

Sara Ali Khan OPENS UP on equation with Janhvi Kapoor; says, 'We are not best friends'



Sara Ali Khan and Janhvi Kapoor have been seen together a number of times. They were even seen walking out together. It gave an impression that they are quite close in real life. But that is not the case. In an interview with the times, Sarah has opened up phone her bond with Janhvi. She has said that they are not best friends. She said that Janhvi and her have much more in common than people might think. She added that while they are not best friends, they both have their circle of friends for years. She went on to say that they both are ambitious, career-oriented and strong girls who have lost two years of our careers to the pandemic. Stated the Atrangi Re actress, "Who will understand the restlessness I feel in my heart to go back on the set more than Janhvi? By the time I got used to my life on set, we went into lockdown. That's what binds us the most."

Sara added that whether it's Radhika Madan or Janhvi, she really like them both. "We all are who we are. You have to be comfortable in your own skin," said the actress. She added that the reason why Ananya Panday, Radhika, Janhvi or her are all here today is that they all have something to offer. "We need to believe that and be comfortable with it," said Janhvi.

On the professional front, Sara just finished shooting for Laxman Utekar's next with Vicky Kaushal. On the other hand, Janhvi has films like Good Luck Jerry and Dostana 2 in her kitty.

Etharkkum Thunindhavan: Suriya starrer heading straight to OTT or is this an attempt to hurt its release?



All eyes are already on the next Suriya movie, Etharkkum Thunindhavan, especially after the kind of acclaim and views that Jai Bhim has garnered. However, despite all the anticipation around Etharkkum Thunindhavan, there's also been a lot of doubt over when it'll release after having missed its 4th February deadline

due to theatrical restrictions ensuing from the third COVID-19 wave. However, with a lot of those restrictions now being relaxed, especially in Tamil Nadu and other South states, which are the biggest markets for the movie, the industry, trade and Suriya fans are again wondering when will Etharkkum Thunindhavan, and how it'll manage to find a window amongst a packed calendar, which sees other South biggies that've been postponed also vying for the best possible dates.

There's been a lot of chatter that Etharkkum Thunindhavan may head straight to OTT, particularly after Suriya's last two big releases, Jai Bhim and Soorarai Pottru, had done the same. However, the team has kept dismissing these rumours, and has even put out a new poster of the film confirming its theatrical release. Yet, the rumours refuse to die down.

Said source reveals that it's because though these people may not be invested in the film's success, but were earlier scorned when Suriya brought two back-to-back biggies of his on OTT, especially a section of the trade, who considered it a stab in the back from a big Tamil cinema superstar, which his contemporaries had refrained from doing in spite of similarly lucrative offers from digital platforms.

RRR New Release date: Jr NTR, Ram Charan and Alia Bhatt starrer makers LOCK this date

Jr NTR, Ram Charan, Alia Bhatt starrer RRR makers have finalised release date. The makers have finally locked in on a March release. However, unlike previously stated, RRR will now release on 25th March 2022. Earlier, the makers had revealed that they are eyeing for either 18th March or 22 April 2022 release given the increasing COVID cases in the country. However, now, they have skipped the stated dates. They dropped a poster announcing the finalised release date of SS Rajamouli's RRR. Talking about RRR, originally, the period-action-drama film was scheduled for a 7th January 2022 release. However, the increasing COVID positive cases across the country had forced the makers to postpone the release indefinitely. However, now finally, they have a release date locked in. Talking about RRR, Rajamouli scripted the movie from K V Vjayedra Prasad's original story. RRR is bankrolled by D. V. V. Danayya under the banner of DVV Entertainments. The film also stars Olivia Morris, Sanuthirakani, Alison Doody, Ray Stevenson and



Shriya Saran to name a few.

Weight loss: A simple breathing trick that can help you run faster

During the pandemic, when the gyms were closed, many people took to running to stay fit and active. The popularity of the workout during the phase was understandable as you do not require any equipment or special machinery to begin running and you can easily maintain the social distance outdoors. Running is considered a great cardio and can help you burn tons of calories in a limited amount of time. Even 30 minutes of a running session at a moderate speed daily can provide you with many benefits. The only thing with running is that you have to maintain your form and breath correctly. A correct form reduces the risk of injury and breathing rhythmically can help you run faster, which will eventually help you burn more calories.

When performing any exercises most of us have a habit of holding our breath. Doing this can raise your blood pressure, cause dizziness, nausea or even a heart attack. Breathing properly makes your workout more effective, strengthens your cardiovascular system and reduces muscle stiffness. Even in case of running, breathing properly can help to run faster, which is very essential for those looking to burn calories to shed kilos or prepare for a marathon.

