

Varun Dhawan to be seen as Bhediya in Shraddha Kapoor starrer Stree 2? Here's what we know



We have all loved watching Stree. The performance by Shraddha Kapoor, Rajkummar Rao and others won hearts. Now, the talks about Stree 2 have already started. Dinesh Vijan is all set to bring back the magic on-screens with Stree 2. Shraddha Kapoor and Rajkummar Rao will be seen as the leads in the movie. However, Dinesh Vijan has a plan to make it even more interesting by doing a crossover between Stree 2 and Varun Dhawan starrer Bhediya.

Yes, as per reports in Bollywood Hungama, Varun Dhawan has shot for a cameo in Shraddha Kapoor starrer Stree 2 as Bhediya. He reportedly shot for his guest appearance in Stree 2 recently at a studio in Mumbai. A source close to the portal told them that Bhediya is a character that is very close to Varun Dhawan's heart.

His entry as Bhediya in Stree 2 will set up the story for Bhediya 2. The end of Stree 2 will be the start for Bhediya 2. The actor has already shot for a hilarious yet impactful cameo in Stree 2. Varun and his director Amar Kaushik had lots of fun on the sets of Stree 2 and discussed a lot about Bhediya 2.

The shoot of Bhediya 2 will begin in 2025. Dinesh Vijan wants to make a horror comedy universe and he is trying his best to do so with such crossovers. Stree 2 is all set to release in August 2024. However, there is no confirmation yet about Bhediya 2 and Stree 2 crossover. On the work front, Varun Dhawan was seen in Bawaal opposite Janhvi Kapoor and the film received mixed reviews. The actor is now set for a big collaboration with Jawan maker Atlee. He will be next seen in Baby John. The film is a remake of the Tamil film Theri. The film will be directed by Kalees and produced by Atlee. The film also stars Wamiqa Gabbi and Keerthy Suresh. It is all set to release on May 31 this year.

Kiran Rao reveals Laal Singh Chaddha failure deeply affected Aamir Khan; 'It was his dream project'



Bollywood's perfectionist Aamir Khan's ex-wife Kiran Rao who co-produced Laal Singh Chaddha spoke her heart out about its failure at the box office. The film starred Aamir Khan and Kareena Kapoor Khan in lead roles. The film failed to meet expectations of the audience in 2022 and its failure left Aamir Khan upset. Recently, Kiran spoke about the impact Laal Singh Chaddha's failure had on Aamir during her interview with Zoom. The filmmaker Kiran said that it was really disheartening when one puts in all the effort and it doesn't work. She even said that Laal Singh Chaddha's failure affected Aamir quite deeply. She even revealed that the movie's lackluster reception affected the entire team as well.

Kiran even said that the film was Aamir's dream project and he had pursued the rights to the script for over a decade. She even said that the movie failed to connect with audiences and they must accept the reality now. She spoke about the prevalence of formulaic films as she said that people just follow the formula. The Laapataa Ladies director

even spoke about the importance of using setbacks as opportunities and improving their craft.

Ram Charan approached to play THIS role in Sanjay Leela Bhansali's next pan India film?



Ram Charan has been one of the best actors in the South industry. He has been the lead in RRR and the movie has done extremely well globally. Who doesn't remember his dance performance in the Natu Natu song? Now, Ram Charan fans have another reason to celebrate. Yes, the actor is coming up with a new film and this time it is even bigger project.

As per reports in Siasat, the actor is considered for a big pan India film by Sanjay Leela Bhansali. However, the official confirmations have not come out yet. It is being said that Ram Charan has liked the script and is interested in doing the movie.

Reports also state that the film takes inspiration from Amish's popular book, The Legend of Suheldev. Ram Charan is reportedly approached to play the role of a Rajput warrior Suheldev Barhuj. It will be an epic saga and is definitely sounding super exciting. The official announcement will be made shortly. Talking about Ram Charan's other films, he is looking forward to his upcoming film titled Game Changer. He is reportedly playing the role of an IAS officer in the movie. The film also stars Kiara Advani,

Anjali, SJ Suryah, Jayaram, Sunil, Srikanth, and others.

Lemon: How it benefits and nourishes the body



Lemons are unique among citrus fruits not only for their flavour but also for their amazing health benefits. Lemons are a natural source of vitamin C, fibre, antioxidants, and minerals that are beneficial to human health. Here you will get to dive into the flavorful world of lemons and discover the many ways they can nourish and energise our bodies.

Lowering Cholesterol and blood pressure

Lemons aren't just a tangy delight; they're heart-healthy warriors. A study published in Hindawi, a journal of nutrition and metabolism, reveals that lemons contribute to a healthier heart by lowering cholesterol and blood pressure levels. The citric acid in lemons plays a crucial role in reducing the risk of cardiovascular issues, making them a refreshing ally for your ticker.

