

Teri Baaton Mein Aisa Uljha Jiya: National Award winner Kriti Sanon once again proves there's nothing she cannot pull off



Kriti Sanon, a name synonymous with versatility and brilliant acting credentials, has once again left an indelible mark on the hearts of audiences with her latest release, Teri Baaton Mein Aisa Uljha Jiya. In this pathbreaking film, Kriti takes on the challenging role of Sifra, a robot, showcasing her commitment to pushing boundaries in the storytelling narrative.

The film not only stands out for its innovative storyline but also for Kriti's impeccable portrayal of Sifra, a character that required a balance of emotion and artificial intelligence. Her nuanced performance has garnered praise from critics and audiences alike, proving once again why she stands as a National Award winner.

Before her groundbreaking role as Sifra, Kriti showcased her range as an actor in Mimi, where she portrayed the role of a surrogate mother. This poignant performance was met with widespread acclaim, solidifying Kriti's reputation as an actor who fearlessly embraces diverse and challenging roles.

With Teri Baaton Mein Aisa Uljha Jiya, she has broadened her horizon as an actor, delving into uncharted territories and bringing a robotic character to life with remarkable authenticity.

Her chemistry with Shahid Kapoor has been the talk of the town. The movie is getting amazing box office numbers and is one of the most talked about movies right now. The songs of the film have also been super amazing.

The film has collected Rs 14.04 crores worldwide on the first day. The film has collected Rs 7.02 crores nett in India. The film did receive rave reviews from the critics but the audience have showered love on unique love story of a robot, SIFRA and the robotics engineer, Aryan.

After Chandu Champion, Kartik Aaryan signs yet another Kabir Khan film? Here's what this means for the actor

Chandu Champion: Kartik Aaryan's first collaboration with Bajrangi Bhaijaan director Kabir Khan is certainly the talk of the town. Based on the real-life story of Paralympic gold medalist Murlikant Petkar, Chandu Champion is certainly the most awaited film of the year, especially for Kartik Aaryan fans. It is attested that the Kabir Khan film is Kartik's best film to date in terms of performance as an actor. As per recent speculations following the release of Chandu Champion, Kartik and Kabir will collaborate once again for an upcoming new movie.

According to recent speculations, Kabir Khan recently locked Kartik Aaryan for one of his upcoming new films. Impressed with Kartik Aaryan's dedication in Chandu Champion, Kabir Khan is keen to work with Kartik in his upcoming projects. It is speculated that Kabir offered the new film to Kartik a few weeks ago. The actor liked the script and eventually agreed to do the film. However, any details regarding the film, be it the story or the rest of the cast apart from Kartik, are still not out. Talking about Chandu Champion, in order to prepare for his role, Kartik Aaryan has gone through a major physical transformation.



The actor was off sugar for almost a year in order to attain a particular physique.

Emergency actress Kangana Ranaut reveals if she has plans to become India's Prime Minister and enter politics

Emergency actress Kangana Ranaut recently unveiled the trailer of the Telugu movie Razakar: The Silent Genocide of Hyderabad at an event in Mumbai on Saturday. During the event, the actress was asked if she wanted to become the Prime Minister of the country. Well, Kangana joked about playing India's Prime Minister in Emergency.

Kangana said that she had just done a film called Emergency and after watching that film nobody wanted her as the Prime Minister. In February 2023, Kangana said that she was not keen on joining politics as she is a sensitive and sensible person, not a political person. She even revealed that she has been asked to join politics many times, but she does not want to. But, in November 2023, Kangana expressed her desire to contest in elections.

Emergency has been directed and produced by Kangana wherein she plays the role of a former Prime Minister of India, Indira Gandhi. The film showcases the life of the late Prime Minister and also marks Kangana's first solo directorial film. The film also features Anupam Kher, Mahima Chaudhary, Milind Soman, Shreyas Talpade, Vishak Nair and late Satish Kaushik. The film will be released on June 14, 2024.



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Recipes

Banarasi Halwa



Ingredients

- 1 1/2 cup pumpkin
- 1/2 cup sugar
- 1/2 cup ghee
- 1/2 cup khoya
- 2 cup milk
- 1 handful almonds
- 1 handful cashews
- 1/2 teaspoon green cardamom

Method:

To begin with this quick halwa recipe, wash and peel the pumpkin. In a blender blend the pumpkin and make a smooth paste.