How to breathe correctly when running

The right way to breathe when running is to sync with your breath with your strike. Firstly, correct your form, then sync your breathing with your foot strike. Alternate you exhale and inhale between your right and left foot strikes. Inhale for three-foot strikes and exhale for two. Breathing rhythmically allows you to breathe in more oxygen to meet the requirement without stressing the body. Also, keep your spine



erect, look forward and relax your shoulders to breathe more efficiently.

Breathing through nose vs mouth

In general, we all breathe in through our nose because the hair present in the nose helps to purify the air before it reaches the lungs. When performing any workout we can breathe in through the nose and breathe out through the mouth. In the case of running, there are two techniques that you can adopt. First, breathe in through your nose and breathe out through your mouth or do both through your mouth. During an intense running session, it is recommended to breathe in and out through your mouth to meet the increased requirements of oxygen by the muscles. Not breathing properly can make you feel dizzy or lightheaded.

How to improve your breathing technique when running

In the beginning, it might be difficult to synchronize your breath with your running pace. So to get into the habit of breathing correctly, you can practice equal breathing technique.

Equal breathing technique

Step 1: Sit in a quiet place and close your eyes.

Step 2: Inhale and exhale slowly to relax.

Step 3: Inhaling through your nose for four seconds,

Step 4: Pause for a few seconds to allow the air to rest in your lungs.

Step 5: Exhale through your nose for four seconds.

Easy tips to strengthen your nails

Do you fancy long and strong nails? Well, who doesn't! but guess what! It's not easy to achieve the nails of your dreams. But it's not impossible. A few tips and tricks can help to grow some beautiful nails which are not just beautiful but equally strong. Here are a few tips that you can follow.



Olive oil

If you have damaged, brittle nails, then olive oil is your best bet. Being easily permeable in nature, olive oil reaches the inner layer of your nails, soothes it and cures it of all dryness. It also aids in blood circulation and helps in nail growth. Warm up some virgin olive oil and gently massage your nails and cuticles for around five minutes. Cover your hands with gloves and let it rest overnight.

Cut down on gel and acrylic nails

Nail art, gel and acrylic nails look attractive. However, these acrylic and gel nails prevent the strengthening and growth of your nails. Getting your nails done with gel or acrylics once in a while is okay. But regularly using nail art, acrylics and gels deteriorate the quality and growth of your nails.

Consume biotin

Biotin is the powerhouse vitamin for nail and hair growth. You can choose to include biotin-rich food into your diet such as bananas or avocados along with which you can also take biotin supplements. Before you begin taking biotin supplements, do consult a doctor.

Eat lots of greens

Leafy vegetables, especially spinach, are packed with high levels of folic acid or vitamin B9 which supplement the growth of nails and make them strong. A helping of greens once a day will help you get stronger and longer nails.

General Knowledge Question

1. Where did the three leaders, F.D. Roosevelt, Winston Churchill and Joseph Stalin, meet in 1943 and agreed on the need for maintaining international peace?

A. Moscow
B. San Francisco
C. Teheran
D. Washington D.C.
2. Where was the headquarters of European Union located?

A. Brussels
B. Paris
C. London
D. Rome
3. When was the city Rome found by Romulus?

A. 753 BC
B. 604 BC
C. 660 BC
D. None of the above
4. Which launch vehicle is capable of placing around 1540 kg of INSAT class of satellites in geosynch-ronous transfer orbit of earth?

A. SLV-S
B. PSLV
C. ASLV
D. GSLV
5. Which industries are common in Andhra Pradesh?

A. Cement and paper
B. Asbestos and units of HMT, BHEL
6. Hindustan Shipyard and Bharat Dynamics Limited

D. All of the above
6. Which of the following act as a channel of transmission of blood to the heart in the human body?

A. Arteries
B. Muscle fibres
C. Nerves
D. Veins
7. Which of the following of the members of OPEC (Organisation of Petroleum Exporting Countries)?

A. Algeria, Indonesia, Iran, Iraq, Kuwait
B. Libya, United Arab Emirates, Nigeria
C. Qatar, Saudi Arabia, Venezuela
D. All of the above
8. Which of the following acts as a resistance against in the body?

A. Carbohydrates
B. Red corpuscles
C. Vitamins
D. White corpuscles
9. Which of the following chemicals is useful in photography?

A. Aluminium hydroxide
B. Potassium nitrate
C. Silver bromide
D. Sodium chloride
10. Which are the important meeting of the

- Commonwealth?

A. Biennial meeting of the Commonwealth Heads of Government (CHOGM)
B. Annual meeting of the finance minister of the member countries
C. Regular meeting of the minister of education, law, health and other minister
D. All of the above
11. When was slavery abolished in Britain?

A. 1830
B. 1837
C. 1843
D. 1833
12. Which is the biggest literary award of Britain?

A. David Cohen Award
B. Kalinya Award
C. Owen Global Prize
D. Golden Bear Award
13. Which industries are found in Goa?

A. Mining and various small-scale industries like manufacturing soaps, paper and so on
B. steel and cement industries
C. Oil refineries
D. None of the above
14. Which atomic reactor is used for studies of uranium heavy water lattice?

