

Deepika Padukone reveals she and Katrina Kaif didn't have PRs or managers during their initial struggles in Bollywood



Deepika Padukone mentioned Katrina Kaif while talking about the initial days of struggle in Bollywood. The actress has been on a promotion spree for her latest release, Gehraiyaan. And in a recent interview, Deepika Padukone revealed that she and Katrina Kaif both, didn't have PRs or Managers to help them and they would manage everything on their own. The Chennai Express actress said that they both learnt from their mistakes and grew. Deepika stepped into Bollywood with 2007's Om Shanti Om whereas Katrina had been in the industry for a couple of years.

"When I started, I didn't have a PR agent or manager. I did my own hair and makeup, I used to wear my own clothes. With myself, Katrina Kaif, we were the first few people, who had the mix of both, where we didn't have it and then that culture started coming in and we adapted to that culture," Deepika says.

Talking about how things have changed now, Deepika Padukone added that these days actors and actresses have huge help and are completely prepared even when before they are about to enter the industry. Deepika said that the young gen nowadays are told how to sit, conduct themselves, what to say and what not to say, what to wear, how to do hair and makeup, everything. Deepika called it incredible and said that they didn't have it back when they entered the industry. "We grew into it, we made our mistakes along the way, but a part of me also appreciates that because it gives you an opportunity to understand who you are." Talking about Gehraiyaan, the film also stars Ananya Panday, Siddhant Chaturvedi and Dhairya Karwa in the lead. Deepika has Pathan with Shah Rukh Khan, next. On the other hand, Katrina Kaif has been busy shooting for Tiger 3 with Salman Khan.

5 toxic morning habits you need to give up



Everyday when we wake up, we do certain things as a habit that may be hampering us as a person. These toxic habits make us slow, negative, and well we become grumpy. In turn, our grumpiness rubs off on the people in the house, on our work, and nothing goes well. So to start with, drop these 5 toxic morning habits and be ready for a guaranteed energetic day.

Looking at your phone screen

These days, the first thing we do when we wake up is to look at our phone screens. This is the most toxic habit which affects our eyes. It also makes us less productive. So, instead, wake up, have some warm water, wash your face, stand or sit in the balcony or near the window and breathe in some fresh air. Keep an hour or two for yourself and then look at the phone, social media, your mails, etc.

Skipping breakfast

Many people have this bad habit of first walking up late and then just having a coffee or tea without eating anything for breakfast. It is important to eat a healthy breakfast to kick off your day. Have an egg, a toast, or an oatmeal, some fresh fruits etc.

Procrastinating

Once you are up in the morning, it is important that you plan your day and then work on it accordingly even if it is a Sunday and you want to go shopping.

Don't delay your plans, it is never fruitful. Water the plants or clean the house, the fridge, if you have time to spare before going out.

Not bathing

The reason why people bathe in the morning before they begin their day is that it makes them feel fresh and gives a boost to the day. The act of bathing makes our body release feel good hormones and prepares us with high performing energy.

Negative thoughts

Never think of the negative things in life right when you wake up. Meditate or give yourself a pep talk. Be grateful for the good things you have in life, count on your blessings and be optimistic. One negative thought right in the morning will always be demotivating.

Phallanwala police.

The overall recoveries were made SHO Satwari Insp Sameer Jeehani, Incharge Police Post Phallanwala Mandal Insp Anil Kumar, Incharge Police Post Pounichak PSI Nitish Khajuria, Incharge Police Post Talab Tillo PSI Rajesh Kumar and Incharge Police Post Phallanwala PSI Vijay Kumar in their respective jurisdictions. DMO Jammu was also intimated about the same.

4 missing persons traced, reunited with their families

STATE TIMES NEWS

JAMMU: Police on Sunday traced 4 missing persons and reunited them with their families.

As per details, three different complaints were lodged at different Police stations, including complaint regarding missing of a girl at Police Station Bagh e Bahu, complaint of a missing woman and a missing man namely Rajneesh Kumar, son of Joginder Pal, resident of Resham Ghar at Police Station Bakshi Nagar. Missing reports regarding the same were registered at Police Station Bagh e Bahu and Police Station Bakshi Nagar respectively.

