

Ajay Devgn debunks the perception of South movies beating Bollywood at the box office; says, 'Aisa bilkul nahi'



Fans of Ajay Devgn are all excited to see him on his first OTT release Rudra - The Edge of Darkness. The show will come on Disney+ Hotstar's Rudra. The star cast interacted with the press at the launch held at a Mumbai five star. A number of questions were directed at Ajay Devgn. One of the questions directed at him was did he also feel that South films had eaten up the market of Bollywood. As we know, Allu Arjun's Pushpa made 100 crores at the Hindi box office. The last Hindi film that was a success was Akshay Kumar's Sooryavanshi. The other big releases like Ranveer Singh - Kabir Khan's 83 and Salman Khan's Antim did not fare well at all. This shocked many trade experts and some even said that Bollywood has lost the formula to make mass films.

When Ajay Devgn was asked if he too felt that South movies had eaten up the market of Bollywood. He told the media, "Aisa bilkul nahi hai. Ab bus 4-5 mahine hua theatres khule hua. Sabse pehle Sooryavanshi aayi - joh bahut aachi gayi. Uske baad jab bhi koi aachi film aayegi - woh chahiye South ki ho, chahiye Hollywood ki ho, chahiye yaha ki ho - woh chalegi zaroor. He basically said that this perception was a false one. He said that halls had opened only for 3-4 months and whatever good movies came, they made the moolah. He said it did not matter whether it was Hollywood, Bollywood or South. He said that Sooryavanshi shattered records.

He said that no big film had released since Sooryavanshi. He said that everyone would come to know when a big film releases. He told the press, "Jab aachi film aayegi toh apne aap pata chalega konsi konsi chal rahi hai."

## Jersey: Shahid Kapoor's cricket drama locks new release date; to clash with THIS South biggie



Shahid Kapoor's Jersey now has a new release date. The actor took to Twitter and wrote, "So so happy to announce that our beloved film #Jersey will be

releasing worldwide in theatres on the 14th of April 2022. See you in the theatres." With its new release date, the film will be clashing with Yash starrer KGF 2. Many filmmakers are announcing new release dates of films as the third wave of COVID-19 seems to be declining. Earlier today, the makers of Aamir Khan and Kareena Kapoor Khan's Laal Singh Chaddha announced that the film would be arriving on August 11, 2022 instead of its earlier release date April 14. So that might have made the makers of Jersey to release the film on April 14.

On the other hand, an official statement from the makers of Laal Singh Chaddha read, "This is to announce that our film, Laal Singh Chaddha, will not be releasing on 14th April as planned. This is because we are unable to complete the film in time. The film will now be releasing on 11th Aug 2022 in theatres worldwide. We would like to thank them for being so helpful and understanding, and for shifting the release date of their much awaited, Adipurush, starring Prabhas, Kriti Sanon and Saif Ali Khan, so that Laal Singh Chaddha can come on 11th Aug 2022."

## Bade Miyan Chote Miyan: Akshay Kumar-Tiger Shroff starrer becomes first Indian movie to get its own metaverse

Bade Miyan Chote Miyan, starring Akshay Kumar and Tiger Shroff, has achieved an unprecedented landmark by becoming the first Indian movie to get its own metaverse courtesy Pooja Entertainment, the studio bankrolling the film, which is now the first Indian production house in the world to announce their film as a part of said metaverse. Pooja Entertainment is leading the way by buying their first virtual land in the metaverse, which they have aptly titled #Poojaverse - a virtual space for the makers to create first-of-its-kind quality, immersive experiences for viewers, beginning with Bade Miyan Chote Miyan.

From being the most talked about subject in 2021 to actually becoming present day reality, Metaverse is the new big thing that uses AR and VR to create spaces for rich user interaction mimicking the real world. Paris Hilton, Snoop Dogg have been a few celebs who have bought virtual space in the Metaverse. Pioneering the movement in India and Indian entertainment is none other than Pooja Entertainment. Pooja Entertainment has bought their First



virtual land in the Metaverse becoming the first ever production house to have stepped into this exciting new universe.

## Dental Diseases And Oral Health



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 soothing 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, disinfected, and soothing properties. So it is the best precaution you can take to avoid skin problems like acne and blemishes after retaining makeup for 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.

## Workouts to avoid if you have hypertension and what to do



Hypertension or high blood pressure refers to a higher than usual pressure of the blood. The blood pressure of an individual changes throughout the day based on the activities that one does. In case an individual's blood pressure measures higher than the usual for a long period of time, they are said to have a high blood pressure or hypertension. In this situation, the pressure of blood against the walls of the arteries is higher than usual and leads to damage of the arteries. Blood flow in the arteries can be hindered if they are damaged which can lead to conditions like heart attacks or strokes.

