 and ever since then, they share a cordial relationship. Asim who is a huge admirer of Salman Khan has now got an opportunity to play the actor's younger brother in his upcoming film Bhaijaan. As per reports by Bigg Boss 15 updates on Instagram, "Asim Riaz has reportedly bagged a role of Salman Khan's younger brother in Bhaijaan and shooting of the film will start this mid-November". Indeed this is the best news for Asim Riaz's fans, they clearly can't wait for this one. Asim has come a long way in his journey, he has indeed worked extremely hard to make his presence feel in the industry. He has the smallest roles and finally today his hard work has paid off. However, till now there has been no confirmation from Asim or Salman Khan on the same.

Asim gained fame with his stint in Bigg Boss 13, his love and hate relationship with late actor Sidharth Shukla's was one of the highlights of the show. Recently Asim was brutal-

ly trolled by Sidnaaz fans after he was alleged to take a dig on her after videos and photos of attending the wedding had gone viral, later the actor clarified that he wasn't talking about Shehnaaz but someone else knows closely.

According to the portal, the sequel will also be an out-and-out comedy with a subtle social message in it. The makers believe that the script will do justice to the Dream Girl franchise and it will be perfect as the follow-up to the first part.

Anek, which is directed by Anilbav Sinha, is slated to hit the big screens on 13th May 2022. A few days ago, while announcing the release date of the film, Ayushmann had shared on Instagram, "It takes just ONE to make a difference. Time to unite as Ek! Jeetega Kaun? Hindustan! #Anek IN CINEMAS 13.05.2022."



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## The perfect nighttime skincare regime

If you have been neglecting your skin since a while, we need to tell you that nighttime skincare is as necessary as a daytime skincare routine. Since the nighttime regime helps repair skin cells to ensure quicker healing and accelerates skin cell regeneration. Sleeping late after partying with excessive make-up can result in breakouts.

Here are 5 things you should do before you slumber after drinking and dancing the night away to wake up with fresh, radiant, and supple skin:

### Remove all the makeup smeared on your face:

While partying, one's makeup tends to get mixed with sweat and dirt that can cause skin problems like acne and blemishes later. So the first thing one should do is to remove the makeup. The easiest DIY makeup remover needs one tablespoon of aloe vera gel and one tablespoon of olive oil, or jojoba oil. Dab with cotton and apply it to the face. It helps remove eyeliner and mascara as effectively as foundation and blushes, leaving the skin clean, fresh, and lustrous. Another tip is to use sweet almond oil. Sweet almond oil is considered a natural makeup remover that will make the face glow naturally.

### Drink gallons of water:

It is necessary to keep yourself hydrated for a healthy skin texture. Consumption of alcohol and cocktails while partying have a dehydrating effect on the body as well as on the skin. Alcohol dilates the pores of the skin, leading to blackheads and whiteheads. To add to the hydration, one could spray some pure rose water or dab it with cotton to rejuvenate the skin pores. Rosewater gives a sooth-



ing rehydrating effect on the skin.

**Pamper your skin with some face serums:** The convention to applying face serums is to apply them twice a day. Once in the morning and once at night. There are a variety of face serums available for all skin types. They have the added benefit of leaving one's skin fresh, plump, and radiant. Face serums containing Hyaluronic Acid with vitamin C are the best for the after-party skincare regime. Hyaluronic Acid helps replenish skin to boost hydration and improve skin elasticity. Vitamin C further adds luminous, radiant, and younger-looking skin.

**Face cream for the soft and supple touch:** Face serum and face cream go hand-in-hand when it comes to skincare routines. One provides moisture and the other locks the moisture. The best cream to apply after the face serum is a Kumkumadi Tailam based cream. Kumkumadi is suitable for all skin types but is most effective on dry and sensitive skin types. Kumkumadi tailam has antiseptic, disinfectant, and soothing properties. So it is the best precaution you can take to avoid skin problems like acne and blemishes after retaining makeup for a long time.

**Wrap it up with a Pink clay mask:** Pink Clay helps to improve skin elasticity and cell renewal. Pink clay primarily consists of Australian clay. Seaweed and Pomegranate. Australian clay detoxifies and brightens skin and Pomegranate firms skin cells to give a more radiant and younger look to your skin. It leaves the skin soft and smooth, and further helps to minimize blackheads and promote a radiant and balanced complexion.

## 6 superfoods that you should add to your diet



There are some foods which possess a certain amount of nutrients required by a certain part of our body and then there are superfoods, which are packed with a multitude of vitamins beneficial for our entire body. These gems impact our overall health and can be used in a variety of ways. We have combined a list of 6 superfoods which you should definitely add to your diet. Eat them now, thank us years later!

### Flaxseeds

Don't get fooled by their size, these tiny brown seeds are packed with nutrients. The high content of omega-3 fatty acid increases the body's natural production of oil and helps keep skin moisturized. It's a great superfood to facilitate weight loss. Adding to that they're cholesterol free, hence extremely good for your heart. Hair loss is another common problem faced by us and these seeds are the best way to promote healthy hair.

### Coconuts

Coconut oil is the god of superfoods. When it comes to this multi-purpose food, nothing comes close. It can be used for cooking, beauty, eating and any other thing imaginable. Coconut oil is a

great moisturizer present in body lotions, face creams or is even directed applied to the skin. Rich in vitamins, minerals and fiber it's an amazing addition to your diet as well.