Take a pan and add in the milk, keep stirring. Then add in the pumpkin blend and keep stirring to avoid sticking of the pumpkin blend.

Once the blend is reduced, turn off the flame.

Take a fresh pan and ghee, add in the nuts toss them and take them out.

In the meantime, stir the khoya and add sugar, keep cooking. Then reduce the flame and pour the milk and pumpkin blend.

Stir it together and let it cook, add in the nuts and sprinkle some cardamom powder and your Halwa is ready!

Tips

To accentuate the flavour you can add some saffron. To make it healthy you can replace sugar with jaggery.

You can also add some more dry fruits and nut to make your halwa delicious and rich in taste.

Exercise routines that will help you reduce belly fat

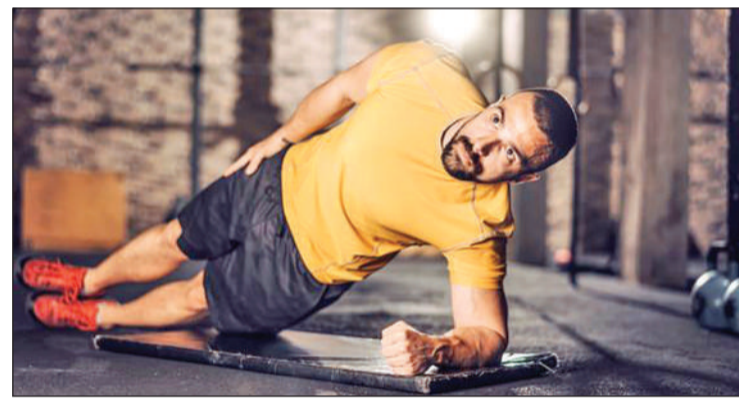


It takes a comprehensive strategy that includes strength training, cardio, and focused abdominal exercises to start the journey of losing that stubborn belly fat. Here are five efficient and dynamic workouts that will support you in your efforts to lose belly fat.

**Crunches with a twist:** This variation gives a dynamic twist to traditional abdominal crunches. With your hands behind your head and your knees bent, lie on your back. Twist your torso to bring your right elbow toward your left knee as you crunch up, then switch to the opposite side. This exercise promotes overall core strength by working the obliques in addition to the rectus abdominis.

**Burpees for full-body fat burn:** Burpees are a highly effective exercise that blends strength and cardio training. Commence in a standing position, lower yourself into a squat, kick your feet back into a plank, execute a push-up, leap back up to your feet and land a powerful jump. This full-body exercise raises your heart rate, burning calories and focusing on belly fat while strengthening your entire range of muscles.

**Squat curls for metabolic boost:** Squat curls are a great way to add strength training to your routine. Dumbbells in each hand, squat, and then curl your



biceps as you stand up.

In addition to working your core, this compound exercise speeds up your metabolism, which helps you lose fat overall. For this dual-action movement to work as effectively as possible, make sure your form is correct.

**Planks for core stability:** A fundamental exercise for developing stability and core strength is using planks. Assume a plank stance, keeping your body in a straight line and your elbows exactly beneath your shoulders. Maintain this posture while using your abdominal muscles.

Developing strength throughout your entire core, which includes the frequently overlooked transverse abdominis, will help you achieve a more defined and flatter midsection.

**HIIT: High-Intensity Interval Training:** Seize the opportunity to burn belly fat with High-Intensity Interval Training (HIIT). Intermittent high-intensity interval training (HIIT) alternates short rest intervals with intense workouts. With this strategy, known as the "afterburn effect," calories are burned not just during the exercise but also afterwards. HIIT is a quick and effective way to lose belly fat because it can include exercises like cycling, jumping jacks, and sprinting.

Consume these for breakfast if you want a glowing skin



Having glowing skin is often associated with good health and vitality, and while skincare products can certainly help, what you eat plays a significant role in the appearance of your skin. Breakfast is an essential meal that sets the tone for your day, and choosing the right foods can contribute to achieving that coveted radiant complexion. Incorporating certain foods into your morning meal can provide your skin with the nutrients it needs to look its best. Here are some delicious and nutritious options to consider:

**Berries:** Berries such as strawberries, blueberries, and raspberries are packed with antioxidants, including vitamin C, which helps protect your skin from damage caused by free radicals. Adding a handful of berries to your breakfast, whether mixed into yogurt or oatmeal, can help promote healthy, glowing skin.