People with hypertension are prone to strokes and attacks which calls for excessive circumspection while exercising and doing other activities. Also read, Teach Hindi to your child with these eight tactics

### Intensive workouts

Also read, Milind Soman swears by this exercise for fitness. Any form of workout that is strenuous and requires intense activities in a short duration of time should be avoided by people who suffer from hypertension because these activities pose risks of strokes and

heart attacks.

### Sprinting

Sprinting can cause sudden surges in blood pressure and can prove to be dangerous for people who have health conditions such as high blood pressure. It is a common observation nowadays to see marathon runners collapse because of a heart attack or succumb to a stroke. Due to the excessive damage that high blood pressure causes to the walls of arteries, blood flow through arteries is not smooth and regular. While performing strenuous exercises such as sprinting, where too much activity takes place in a relatively short period of time, the blood flow in arteries can be further disrupted and it can lead to a heart attack or stroke.

### Other activities

Other activities such as scuba diving, parachuting, paragliding and any other adventure sports that can cause sudden spikes in adrenaline or blood pressure levels require medical certifications for people with hypertension to do. Other activities to be avoided include weight lifting, horse riding and High Intensity Interval Training or HIITs.

### What to do

People with hypertension must be careful with exercises that they can safely do but it does not mean that they are confined to two or three activities. They can easily perform all aerobic exercises that will help their blood vessels as well as their heart and at the same time, won't put too much strain on either. Walking, jogging, jumping or skipping rope, cycling, skating, swimming and aerobics including simple aerobics and water aerobics. Aerobic exercises not only help stabilize the heart rate but also lower blood pressure and strengthen cardiac muscles. Aerobic exercises have other benefits that include regulated breathing, building up of stamina and improvement in blood circulation. Exercising also leads to the production of pheromones that improve mental condition and health which plays an important role in overall well-being.

## Development of difficult areas essential for inclusive & regionally balanced development: Dr Jitendra



**STATE TIMES NEWS**  
RAMBAN: Union Minister of State (Independent Charge) Science & Technology; Minister of State (Independent Charge) Earth Sciences; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh on Saturday said that the elected representatives are the key players in defining the priority areas for development in their jurisdiction.

He said that not only are they accountable to people for the developmental initiatives locally but also play an important role in highlighting the lacuna in implementation in various schemes thus acting as a bridge between people and administration. He said this while chairing the District Development Coordination & Monitoring Committee (DISHA) Meeting for Ramban District at Convention Centre Jammu today.

A key decision taken during the meeting was to commence Purple Revolution in Ramban District by encouraging Lavender Cultivation under the CSIR-IIIM's Aroma Mission through Ministry of Science and Technology on the lines of Doda and Reasi districts. Dr Singh made the announcement, he said, it will help in

today while adding that since similar climatic and geographic conditions exist in Doda and Ramban, Lavender cultivation can be started Ramban to increase income sources for the youth of the district. Citing examples of Baderwah and Khilani in Doda District and certain areas in upper reached of Reasi, Dr Singh said that over 500 youth had taken benefit from the purple revolution and augmented their income many-fold.

Dr Singh while reviewing the functioning of various Central Government Schemes mentioned that the DISHA platform gave an opportunity to elected representatives and executive to work together on various developmental issues for larger public interest. He said Prime Minister Narendra Modi has started very effective and well conceptualized schemes and to take full benefit of these schemes it was important to be fore the loopholes or problems in implementation so that timely solutions can be worked out and projects may achieve the intended deadlines.

While listening to various suggestions of the PRI mem-

bers and representatives of various inaccessible Panchayats and Blocks of Ramban District Dr Singh said that the district had a treacherous and hostile topography making the task of reaching out to the 'last man' very daunting. However, he said that the Government was resolved to face the challenge. He said that the Government was committed to provide the benefit of the schemes like PMAY, PMGSY, MGNREGA to the people living in the far off panchayats and blocks of Ramban and other difficult areas of Jammu & Kashmir.

Dr Singh also lauded the efforts of district administration and PRI members for good performance in schemes like PM Kisan Nidhi, Schemes in Rural Development sector. He urged the officials of various departments to work in coordination with the PRI members and creating SOPs for better coordination and synergy so that the goal of Inclusive development can be achieved.

The meeting was attended by Chairperson DDC Ramban, Shamshad Shan; District Development Commissioner, Ramban; ADDC, Ramban, DDCs, BDCs Members, PRIs and other concerned officers of the department.

While listening to various suggestions of the PRI mem-

## Dogri album 'Mere Laado Di Mehndi' released

### STATE TIMES NEWS

JAMMU: Major General Ranjan Mahajan, ADG, NCC; Chairman Team Jammu, Zorawar Singh Jamwal and A K Aggarwal Chief Engineer; Project Sampark jointly released Dogri Album 'Mere Laado Di Mehndi', sung by Shambhavi Jamwal and Rinku Mansarwala.