### Papaya

The Instagram-worthy fruit shaded in orange and yellow is another superfood to add to your basket. With high papain content, it's widely used in skin whitening mask, creams and lotions. Papaya is rich in vitamin A, C and E which mean that papayas are helpful in preventing health problems such as diabetic heart disease. Papaya juice is great for women with an irregular cycle as it can help normalize the cycle.

### Quinoa

'The beauty food' your skin needs. Quinoa both helps in the production of collagen making skin more elastic and healthy helping your skin fight signs of ageing such as wrinkles, age spots, etc. Another profound benefit would be it's sebum regulating properties which help you fight acne with the grace of a Queen!

### Aloe Vera

Just as amazing as coconuts, Aloe Vera is the king of multi-purpose food. The gel extracted from the interior part of the plant is an elixir of goodness. It is used in a variety of products to treat skin problems, acne, scarring and sunburn. Aloe Vera gel can even be used as a standalone product to improve the skin's texture and slow down aging. Drinking Aloe Vera juice helps in curing constipation and heartburn, it also provides digestive benefits along with clear skin.

### Olive oil

Nothing can replace a healthy dose of olive oil. Use extra-virgin olive oil to help manage blood sugar level and reduce risk of cholesterol, heart, breast or digestive problems. It not only adds whole-some flavor to your food, it can be used as a part of your beauty routine as well. Naturally, packed with anti-aging antioxidants along with hydrating qualities.

## General Knowledge Question

### 1. When and where was weightlifting introduced in Olympics?

- A. 1986 at Athens
- B. 1988 at Seoul
- C. 1924 at St. Louis
- D. 1908 at London

### 2. What is the purpose of 'United Nations Conference on Trade and Development' (UNCTAD)?

- A. Promotes International Trade with a view to accelerate economic growth of developing countries
- B. Promotes International Monetary co-operation & expansion of International Trade
- C. Set rules for World Trade
- D. None of the above

### 3. What is the population density of Kerala?

- A. 819/sq. km
- B. 602/sq. km
- C. 415/sq. km
- D. 500/sq. km

### 4. What is the range of missile 'Akash'?

- A. 4 km
- B. 25 km
- C. 500 m to 9 km
- D. 150 km

### 5. What is the function of a dynamo?

- A. To convert heat energy into light energy
- B. To convert light energy into heat energy

- C. To convert mechanical energy into electrical energy
- D. To convert electrical energy into mechanical energy

### 6. What is the population density of Manipur?

- A. 107/sq. km
- B. 207/sq. km
- C. 307/sq. km
- D. 407/sq. km

### 7. Yuri Gagarin was

- A. A Russian cosmonaut & became the first man to travel in space.
- B. the first person to fly at great height of about 340 km from the earth
- C. both (a) and (b)
- D. None of the above

### 8. When did Commander Robert Peary discovered North Pole?

- A. 1904
- B. 1905
- C. 1908
- D. 1909

### 9. When does the Indonesian settlement in the Malay Peninsula took place?

- A. 2400 BC
- B. 2300 BC
- C. 2200 BC
- D. 2100 BC

### 10. When did US solar system probe Voyager-two discovered six new moons of the planet Uranus?

- A. 1986
- B. 1916
- C. 1946
- D. 1966

### 11. What is the approximate area of Bihar?

- A. 94,163 sq. km
- B. 1,35,100 sq. km
- C. 3,702 sq. km
- D. 1,96,024 sq. km

### 12. When did India hosted the Common wealth meeting?

- A. 1961 at Bangalore
- B. 1976 at Pune
- C. 1983 at New Delhi
- D. None of the above

### 13. When did China exploded first atomic device?

- A. 1962
- B. 1963
- C. 1964
- D. 1965

### 14. What is the population density of Nagaland?

- A. 120/sq. km
- B. 220/sq. km
- C. 320/sq. km
- D. 420/sq. km

### 15. Promotes International Trade with a view to develop a

- A. 1986 at Athens
- B. 1988 at Seoul
- C. 1924 at St. Louis
- D. 1908 at London

### 16. To convert mechanical energy into electrical energy into electrical energy

- A. 25 min
- B. 30 min
- C. 35 min
- D. 40 min

### 17. Promotes International Trade with a view to develop a

- A. 1986 at Athens
- B. 1988 at Seoul
- C. 1924 at St. Louis
- D. 1908 at London

### 18. To convert mechanical energy into electrical energy into electrical energy

- A. 25 min
- B. 30 min
- C. 35 min
- D. 40 min

### 19. To convert mechanical energy into electrical energy into electrical energy

- A. 25 min
- B. 30 min
- C. 35 min
- D. 40 min

### 20. To convert mechanical energy into electrical energy into electrical energy

- A. 25 min
- B. 30 min
- C. 35 min
- D. 40 min

## ASTRO SPEAK



ARIES  
MAR 21 - APR 20



TAURUS  
APR 21 - MAY 20



GEMINI  
MAY 21 - JUN 20



CANCER  
JUN 22 - JUL 23



LEO  
JUL 24 - AUG 23



VIRGO  
AUG 24 - SEP 23



LIBRA  
SEP 24 - OCT 23



SCORPIO  
OCT 23 - NOV 22



SAGITTARIUS  
NOV