A boost for weight management

If you are on a quest for a healthier weight, lemons might be your secret weapon. Thanks to their metabolism-boosting properties, lemons can assist in weight control. Additionally, the feeling of fullness they induce can curb overeating, making them a delicious aid for those striving to shed few pounds.

Preventing Kidney stones naturally

Say goodbye to kidney stones with a daily dose of lemony goodness. Lemons



increase urine volume and pH, reducing the likelihood of crystal formation. By including lemons into your routine, you're not just sipping on a tasty beverage – you're actively safeguarding your kidneys.

Enhancing iron absorption

For those combating anaemia, lemons bring a ray of hope. The citric acid in lemons enhances iron absorption from plant sources, aiding in the battle against this common blood disorder. Including lemons in your diet can be a flavourful strategy to fortify your body against anaemia.

Aiding digestion and banishing constipation

Lemons aren't just a treat for your taste buds; they are also digestive superheroes. Stimulating saliva and gastric juice production, lemons facilitate digestion and help prevent constipation. Including lemony goodness into your diet is a flavorful way to keep your digestive system in top-notch condition.

Fighting infections and inflammation

In a world full of challenges, bolstering your immune system is crucial. Lemons come to the rescue with their antibacterial and anti-inflammatory properties. Squeeze some lemon into your routine to strengthen your body against infections and inflammation, and let the citrus magic work.

5 expert tips to keep your skin hydrated



In a world where environmental factors and lifestyle choices often contribute to skin concerns, maintaining well-hydrated skin becomes paramount, especially for those grappling with dryness. Dry skin, characterized by a lack of moisture and a compromised skin barrier, can lead to discomfort, flakiness, and even premature aging. Here are five expert-backed strategies to quench your skin's thirst and unveil a radiant, hydrated glow.

Hydration from within: Begin your journey to supple skin by prioritizing hydration from the inside out. Consume an ample amount of water throughout the day to replenish moisture levels and support overall skin health.

Expert tip: Proper hydration is the foundation for healthy skin. Aim for at least eight glasses of water daily to keep your skin cells plump and nourished.

Gentle cleansing rituals: Harsh face wash and cleansers can strip the skin of its natural oils, exacerbating dryness. Always opt for sulfate-free, gentle, hydrating face wash and cleansers. Especially look for a foaming face wash that

cleans without compromising the skin's moisture barrier.

Expert tip: Choose sulfate-free cleansers enriched with hydrating ingredients like glycerin, Vitamin E, or hyaluronic acid to preserve your skin's natural moisture.

Use nutrient rich moisturisers: Invest in a high-quality moisturizer enriched with nourishing ingredients to lock in hydration and create a protective barrier against external aggressors.

Expert tip: Look for moisturizers containing ingredients like shea butter, cocoa butter, collagen, Vitamin E oil, argan oil, and jojoba oil to fortify your skin's natural lipid barrier and prevent moisture loss," advises Pooja.

Exfoliate regularly: Exfoliation is key to removing dry and dead skin cells, allowing moisturizers to penetrate more effectively. However, choose a gentle exfoliator to avoid further irritation.













Expert tip: Products with ingredients like jojoba beads or alpha hydroxy acids (AHAs) can promote cell turnover, revealing a smoother and more radiant complexion.

Smart skincare choices: Optimize your skincare routine by choosing products specifically formulated for dry skin. Products like collagen, retinol, Vitamin E, and hyaluronic acid can significantly boost moisture levels.

Expert tip: Incorporate collagen face serum, retinol face serum, and hyaluronic acid serums into your routine. They offer intense hydration for dry skin.

General Knowledge Question Answers

1. Which of the following animals is a marsupial?	on Earth?	brain-to-body ratio?
a) Koala b) Kangaroo c) Platypus d) Tasmanian devil	a) African elephant b) Blue whale c) Giraffe d) Hippopotamus	a) Humans b) Dolphins c) Chimpanzees d) Elephants
2. What is the respiratory organ in fish?	7. What is the primary function of the pancreas in the human body?	12. Which of the following is NOT a type of muscle tissue found in animals?
a) Lungs b) Gills c) Tracheae d) Spiracles	a) Digestion b) Respiration c) Circulation d) Excretion	a) Skeletal muscle b) Cardiac muscle c) Smooth muscle d) Nervous muscle
3. What is the scientific name for the study of insects?	8. Which of the following animals does NOT have a backbone?	13. Which of the following animals is a marsupial?
a) Entomology b) Herpetology c) Ornithology d) Ichthyology	a) Fish b) Amphibians c) Reptiles d) Invertebrates	a) Kangaroo b) Koala c) Platypus d) Hedgehog
4. Which of the following is NOT a type of tissue in animals?	9. What is the name of the process by which plants convert light energy into chemical energy?	14. Which of the following is NOT a type of joint found in animals?
a) Epithelial tissue b) Connective tissue c) Muscle tissue d) Photosynthetic tissue	a) Photosynthesis b) Respiration c) Digestion d) Fermentation	a) Ball-and-socket joint b) Hinge joint c) Pivot joint d) Fixed joint
5. Which of the following animals is a monotreme?	10. What is the scientific name for the study of birds?	15. Which of the following is the largest organ in the human body?
a) Platypus b) Kangaroo c) Koala d) Tasmanian devil	a) Herpetology b) Ornithology c) Entomology d) Ichthyology	a) Liver b) Skin c) Kidneys d) Heart
6. Which of the following is the largest mammal	11. Which of the following animals has the largest	
13. Nervous muscle 14. Kangaroo 15. Skin	8. Invertebrates 9. Photosynthesis 10. Ornithology 11. Elephants	4. Photosynthetic tissue 5. Platypus 6. Blue whale 7. Digestion