A. Apsara
B. Zerlina
C. Dhruva
D. Purnima-I

ASTRO SPEAK

ARIES

MAR 21 - APR 20

You'll make friends easily today, little Ram, as the moon continues its journey through Aquarius, making it easier for you to bond with strangers. Now is the perfect time to get involved with your community, especially if there's an opportunity to engage with some charitable work or a class. Expanding your circle of professional allies will also come easily, so be sure to reach out to anyone in the industry that you hope to have on your side.

TAURUS

APR 21 - MAY 20

Expect the unexpected at work today, little Bull, as the moon shakes things up in the sector of your chart that rules your career. Sticking to policies or procedures that feel outdated could become an issue for you, as you'll be tempted to do things on your own terms. Try your hardest to be a team player, but don't be afraid to discuss new ideas with your superiors, especially if you think it can help temper any chaos or stress.

GEMINI

MAY 21 - JUN 20

Your brain will be drawn to the unusual today, dear Gemini, as the Aquarius moon triggers a craving for new information. Give your mind a run for its money by researching odd topics you wouldn't usually think of. Scrolling through archeological, scientific, or even paranormal websites can help you expand your knowledge, causing you to stop in awe at the mysterious universe you find yourself in. Just try not to stumble into any conspiracy theory holes, or you may never crawl out!

CANCER

JUN 22 - JUL 23

Try to steer clear of any people or situations that frustrate you right now, little Crab, or you could end up losing your patience. With the Aquarius moon active in the sector of your chart that rules transformation, the temptation to cut grief from your life will be real. You could reach a tipping point with that friend who always grates on your nerves, prompting you to suddenly and swiftly end the relationship. If your heart is telling you something needs to go from your life, you should listen.

LEO

JUL 24 - AUG 23

If you're in a relationship, now would be the perfect time to shake things up, as the Aquarius moon activates the sector of your chart that governs love. Look for ways to surprise your sweetie right now, even if it's just with a steamy text at lunchtime. For all you single Lions out there, try to appreciate your independence right now by embracing your favorite leisurely activities after work. Tonight's vibe will encourage you to get out for some fun. Try to gather a group of friends together for drinks or a game night.

VIRGO

AUG 24 - SEP 23

Professional freedom will be necessary for you right now, dear Virgo, especially when balancing your own schedule. If you're unhappy with certain aspects of your job, now would be a good time to discuss them with your superior. Communication is key to addressing any issues you're having with your work. Otherwise, you could stumble into a rebellious mood.

LIBRA

SEP 24 - OCT 22

If you don't currently have a hobby or special interest, now would be the time to look for one, as the Aquarius moon illuminates your fifth house. Your ego will be looking for ways to boost your creative side, which will ultimately add to your aura and attractiveness. Think about which artistic outlets you feel most drawn to, and try them on in your mind. Once you've narrowed down your next creative adventure, hop online to research what you'll need to get started.

SCORPIO

OCT 23 - NOV 22

Try to bring the unusual into your home, as the Aquarius moon asks you to shake things up domestically. Adorning your space with new crystals, or even a new coffee table book can change up the vibe in ways you didn't even realize your soul was craving. Up the ante this evening by having a few friends over for dinner, with the insistence that everyone brings a unique topic with them.

SAGITTARIUS

NOV 23 - DEC 22

You're one of the most independent and free signs in the bunch, dear Archer, which is one of your most attractive qualities. However, your lust for adventure can sometimes get in the way of your interests, especially if you typically lose interest in topics or hobbies quickly. Try to recommit yourself to any special interests you've been neglecting lately, as the Aquarius moon piques your natural curiosity.

CAPRICORN

DEC 23 - JUL 20

For as practical as you are, your spending habits tend to fluctuate, which could land you in hot water if you don't have a tidy nest egg set aside. Take some time to look at your savings account today, dear Goat, to try and discern if you're in a good place should an unexpected expense arise. Look for ways to diversify your piggy bank by having a budget for play money and emergency money.

AQUARIUS

JAN 21 - FEB 23

If you're feeling bored within your life, now would be the time to shake things up as the moon continues its journey through your sign. Look for ways to elicit change, even if it's only within the order in which you organize your day. As one of the most creative members of the zodiac, you tend to get bored easily, especially if your life has become too predictable. Embracing a new sense of style can help lift your spirits, especially if it allows you to get a little bit of shopping done.

PISCES

FEB 20 - MAR 20

Take time to nurture your intuition today, dear Pisces, as the Aquarius moon illuminates new pathways within your psyche. It's okay if you need to put up a few walls and go quiet to sort through your thoughts and feelings, but try not to induce feelings of isolation. If you feel you need emotional support, be sure to reach out to your friends for dinner or a chat on the phone.

