

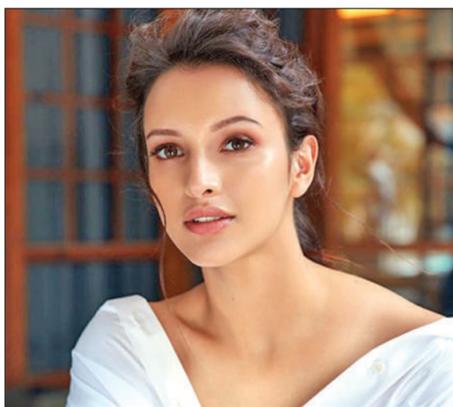
Love and War: Ranbir Kapoor set THESE terms and conditions in front of Sanjay Leela Bhansali before signing the film?



After Animal, the next confirmed film of Ranbir Kapoor is Love and War. The recently announced film is helmed by Sanjay Leela Bhansali. The filmmaker has managed to pull off a major casting coup by roping in Alia Bhatt and Vicky Kaushal along with Ranbir Kapoor for this movie. Given that it is a Sanjay Leela Bhansali film, fans can expect it to be an extravagant affair. The latest reports though suggest that Ranbir Kapoor has come up with his own terms and conditions to be a part of Love and War. This is for the second time that Ranbir Kapoor is working with Sanjay Leela Bhansali after Sawaariya and he wants everything to go as per the timeline set. As per a report in Bollywood Hungama, Ranbir Kapoor has asked the filmmaker to stick to the timelines of the shoot and to not extend the dates as he has other work commitments. As per source, SLB has promised Ranbir that he will complete the film by July 2025. Further, Ranbir Kapoor has put one more condition and that is to have fixed working hours. The source quote reads, "During Sawaariya, RK was subject to erratic work timing, and he doesn't want the episode to repeat again in 2024. The last condition is to ensure proper discipline on the set in all departments." The report further suggests that Alia Bhatt was the one who asked Ranbir and SLB to talk this through as matured individuals. Ranbir Kapoor was earlier offered Bajju Bawra that is also helmed by Sanjay Leela Bhansali. However, the actor wasn't much keen on doing a period drama. Thus, he did not sign up for Bajju Bawra. Sanjay Leela Bhansali is quite keen on working with Ranbir Kapoor and he offered him Love and War. The Animal actor seem to have loved the script and signed the project.

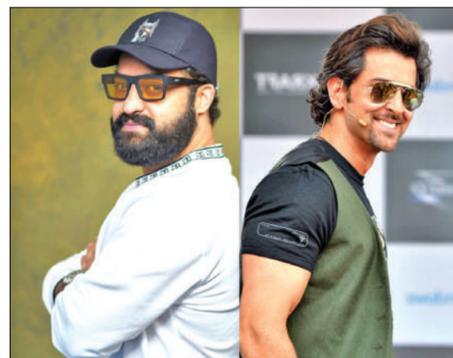
Animal actress Triptii Dimri shares her marriage plans; reveals how her future husband should be

Triptii Dimri rose to fame with her stint in Animal alongside Ranbir Kapoor. The actress is termed as the National crush after she appeared in Sandeep Reddy Vanga's Animal. Triptii is enjoying this newfound fame as she has been struggling since 2012. The interest in the actress's life is at its peak and everyone wants to know who is she dating and what is her marriage plans. In her latest conversation, Triptii was seen getting candid about her future husband. In an interaction, she was asked about her marriage plans and she says that she hasn't thought about marriage yet, when asked about how her future husband should be. To which Triptii had just one basic need, and its her husband should be a nice human being. Triptii Dimri was reportedly dating Anushka Sharma's brother and Clean Slate Productions co-producer Karnesh Sharma, but the actress recently had a breakup and now is allegedly linked to businessman Sam Merchant. However, these are rumours and think date the actress has never spoken about her relationships in public.



War 2: Here's when Hrithik Roshan and Jr NTR will begin shooting for the highly anticipated actioner

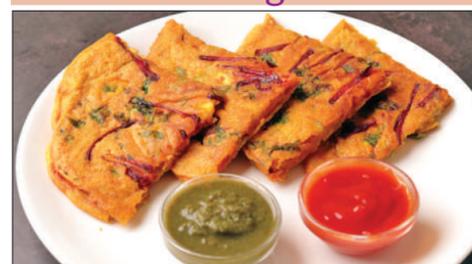
Hrithik Roshan is on his way to deliver a huge hit, Fighter, with War director Siddharth Anand. The new movie stars Deepika Padukone, Anil Kapoor and more celebs. Fighter entered Rs 100 crore club within four days of its release. It has already surpassed Rs 200 crore at the worldwide box office. And Hrithik is ready to move on to his next, War 2. That's right, filming of War 2 begins sooner than you think. It's not even a week of Fighter's release and Hrithik Roshan is ready to commence working on his next actioner. He has War 2 in the pipeline and it goes on floors in the second week of February. Yes, you read that right. A report in ETimes states that Hrithik is in War 2 mode now. In fact, he has already started prepping for War 2. The first schedule of War 2 will happen in Mumbai only. The portal quotes a source saying that Ayan Mukerji captured the overseas location plates about two months ago. Right now, a set is being built in the maximum city in preparation for Hrithik's first shooting schedule. It is not known when Jr NTR will join Hrithik. However, earlier reports claimed that Jr NTR might begin shooting for War 2 by



January. That doesn't seem to be the case. The actor, as per reports, has NTR 31 with Prashanth Neel after War 2. It has been said that Jr NTR might wanna wrap up War 2 by April to facilitate dates for NTR 31.