After this, special police teams of concerned police stations, with strenuous efforts and using CCTV footages of areas, finally traced all missing persons.

The teams were led by SHO Bagh e Bahu Insp Arjun Singh Chib and SHO Bakshi Nagar Insp Harjeet Singh respectively. Subsequently, families of missing persons were informed and all traced persons were handed-over to their respective family members after completing all legal formalities.

Meanwhile, based on report of one Rajesh Kumar, resident of Chak Rakwalian that his son Vishal alias Munna went missing from home since morning, a missing report was registered at Police Station Udhampur. A team under supervision of Anwar ul Haq Addl SP Udhampur and DySP Hqrs Udhampur Sahil Mahajan was constituted to trace missing person. With strenuous efforts and due diligence of Police team, raids were conducted at different locations and the missing person was traced from Latti area of Udhampur within 8 hrs of registration of complaint. The missing boy was reunited with family after completing all legal formalities.

Earlier during the day, some miscreants tried to disrupt vehicular movement at MH Chowk of Udhampur town, as an attempt to mislead police for which cognizance shall be taken. Udhampur police has urged public not to take law in their hands and be aware of miscreants, who are hell bent to create law & order problems.

Three narco-smugglers nabbed with heroin

STATE TIMES NEWS

JAMMU: Police on Sunday arrested three narco smugglers and recovered 15 gm heroin from their possession.

As per the details, a team of Police Station Bahu Fort led by Incharge SHO Bahu Fort PSI Aadarsh Kant rounded-up two suspects, who turned suspicious on seeing police. The suspects were later identified as Rahul Singh Jamwal, son of Late Ramesh Singh Jamwal, resident of Channi Rama, Jammu and Amit Isher, son of Bodh Raj, resident of Channi Jammat, Jammu. On search, 10 gm heroin was recovered from their possession.

Similarly, during another Naka checking by a team from Police Station Bagh-e-Bahu led by SHO Insp Arjun Singh Chib rounded up a suspect, identified as Arun Mehra, son of Madan Lal, resident of Sheikh Nagar, Bahu Fort. On search, 5 gm heroin was recovered from his possession. The duo was arrested and FIR No 62/2022 under sections 8/21/29 of NDPS Act was registered at Police Station Bahu Fort and FIR No 18/2022 under sections 8/21/22 of NDPS Act was registered at Police Station Bagh-e-Bahu respectively. The overall arrests and recoveries in both cases were made under supervision of SDPO City East Syed Zaheer Abbas Jafari.

Kupwara Police rescues elderly person after distress call

STATE TIMES NEWS

KUPWARA: Police on Sunday successfully saved an elderly person in need of medical

assistance by evacuating and admitting him to local hospital in time, from snow-bound Jabdi village of Karnaah Sub-division.

As per details, at about 0945 hrs, Police Station Karnaah received a distress call from forward Jabdi area of Karnaah that a critically ill patient namely Alf Din, son of Habibullah, needs immediate medical attention. As road leading to Jabdi was closed due to heavy snowfall, a police party led by SHO Karnaah Insp Mudassir Ahmad rushed to the village for shift- ing ailing person to hospital.

Without loss of time, the patient was lifted on shoulders with help of locals to Charkungi from where official vehicle of J&K Police was pressed into service for shifting him to Kona Gabra, where hospital ambulance was waiting for the patient. The patient was shifted to Sub District Hospital Tangdar for medical treatment where doctors saved ailing patient. SSP Kupwara Yougal Manhas also felicitated Jawans for timely help of need.

Notorious drug peddler apprehended with Charas

STATE TIMES NEWS

DODA: Police on Sunday nabbed a notorious drug peddler and recovered 160 Charas from his possession.

Police said that during Naka checking at Phagsoo Morh Thathri, a police party led by Insp Amrit Katoch, SHO Police Station Thathri apprehended one Matloob Ahmed, son of Fazal Din, resident of Phagsoo and recovered 160 gm Charas from his possession. He was arrested and FIR No. 28/2022 under sections 8/20 of NDPS Act was registered at Police Station Thathri. The arrest and recovery of narcotics were made under supervision Raj Kumar, SP Operations (Doda).