**Greek Yogurt:** Greek yogurt is an excellent source of protein and probiotics, which can help maintain the health of your gut microbiome. A healthy gut is essential for good skin health, as it can help reduce inflammation and promote a

balanced complexion. Enjoy Greek yogurt topped with fruit and a drizzle of honey for a delicious and skin-friendly breakfast option.

**Oatmeal:** Oatmeal is not only a comforting and filling breakfast choice, but it's also great for your skin. It contains beta-glucans, which help to soothe and moisturize the skin, as well as antioxidants that can protect against damage. Choose steel-cut or rolled oats and top them with nuts, seeds, and a sprinkle of cinnamon for added flavor and skin benefits.

**Avocado:** Avocado is rich in healthy fats, vitamins, and antioxidants, making it a fantastic addition to your breakfast routine. The monounsaturated fats found in avocados help to keep the skin hydrated and supple, while vitamins E and C can help protect against oxidative damage.

**Eggs:** Eggs are a versatile and nutrient-dense food that can benefit your skin in several ways. They are a good source of protein, which is essential for skin repair and regeneration, as well as vitamins A and E, which help maintain healthy skin cells. Enjoy eggs scrambled, poached, or boiled alongside whole-grain toast and vegetables for a well-rounded breakfast.

**Spinach:** Leafy greens like spinach are loaded with vitamins and minerals that are beneficial for your skin, including vitamin A, vitamin C, and folate. These nutrients help to promote collagen production, protect against UV damage, and improve skin tone and texture. Add spinach to omelets, smoothies, or breakfast wraps for a nutritious boost.

General Knowledge Question Answers

1. What is the full form of Wi-Fi?
  - a) Wireless Fiber
  - b) Wireless Fidelity
  - c) Wired Fidelity
  - d) Wired Fiber
2. Which of the following is an open-source web browser?
  - a) Internet Explorer
  - b) Safari
  - c) Mozilla Firefox
  - d) Microsoft Edge
3. Which scientist proposed the theory of relativity?
  - a) Isaac Newton
  - b) Albert Einstein
  - c) Galileo Galilei
  - d) Stephen Hawking
4. What is the smallest unit of matter?
  - a) Proton
  - b) Atom
  - c) Electron
  - d) Neutron
5. Which of the following is a programming language?
  - a) Microsoft Excel
  - b) Adobe Photoshop
  - c) Python
  - d) Microsoft Word
6. Who is credited with inventing the telephone?
  - a) Alexander Graham Bell
  - b) Thomas Edison
  - c) Nikola Tesla
  - d) Guglielmo Marconi
7. What is the largest organ in the human body?
  - a) Brain
  - b) Liver
  - c) Heart
  - d) Skin
8. What is the name of the process by which plants convert light into energy?
  - a) Photosynthesis
  - b) Respiration
  - c) Fermentation
  - d) Combustion
9. What is the name of the process by which organisms break down organic matter to release energy?
  - a) Photosynthesis
  - b) Respiration
  - c) Fermentation
  - d) Combustion
10. What is the name of the protein that carries oxygen in the blood?
  - a) Hemoglobin
  - b) Insulin
  - c) Collagen
  - d) Keratin
11. What is the name of the element with the symbol Hg?
  - a) Helium
  - b) Mercury
  - c) Hydrogen
  - d) Silver
12. Which of the following is not a type of renewable energy?
  - a) Solar
  - b) Wind
  - c) Nuclear
  - d) Hydroelectric
13. What is the name of the device that measures electric current?
  - a) Voltmeter
  - b) Ammeter
  - c) Ohmmeter
  - d) Multimeter
14. Which of the following is an example of a greenhouse gas?
  - a) Nitrogen
  - b) Oxygen
  - c) Carbon dioxide
  - d) Neon
15. Which of the following is used to measure temperature?
  - a) Barometer
  - b) Anemometer
  - c) Thermometer
  - d) Hygrometer

13. Nuclear
14. Carbon dioxide
15. Thermometer

8. Photosynthesis
9. Respiration
10. Hemoglobin
11. Mercury

4. Atom
5. Python
6. Alexander Graham Bell
7. Skin

1. Wireless Fidelity
2. Mozilla Firefox
3. Albert Einstein

ASTRO SPEAK

- ARIES** (MAR 21 - APR 20)

