

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 given. 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 its 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 long 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.

Hing water for weight loss



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!

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

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 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?

C. Both A and B
D. Only A

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

11. Excretion

12. Photorespiration

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.

10. Root Hairs

9. Both A and B are correct.

10. Both I and II are correct.

11. II and III are correct.

12. Diffusion

13. All are correct.

14. Both A and B are correct.

15. Both I and II are correct.

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