70 bovines rescued, 3 smugglers arrested

STATE TIMES NEWS

RAMBAN: Police on Sunday foiled bovine smuggling bids by rescuing 70 bovines and arrested 3 smugglers.

As per details, during intervening night of February 25-26, acting on specific inputs, different police parties of Police Station Chanderkote intercepted four vehicles (JK22-1550, JK03-G-4627, JK03-G-1668 & one without number). During checking, the vehicles were found laden with 70 bovines which were rescued. Three persons namely Amir Mir, son of Bahar Ahmed Mir, resident of Bankot Banihal; Showkat Ahmad, son of Bashir Ahmed, resident of Amar Chashma, Batote and Mohd Shakeel, son of Mohd Yaqoob, resident of Chanderkote were arrested and FIR Nos 31, 32, 33 & 34/2022 were registered at Police Station Chanderkote under Sections 188 of IPC and 11 of PC Act.

The overall rescue operation was carried out by police parties under the command of Insp P D Singh SHO Chanderkote under the supervision of Pardeep Singh Sen, DySP Hqrs Ramban and overall supervision of SSP Ramban, Mohita Sharma.

Recipes

Masala Rice



Ingredients

1 cup boiled rice, 1 large tomato
1 capsicum (green pepper)
3 tablespoon peas, 1 teaspoon garlic paste
1/4 teaspoon asafoetida, 1/4 teaspoon cumin seeds
1 teaspoon red chilli powder, garam masala powder
2 tablespoon cashews-roasted
1 medium onion, 1 carrot
6 green beans, 1 teaspoon ginger paste
2 tablespoon rice bran oil, 1/2 teaspoon mustard seeds
1/4 teaspoon turmeric, 1/2 teaspoon coriander powder

Method:

Firstly chop all the veggies like onion, tomato, capsicum, carrot and green beans. Set them aside.

Now heat oil in a pan. Add asafoetida, cumin seeds, mustard seeds and let them splutter for a minute. Now add onion, ginger-garlic paste and mix them. Let them saute for another one minute. Now add chopped tomato along with salt. Give them a mix and cook for a few minutes, until they turn mushy.

Add all the veggies like carrot, capsicum, peas and green beans. Add turmeric, red chilli powder and coriander powder. Give a nice mix and cover the pan with a lid. Let the veggies cook for five minutes.

Lastly, add cooked rice to the pan and gently mix them with the masala. Add garam masala and give a final mix. Make sure you don't break the rice in the process. Cover the pan with a lid and cook for two more minutes. Once cooked, garnish with roasted cashews and serve.

Skincare tips for men



When it comes to skincare, most men prefer to keep things as simple as possible. Men, on the other hand, are becoming more interested in self-care as time passes. Some simple changes are recommended that aren't taxing and produce long-term results.

Men's skin is typically oily and hard, and it is constantly exposed to external factors such as pollution and sunlight. It also faces difficulties as a result of poor sleep habits, stress, and a poor diet. Oily, dry, normal, sensitive, or combination skin all necessitate a unique set of products to address your concerns.

Cleansing

This is the most important requirement for combating pollution and oil leakage. The first step of the day is to cleanse your face with a cleanser. It's also simple to understand. Simply washing your face with a cleanser twice a day, once in the morning and once at night, helps to remove impurities. Choosing the right cleanser for your skin type will assist you in unblocking your pores and preventing

acne. AHA-BHA facewash is recommended for oily skin.

Hydration

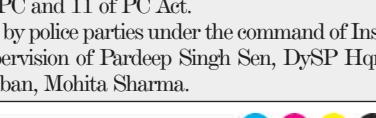
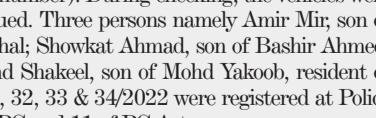
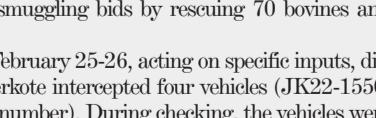
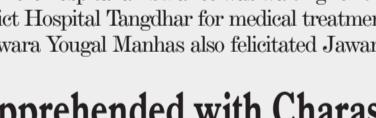
Men's skin takes a beating over time. This is caused by chemicals found in air pollution, cigarette smoke, and UV rays. It is then critical to hydrate your skin. A serum with active ingredients, applied before a moisturiser, aids in skin repair. Instead of excessively moisturising, hydrate, minimise, and maintain the skin's protective barrier. The serum should be chosen based on the issue you are dealing with.