In his welcome address, Brigadier (Retd) Brijender Singh, father of young singer, informed that the song has been prepared with an aim of promoting Dogri Culture and language. The song has been written and Produced by Sarika Jamwal, who has been deeply involved in promoting culture of Jammu and Kashmir. The song has been



Maj Gen Ranjan Mahajan, ADG, NCC; Chairman Team Jammu, Zorawar Singh Jamwal and A K Aggarwal CE, Project Sampark releasing Dogri Album 'Mere Laado Di Mehndi', sung by Shambhavi Jamwal and Rinku.

pictured in Jammu at various locations and depicts the heart touching love and affection between a brother and sister. The brother, despite being a special person and from a poor family gives best upbringing to his sister. While congratulating Shambhavi Jamwal, Rinku Mansarwala and others Maj

Gen Ranjan Mahajan said, "Youth of the country is full of talent and the only need is to channelize their positive energies in different fields."

Chairman, Team Jammu, Zorawar Singh Jamwal and Chief Engineer, Project Sampark, A K Agarwal also wished good luck to entire team

## Kavinder starts development work

### STATE TIMES NEWS

JAMMU: Former Deputy Chief Minister Kavinder Gupta kick started the development work of laying marble stone in the community hall of Baba Yanuna Puri with an estimated cost of Rs 85 Lakhs in Channi Himmat here today.

The development work was started in presence of Chairman Public Health & Sanitation Committee, JMC, Rajkumar Turkhan and BJP Jammu District President Vinay Kumar Gupta, Narinder Gupta Koki District Secretary Jammu and Jagdish Raj Proeh Ward President.

In his address, Kavinder Gupta said that BJP believes in 'Sabka Saath, Sabka Vikas' and Sabka Vishwas as a result of which the party has been progressing by leaps and bounds with each passing day. He said that it is the performance of the party and its government on ground especially in terms of development that speaks for itself. The senior BJP leader said that while the gov-

ernment stands committed to overall development of every area especially in Jammu and Kashmir it is necessary that people also ensure proactive participation by monitoring the works especially the quality of material used in the developmental works. He also impressed upon the elected Corporators to display extraordinary activeness to ensure the overall development of their respective wards.

Among others who were present include Jagan Nath, Badri Nath, Master Kewal Gupta, Jeewan Singh Charak, Raghubir Singh Charak, Mohinder Paul, Mirza Baghat, Dinesh Kumar, Manohar Lal, Bhavar Lal, Dinesh Kumar, Deepak Kumar, Harbans Lal Sharma, Vinod Gupta, Parshotam Kumar, Tarsem Lal, Vimal Sharma, Krishan Lal, Bittu Choudhary, Thorn Ram, Chander Shekhar, Manohar Lal, Devinder Kumar Sharma, Rishi, Pintu Pandita, Vishawdeep Gupta and Deep Raj.

for their future endeavours. Shambhavi Jamwal is a budding singer of Jammu and has worked for Swachh Bharat Abhiyan and now actively involved in Road Safety Campaign. She is pursuing her graduation in Film and Television Production from Amity University in Noida. They also appreciated talent of noted singer Rinku Mansarwala, who is a Dogri lover and promoter and is famous for many Dogri songs. The song has been produced by Pitch venture Production private limited, Noida in association with A R Music Production, Delhi. The song will be available on YouTube channel of Shambhavi Jamwal. Others present on the occasion included retd. BDO, Pawan Singh Jamwal, Vipin Singh Pathania, retd AEE, Football Coach, Bisham Singh and Navdeep Singh Baloria.

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## Recipes

### Cheesy Tortilla Wrap



#### Ingredients

4 tortillas  
1 cup sliced & slit baby onions  
1 cup chopped into cubes paneer  
1/4 tablespoon tamrind chutney  
1/2 cup grated low fat mozzarella cheese  
1/2 cup sliced & slit tomato  
1/4 cup green chutney  
2 tablespoons extra virgin olive oil

#### Method:

Take the tortilla and divide it into four sections. The four different sections will have different ingredients. Make a half vertical cut on the tortilla so that it gets wrapped easily.

Start by adding tamrind and green chutneys to one part of the tortilla. Spread it evenly so that you get a chatpata flavour in the tortilla.

It's time for some protein, so add the paneer cubes to the second portion (vertically). You can also add tofu instead of paneer cubes. Make sure the paneer cubes are chopped into small cubes. In the third portion, add tomatoes and onions.

The fourth portion has the star element of the recipe, i.e., cheese. Add grated cheese and then wrap the tortilla starting from the side which was slit vertically.

Once, you have wrapped your tortilla well, heat some ghee on a grilling pan and then put the tortilla on it. Cook it from both sides carefully till the cheese melts properly. And it's done. Your cheesy tortilla wrap is ready.