

Valimai MAJOR UPDATE: Ajith starrer cleared by censor board; here's how many cuts the movie has received



Valimai getting postponed was the biggest disappointment of the new year (2022) for Tamil movie buffs once news of it being delayed trickled in. The Thala Ajith starrer, directed by H. Vinoth and produced by Boney Kapoor, was slated to release during Pongal in theatres worldwide, but for some time it looked like the dark cycle of delays that had hit the film industry across languages last year courtesy COVID-19 has reared its ugly head once again in the form of the new Omicron variant. It was the next South biggie to be postponed after RRR and Radhe Shyam, but, fortunately, it wasn't a lengthy delay as Ajith starrer Valimai and all the other South biggies have confirmed their new release dates.

For the uninitiated, Valimai will be releasing on 24th February in theatres. Now, BollywoodLife has exclusively learned another major update about the Ajith starrer. A well-placed source in the industry has exclusively apprised BollywoodLife that Valimai has been cleared by the censor board with a 'U/A' rating. So how many cuts has the Tamil movie been give. Well Ajith fans can rejoice as the film has been passed with zero cuts, which means that the CBFC has felt it has been shot and edited, keeping the family audience in mind.

Coming to Thala's next, AK61, said source adds that the movie is likely to be ready in time, with all it post production work et al, for Diwali this year. Yes, you read that right. Ajith's AK61 might be releasing in cinema halls for the Diwali weekend, making it a reason to celebrate all the more during the festival for his fans. What's more, if it were to happen, it'll be after a ling time that the actor has two releases in a single calendar year. For those not in the know, the same team of Valimai and Nerkonda Paarvai, superstar Ajith, Director H. Vinoth and producer Boney Kapoor are reuniting for a third time courtesy AK61.

Kangana Ranaut reality show Lock Upp: Post split with Sushmita Sen, Rohman Shawl to be seen on Ekta Kapoor's OTT show



Ekta Kapoor and Kangana Ranaut got together for the launch of their new reality show, Lock Upp. It is going to come on MX Player. BollywoodLife exclusively told you that Poonam Pandey is one of the celebs on the show. Now, reports are coming in that Rohman Shawl is also going to be on the reality show. Kangana Ranaut is going to host the show for an OTT platform. Rohman Shawl has been a model for top designers like Sabyasachi, JJ Valaya and others in the past. He also did a music video with Erica Fernandes. This is going to be his foray into the reality show.

Last night, Rohman Shawl and Sushmita Sen were seen in Bandra. He covered his head with a denim jacket. We wonder if it was after the launch of the show. Speculations of the two splitting did the rounds after some portals reported that he had moved out of her Khar residence. He had been living with Sushmita Sen and her two daughters for a long time. In a day, Sushmita Sen and Rohman Shawl confirmed that their love affair was indeed over. But they said that the friendship was indeed there.

Sushmita Sen and Rohman Shawl have been very supportive of one another. The young man also wrote about how he has been feeling low after the split.

Raj Kundra transfers properties worth Rs 38.5 crore to wife Shilpa Shetty



Shilpa Shetty's husband Raj Kundra was in the news last year for an alleged porn film case. The businessman was arrested for his alleged involvement in making and distributing pornographic films. He is in is currently out on a bail, and recently, also made a public appearance with his wife Shilpa Shetty at Shamita Shetty's birthday bash. Well now, Raj and Shilpa have made it to the headlines once again as reportedly, the former has transferred properties worth Rs. 38.5 crore to the actress.

According to Zapkey.com, Raj has transferred the entire first floor of a building with five flats and their Juhu sea-facing bungalow to Shilpa. It is also said that the actress paid a duty of 1.9 crores on the transfer deed. Reportedly, the house is 5995 square feet and the transfer of property was valued at the current rate of Rs. 65,000 per sq ft. Meanwhile, Raj and Shilpa were trolled for their public appearance at Shamita Shetty's birthday bash.