You'll glide blissfully from behind the scenes, dear Aries, as the Pisces moon nudges you to fill your Sunday with peace and quiet. Grant yourself the gift of decadence when Luna and Uranus align this afternoon, treating yourself to an extravagant lunch or luxurious bath. You'll have a chance to bond with someone special by lowering guards and sharing secrets when Venus activates tonight.
- LIBRA** (SEP 24 - OCT 22)

Make the most of your Sunday by catching up on personal errands and domestic duties, as the Pisces moon encourages you to get organized. Look for ways to support yourself while tackling items on your to-do list, allowing yourself to hit a productive flow that minimizes stress and maximizes efficiency. Focusing on your health and physical needs is the key to making the most of these vibes, so be sure to listen to your body.
- TAURUS** (APR 21 - MAY 20)

The Pisces moon urges you to get out and explore, dear Taurus, promoting activities that support small businesses and your local arts community. Unexpected encounters could emerge this afternoon when Luna and Uranus align, bringing excitement to your adventures. Scratch below the surface when Venus activates this evening, creating an environment perfect for getting to know others on a deeper level.
- SCORPIO** (OCT 23 - NOV 22)

Pisces moon nudges you to blow off steam with friends. Excitement fills the air when Luna and Uranus align this afternoon, and acting impulsively with someone special could strengthen romantic bonds. Lean into these vibes by sneaking away with your sweetheart for an adventurous date, or consider exploring new dating opportunities if you're on the hunt for love.
- GEMINI** (MAY 21 - JUN 20)

You'll crave both structure and fluidity as the Pisces moon travels through your solar tenth house. Consider how being flexible can create more stability on the path toward success, moving away from rigid boundaries to create more opportunities. Pay attention to any brilliant ideas that pop into your psyche when Luna and Uranus align this afternoon, bringing an ingenious energy your way.
- SAGITTARIUS** (NOV 23 - DEC 22)

Home will guide you toward healing as the Pisces moon lights up sector of your chart that governs domestic bliss. Use this energy to catch up on self-care but consider taking time to tidy up your space when Luna and Uranus align this afternoon. Allow yourself to emotionally connect with others as the hours pass, and consider indulging in luxury with someone special when Venus stirs this evening.
- CANCER** (JUN 21 - JUL 21)

You'll be in high spirits as the moon continues its journey through Pisces and your solar ninth house, dearest Cancer, putting you in a generous and loving headspace. You'll feel like connecting when Luna and Uranus align this afternoon, though you may want to extend a few extra invitations to promote inclusiveness within your social sphere. Pull back in order to connect with your favorite spiritual practices.
- CAPRICORN** (DEC 23 - JUL 20)

Focus on clearing and nurturing your mind to pursue interesting topics and drama-free friendships. Impromptu plans may lead you away from home as afternoon sets in, and Luna aligns with Uranus. This energy could also lead to creative breakthroughs, making passion projects a good alternative to social affairs. Allow yourself to zone out with a good book before heading to bed as Neptune stirs.
- LEO** (JUL 24 - AUG 23)

Give yourself space to fully let go, as Pisces moon continues through sector of your chart that governs transformation and empowerment. Now is the time to release any baggage you're tired of carrying, even if doing so requires adjustments to your relationships. Consider how creating new structures can revolutionize your life when Luna and Uranus align this afternoon, finding freedom through responsible decision-making.
- AQUARIUS** (JAN 21 - FEB 23)

Don't hesitate to indulge as the moon continues its journey through Pisces and the sector of your chart that governs luxury, granting permission to make the most of your Monday. Tantalize your senses with good food and fine fabrics, pulling out all the stops when it comes to embracing leisure. Send yourself some extra love when Venus activates this evening, and be sure to invite in softness when Neptune stirs tonight.
- VIRGO** (AUG 24 - SEP 23)

Devote your Sunday to love no matter if you're single or coupled up, as Pisces moon encourages you to embrace harmony and sweetness fully. The romantic within stirs under this luminous placement, and as Luna and Uranus activate this afternoon, you'll clearly see the beauty that connects us all. Allow your spirituality to lead the way, honoring your intuition and heart.
- PISCES** (FEB 20 - MAR 20)

Though you're one of the most compassionate and giving members of the zodiac, the moon's placement in your sign acts as a reminder that sometimes it's okay to focus on the self, sweet Pisces. Use this energy to connect with your desires, going beyond core needs to embrace a life well-lived. Allow stress to dissolve as midnight nears and the moon unites with Neptune.