ASTRO SPEAK	
ARIES  MAR 21 - APR 20	Sweet Venus enters stoic Capricorn softening the rough edges within us all. This planetary placement also brings opportunities to manifest professional ambitions, helping you balance grace with authority to seize a more prominent role in your field. Meanwhile, the moon continues its journey through Cancer, helping you better understand the emotions and needs of those around you.
TAURUS  APR 21 - MAY 20	Blessings are afoot as Venus makes her debut into Capricorn, activating the sector of your chart that governs luck, expansion, and spirituality. Lean into these vibes by believing in yourself and the power of manifestation, and you're sure to surprise yourself in the coming weeks. Meditate on ways to put action behind your most brilliant ideas tonight when Mars stirs, leaving room for improvisation and plot twists.
GEMINI  MAY 21 - JUN 20	You'll focus more heavily on personal commitments throughout the coming weeks, as Venus enters Capricorn. This planetary placement shines fondly upon financial, and business alliances, helping you move forward. Just be mindful not to jump the gun with your investments when the Cancer moon faces off with Mercury this afternoon, pausing to fully think through important financial moves.
CANCER  JUN 22 - JUL 23	Venus migrates into Capricorn, priming you for plenty of romance in the coming weeks. However, you'll need to focus on your own needs, as this planetary placement pushes you to bring more structure to self-care practices and find harmony. Try to diffuse conflict as it arises, steering clear from needless bickering lest arguments intensify into something more fiery when Mars becomes agitated tonight.
LEO  JUL 24 - AUG 23	Venus enters Capricorn and the sector of your chart that governs wellness, dear Leo, asking you to show your body some extra love and care throughout the coming weeks. This planetary placement also promotes teamwork, bringing harmonious vibes to you and your colleagues. A restless energy takes hold this evening when Mars becomes agitated, though it may be difficult to muster the energy to get moving.
VIRGO  AUG 24 - SEP 23	An artistic renaissance unfolds for you throughout the coming weeks, dearest Virgo, as Venus enters Capricorn and your house of self-expression. These vibes also bode well for your love life, helping to reinvigorate connections that have gone flat or conjure a new flame. Avoid social media debates tonight when Mars becomes agitated.
LIBRA  SEP 24 - OCT 22	Venus, your planetary ruler, moves into Capricorn and the sector of your chart that governs domestic bliss. Use this energy to reinvest in the coziness of your space, Libra, spending more time hosting loved ones at home versus going out in the coming weeks. Emotional outbursts within yourself and others when the Cancer moon faces off with Mercury this afternoon, bringing rough edges to the surface.
SCORPIO  OCT 23 - NOV 22	You'll feel more comfortable voicing your needs within matters of the heart throughout the coming weeks, as Venus enters Capricorn and your solar third house. This planetary placement also presents an opportunity to examine your relationships, asking you to make more space for dynamics that offer stability and security. You should think your actions through carefully before executing them.
SAGITTARIUS  NOV 23 - DEC 22	Venus moves into Capricorn and the sector of your chart that governs money, dramatically elevating your ability to manifest and prosper throughout the coming weeks. Meanwhile, the Cancer moon shines a light on your business partnerships, though a harsh opposition to Mercury this afternoon could lead to financial disagreements.
CAPRICORN  DEC 23 - JUL 20	Venus makes her debut in your sign amplifying your natural allure and ability to put others at ease. You can also expect to gain more attention from potential mates throughout the coming weeks, and an era of romance will be in store whether you're single or happily partnered. You may need to burn off some steam when Mars stirs, making it a good time to do something fun with your favorite partner in crime.
AQUARIUS  JAN 21 - FEB 23	Venus migrates into Capricorn and your solar twelfth house, asking you to focus on finding love from within throughout the coming weeks. Lean into this planetary placement by spending more time in solitude, taking time to appreciate where you've come while finding excitement for what you can still manifest. Consider how movement can be healing when Mars activates this evening, looking for a mind/body connection.
PISCES  FEB 20 - MAR 20	Venus enters Capricorn and the sector of your chart that governs community, helping you make friends in high places throughout the weeks. This planetary placement also encourages you to accept new roles as a leader within your profession or social sphere, organizing gatherings to connect others and do good. Conflict amongst friends could manifest when Luna faces off with Mercury.