Hing water for weight loss



Hing or asafoetida is a popularly known Indian spice that finds its way into most curries and Indian snacks. It has a prominent aroma and taste, both of which lend a lot of flavor to food and enhance its flavor. Like all other Indian spices, hing is also used in home remedies for the digestive system, ear aches, menstrual cramps etc. The benefits of hing are numerous, and a lot of its benefits aid in speeding up the process of weight loss. Consuming hing water is the best way to make your weight loss process more efficient. In addition to weight loss, this concoction has other benefits for overall wellbeing that are hard to overlook.

In addition to having digestive benefits, hing is replete with beauty benefits. The antioxidants present in hing help fight free radicals and grant a natural glow to the skin. Hing also helps regulate blood sugar levels when taken in the right quantity. Hing is great for dealing with respiratory issues and

helps provide relief with cold, cough and sore throat. And not just mental health, it is also a helpful mood lifter that regulates mood and helps alleviate stress.

- Preparation**
- It is one of the easiest drinks to make for it requires no other ingredients except hing- in its powdered form and warm water. Mix half a tablespoon of powdered hing in a glass of warm water, and you are good to go!
- When to consume it?**
- It is only advisable to consume hing water once in a day, and that too early in the morning on an empty stomach.
- Health benefits for weight loss**
- Hing is helpful for the digestive process as it removes toxins from the digestive system and makes way for smooth digestion. A good and efficient digestive process is key to losing weight and staying healthy and active. Hing is also effective for the metabolic process as it speeds up the fat burning process and helps burn calories in a better way. Higher the rate of metabolism, better is the body's ability to shed extra kilos. Adding hing water to your everyday routine can thus help you lose weight fast and easily!
- Make sure you do not add too much hing powder or increase the frequency of its consumption because it can lead to digestive disturbances like loose motions and burping. Long term excessive consumption of hing can cause swelling of the lips, skin rashes and irregular blood pressure.

How aloe vera and coconut oil help you get luminous skin

A natural glow is a key indicator of healthy skin. However, factors such as busy lifestyles, strenuous work schedules, insufficient sleep, a poor diet, pollution, and harmful sun rays (UVA/UVB) can cause your skin to become dull and dry. All of these things are a part of your life, and you can't avoid them. However, you can keep your skin glowing in all seasons and weathers by using ingredients like Aloe vera gel and coconut oil.

Let's look at how these two skincare elements can assist you in having luminous skin.

Aloe vera gel

Natural moisturiser

Aloe vera is a natural moisturiser that is light and non-greasy. Its slimy texture penetrates the skin cells, moisturising dry skin from the inside out. It softens and moisturises your skin while also treating dryness and rough patches. Aloe Vera not only locks moisture into the skin, but it also acts as a glue, causing the top layer of skin cells to stick together, resulting in smoother, softer skin.

It soothes sunburns

Aloe Vera is also known as the "burn plant" because of its ability to soothe sunburns. Aloe vera is well-known for its anti-inflammatory and calming properties. Aloe Vera includes polysaccharides, which aid in skin regeneration and the formation of new skin cells. It also includes carboxypeptidase, a pain-relieving chemical that gives us the soothing sensation we get when we apply Aloe Vera.

It aids in the retention of moisture in your skin cells and develops a protective layer over burned skin, allowing it to heal more quickly. It also contains minerals and antioxidants that help to heal sunburns and wounds. Apply aloe vera to your face if you have noticeable evidence of sun damage such as light sunburns, freckles, or dark spots.

Lightens scars and blemishes

Aloe vera lightens and eliminates marks and blemishes on your skin and face, and it's a common ingredient in many skincare products. It also increases skin cell production, which helps to heal stretch and wound marks. Aloe Vera's salicylic acid helps to clear pores, which is beneficial when dealing with pimples and blackheads. Aloe vera also aids in the removal of unsightly scars and the fading of blemishes.