Protect

Sunscreen should be used as part of every morning skincare routine before going outside. It is the final step in skincare. Non-sticky gel-based sunscreens should be suitable for daily use. The most important thing to remember here is that sunscreen should be applied even if we aren't going outside because it protects us from the UV rays emitted by our screens. If you are constantly exposed to the sun, you should apply sunscreen every three hours.

Men can also use an anti-oxidant serum or a pigmentation serum to address their concerns if they are constantly exposed to pollution, smoke, and so on. This should be done either before or after hydration, depending on the serum's consistency. It is recommended that a serum with a thinner consistency be used first. Aside from that, men should use a non-sticky, non-comedogenic moisturiser before applying sunscreen.

Always be aware of your skin type and make purchases accordingly. The same steps can be followed, but the products will differ.



CRIME REPORT

3 theft cases solved; 3 arrested, stolen property recovered

STATE TIMES NEWS

SRINAGAR: Police on Sunday solved 3 theft cases by arresting three accused and recovered stolen property worth lakhs from their possession.

As per details, Police Station Zakoora received 3 complaints regarding thefts, after which FIR Nos. 03/22, 08/22, 17/22 under relevant sections of law were registered at Police Station and investigation started. A special investigation team led by SHO Police Station Zakoora Insp Syed Junaid under supervision of SDPO Zakoora Showkat Ahmad Dar was constituted.

During course of investigation, police team with help of modern technology, conducted multiple raids at Wanhamra, Pampore, Nowgam etc and learnt about involvement of three accused, who were identified as Bashir Ahmad Sheikh, son of Ali Mohd Sheikh, resident of Pampore; Fayaz Ahmad Sheikh, son of Ali Mohd, resident of Gund Darshaium, Shopian at present Wanhamra Bala and Fareed Ahmad Khan, son of Mohd Shafi, resident of Kalakot Rajouri, at present Maloora HMT. Subsequently, they were arrested and shifted to police station where they remained in custody. On their disclosure, the investigating team recovered gold jewellery worth almost Rs 12 lakh. Further investigations of the cases are going on and more recoveries & arrests are expected.

Ghagwal Police recovers missing girl within 24 hours

STATE TIMES NEWS

SAMBAL: Acting swiftly on complaint of parents, Ghagwal police has recovered a missing girl within 24 hours. The 18-year girl was found at village Salehar falling under jurisdiction of Police Station, Arnia. After completing all the legal formalities, the girl was reunited with her family.

Pertinently, she had left her home for school on Feb 26, 2022 after a quarrel with parents. When she didn't return, her mother reported the matter to the SSP Samba. Telling the details, the missing girl told that after school, she went to Bari Brahma, but she neither had resources to return nor knows the way back.

In Bari Brahma, she came in contact with a woman from Salehar of Arnia, who took her along. She wanted to contact parents of missing girl but girl was not willing to disclose mobile number of her parents.

Finally, a team led by Insp Vijay Kumar Verma, SHO Police Station Ghagwal under the supervision of DySP Hqrs Samba and overall command and control of SSP Samba Dr Abhishek Mahajan, recovered the girl from Salehar, Arnia. After counseling, she was handed over to legal guardians.

5 vehicles seized for illegal mining

STATE TIMES NEWS

JAMMU: To check menace of illegal mining, a multi-pronged strategy was devised by Jammu Police in which police teams made a massive recovery of vehicles involved in illegal mining. The police teams of Police Station Satwari, Police Posts Phallain Mandal, Pounichak, Talab Tillo and Phallanwala acted stringently on specific inputs, conducted raids at different locations and seized 5 different vehicles involved in illegal mining.

The seized vehicles included a tractor without Registration number seized by Satwari police; a tractor without registration number seized by Phallain Mandal police; a tractor without registration number seized by Pounichak police; a tractor-trolley