Reduces Acne

Antimicrobial qualities in aloe vera help to heal pimples without hurting the skin. We can keep acne at bay thanks to Aloe Vera's anti-inflammatory and antibacterial properties. Aloe Vera helps to prevent acne by killing the bacteria that causes it. It also acts as an astringent and antibacterial, removing impurities and excess sebum from the skin and so avoiding outbreaks.

Coconut Oil

It acts as a sunscreen

When you apply virgin coconut oil to your skin before going out in the sun, it acts as a protective barrier between your skin and the harmful UV radiation. When you are out and about for a short length of time, it has an SPF that could act as a natural sunscreen. However, wearing sunscreen before going out is always recommended. Virgin coconut oil has anti-inflammatory qualities due to its high fatty acid content, which allows it to treat sunburn, itching, and inflammation.

Heals blemishes on the skin

When applied to the skin, virgin coconut oil aids in the healing of bruises and scratches. It can help to fade scars and blemishes from wounds, acne, and surgery. Because it is high in monolaurin, a fatty acid recognised for its antimicrobial effects, it also helps to minimise dark patches produced by hyperpigmentation. After your skin has been regenerated, it even helps to prevent blemishes and scars.

General Knowledge Question

1. Which of the following statements are correct regarding respiration in plants?

I. Respiration is the process of releasing energy from food.

II. Respiration takes place individually in all parts of the plants like stem, roots, leaves etc.

III. The rate of respiration is slow in plants whereas it is faster in humans and animals.

Select the correct answer from the codes given below:

A. I and III are correct

B. I and II are correct

C. I, II and III are correct

D. None of the above
2. Name the process through which much needed oxygen is supplied to all the cells of the plants?

A. Diffusion

B. Endosmosis

C. Exosmosis

D. Photosynthesis
3. Due to Water logging:

A. An air is expelled from in-between the particles of soil.

B. Oxygen becomes unavailable to the roots of the plants.

C. Plants respire anaerobically which produces alcohol and kill them.

D. All the above are correct.
4. Respiration in Plants takes place through:

A. Stomata

B. Lenticels
5. Consider the following statements:

A. Respiration takes place both day and night.

B. Photosynthesis occurs during day time only.

C. Both A and B are correct.

D. Neither A nor B are correct.
6. Some plants store waste in their fruits in the form of solid bodies called:

A. Raphides

B. Lenticels

C. Stomata

D. Resins
7. Various methods used by plants to get rid of their waste products are:

I. Gaseous waste through stomata and lenticels.

II. Stored solid and liquid waste by shedding leaves, peeling of bark and falling of fruits.

III. By secreting waste in the form of gum and resins.

Which of the following statements is/are correct?

A. I and II are correct.

B. II and III are correct.

C. I and III are correct.

D. I, II and III are correct.
8. Name the waste products secreted by Plants?

A. Carbon Dioxide

B. Oxygen

C. Water Vapour

D. All are correct.
9. Which of the following statements is/are correct?

I. The net gaseous exchange in leaves at night is, oxygen diffuses in and carbon dioxide diffuses out.

II. Net gaseous exchange during day time is, oxygen diffuses out and carbon dioxide diffuses in.

Select the correct answer from the codes given below:

A. Only I is correct.

B. Only II is correct

C. Both I and II are correct.

D. Neither I nor II is correct.
10. Name an extension of the epidermal cells of a root which is in direct contact with the soil?

A. Root Hairs

B. Internodes

C. Bundle Scares

D. Pith
11. The process of removal of toxic wastes from the body of an organism is called:

A. Transport

B. Respiration

C. Excretion

D. Nutrition
12. The movement of a plant part in response to light is called:

A. Phototropism

B. Geotropism

C. Chemotropism

D. Hydrotropism
13. Root Hairs

A. Both A and B are correct.

B. All are correct.

C. I, II and III are correct.

D. I, II and III are correct.
14. Root Hairs

A. Both A and B are correct.

B. All are correct.

C. I, II and III are correct.

D. I, II and III are correct.

ASTRO SPEAK

- ARIES**

YOUR emotions could be in a very fluid phase, and it will be difficult for anyone to predict how you're going to react to some surprising news, including you! Just go with the flow and don't put any pressure on yourself to feel anything: calm, worried, happy. Just let the news soak in for a while. It might take days for you to fully understand how this makes you feel, so you can't expect to have instant clarity about it.
- LIBRA**

You have wonderful ideas, so go deep and grab one of them! The more far-fetched the better. People have been waiting for you to bust out with something unexpected. Get back together with your old self and integrate it back into your present life. Just because you grow past a certain phase of life doesn't mean you should leave everything about it behind you.
- TAURUS**

You can feel passionate about more than just romantic things or other people! Use your strongest emotions to get your opinions out into the world. By showing how strongly you feel about something, and you'll be able to get people to share your excitement. Your emotions can be a driving force to make great changes that have been needed for a long time, so don't be afraid to use them.
- SCORPIO**

Take a good, long look in the mirror and remind yourself that while you might not be the hottest person on earth, you are definitely something special, especially in the eyes of the people who love you. Having a healthy level of confidence is more important than having a conventionally attractive outer shell. After all, it's just a shell.
- GEMINI**

Making choices about your life based on what you think other people want you to do is not only unhealthy, it's also unwise. No one knows what is best for you better than you, so stop listening to the know-it-alls who just love to hear themselves talk. Trust yourself. Even if you make a mistake, it will be one that teaches you an important lesson.
- SAGITTARIUS**

You'd better make some more room in your life for new ideas and new people because they're going to be coming at you soon. Toss out those old feelings, tired ideas, and outdated philosophies whose time has come and gone. Update your attitude and get with it. Things have changed in your life, and they're only going to continue. If you keep thinking the same way you thought ten years ago, you'll miss out on some major opportunities.
- CANCER**

Try to keep yourself from getting upset when you talk to people who intimidate you. Avoiding emotional intensity and upheaval when you communicate won't be too difficult, though. Simply state your case clearly and you'll have real facts to stand on, not just heartfelt conviction. This rise in your intellectualism will help increase and hone your mental energy and earn you more respect.
- CAPRICORN**

There is a new person in your life who intrigues you, but you don't know enough about them to get an accurate picture of who they truly are. You need to know more before you move forward with this relationship, no matter what stage it's in right now. Take the time to look at them objectively. Unless you do this, you won't have all the information you need to make the right choices, no matter how confident you feel.
- LEO**

You'll be able to get beneath surface-level small talk and zero in on what people really want to talk about quickly. Of course, whether you pursue their true intentions or not is totally up to you. If you are sensing that someone you don't like very much has a crush on you, for example, you should switch the subject! But if you're interested in them, too, this is your chance to work a few double entendres into your conversation.
- AQUARIUS**

You could start to sense that a new beginning is coming in an old relationship. What had become routine almost to the point of feeling stale is slowly but surely having new life breathed into it. It's almost like a whole new ballgame. There's no way of knowing what has caused this resurrection of your deep feelings, but you should be grateful for it. New things are possible, and you should open your mind to that fact.
- VIRGO**

It's time to create more calm in your life, and you can do this if you learn to accept things you don't like. You might not believe what people with different views than yours have to say, but you can't disrespect them simply because they disagree with you. You have to agree to disagree and rise above petty conflicts. Don't argue when you know there's no point in it.
- PISCES**

Emotional upheaval can cause even the most level-headed people to say things they don't really mean. Keep that in mind if you overhear a surprising comment today. Eavesdropping is a fabulous sport, but it can be dangerous. Information you get that way isn't reliable, so whatever you do, don't repeat what you hear! This comment was heard out of context, so you don't know what it is you actually heard.