Recipes

Moonglet



Ingredients

- 1 cup yellow moong dal
- 1/2 capsicum (green pepper)
- 2 tablespoon coriander leaves
- 1/4 tablespoon dry mango powder
- 2 tablespoon butter
- 1/2 onion
- 1/2 tomato
- 1 piece green chilli
- 2 Pinches asafoetida
- salt as required

Method:

Soak the moong dal for 4-5 hours and then drain the water and add to a blender. Blend to form a thick paste. Now water as per need and blend again. Add water in batches and in small quantities to prepare a batter of medium consistency. Take out the mixture in a bowl. Add salt, asafoetida and dry mango powder. Now add finely chopped onion, tomato, capsicum, green chilli and coriander leaves. Mix well to prepare a batter. Keep whisking for a few minutes until the batter seems a bit frothy. Heat 1 tsp butter in a small pan. Pour half of the batter into the pan and let it cook for a few minutes. Make sure that the pan is small and the batter forms a thick layer. Flip it towards the other side and cook until crispy. Repeat this step to make one more moonglet. Serve the moonglet hot with ketchup, imli chutney or mint chutney. Enjoy!

What does unplugging mean in mental health?

Unplugging in mental health means when we intentionally disconnect from things which have been occupying our mind like from digital devices or professional work-in order to have a balanced life. Few tips and tricks to unplug and find that balance-



- Set boundaries: It's very important for us to define the work hours and disconnect from a digital devices, including a smart watches which are monitoring her heart and many other things. You can always have specific times during the day or before bedtime or on weekend when you indulge with your digital devices.
- Digital detox periods: Schedule regular "digital detox" periods, which could be a few hours or an entire day, where you disconnect from the internet and your devices.
- Limit social media time: Set daily or weekly time limits for social media use. Unfollow or mute accounts that may cause stress or negative emotions.
- Replace screen time with activities: Will have a habit of trying to control or get rid of a habit

which is unhealthy for us, but we fail to understand that we develop that unhealthy habit because we did not have any healthy habit which I liked to do. So identify hobbies or activities you enjoy and replace screen time with them. Practice mindfulness: Incorporate mindfulness and meditation into your routine to help you stay present and focused on

the real world. Reflect on benefits: we make a full colourful chart of all the wonderful benefits you get if you follow the discipline of unplugging, for example, reduce stress, better, sleep, less anxiety, better connections, et cetera. Unplugging is a personal journey, and the specific strategies you choose will depend on your lifestyle and needs. The practice of unplugging offers several mental health benefits, including: Reduced stress, better sleep, enhance focus on productivity, mindfulness, better relationships, and so many other things. So get out of your digital devices, and be in the real world.

5 must eat fruits if you want to delay ageing



Ageing is a natural process that we all go through, but there's no harm in wanting to delay its effects and maintain youthful vitality for as long as possible. While there is no fountain of youth, nature offers us a delightful assortment of fruits that can work wonders for your skin, health, and overall well-being. Let's delve into the world of age-defying fruits and explore the top five that you absolutely must include in your diet. Blueberries: The youthful berry. Blueberries are often touted as a superfood for a good reason. These tiny, deep-blue gems are packed with antioxidants, particularly anthocyanins, which combat the damage caused by free radicals and protect your skin from premature aging. Blueberries are also rich in vitamin C, which supports collagen production for smooth and supple skin. Additionally, their anti-inflammatory properties help reduce the signs of aging. Avocado: The creamy elixir. Avocado is a creamy and delicious fruit that's a treasure trove of nutrients for your skin. It's abundant in healthy monounsaturated

fats that keep your skin hydrated and radiant. Avocado is also a rich source of vitamin E, which helps protect your skin from oxidative damage, and vitamin K, known for its collagen-boosting properties. When it comes to age-defying fruits, this one is a must for that youthful glow. Pomegranate: The skin savior. The pomegranate, with its ruby-red seeds, is a true skin savior. It's packed with potent antioxidants called polyphenols, which help protect your skin from UV damage and improve skin texture. Pomegranate also aids in collagen production and promotes skin cell regeneration, reducing the appearance of wrinkles. Enjoy it as a snack or add its seeds to your salads for a delightful anti-aging boost. Papaya: The skin soother. Papaya, often referred to as the "fruit of angels," is a tropical delight loaded with vitamins, minerals, and enzymes. It's especially rich in vitamins A, C, and E, which promote skin repair and renewal. The enzyme papain in papaya acts as a natural exfoliant, removing dead skin cells and unclogging pores. Eating papaya regularly can result in a brighter complexion and smoother skin. Kiwi: The collagen catalyst. Kiwi, with its vibrant green flesh and tiny black seeds, is a collagen-boosting dynamo. It's exceptionally high in vitamin C, which stimulates collagen production and helps maintain skin elasticity. Kiwi also contains vitamin E and other antioxidants that combat oxidative stress, reducing the appearance of fine lines and wrinkles. More than just fruits. While these age-defying fruits can be your allies in the quest for youthful skin, it's essential to remember that a balanced diet, proper hydration, and a healthy lifestyle play equally significant roles in maintaining your overall health and delaying the aging process. So, embrace these fruits, savor their deliciousness, and relish the glow they bring to your skin. Your journey to a more youthful you starts on your plate.

General Knowledge Question Answers

- Who was the first person to walk on the moon?
 - a) Neil Armstrong
 - b) Buzz Aldrin
 - c) Yuri Gagarin
 - d) Alan Shepard
- Which river is the longest river in the world?
 - a) Amazon River
 - b) Nile River
 - c) Yangtze River
 - d) Mississippi River
- Who was the first Indian astronaut in space?
 - a) Rakesh Sharma
 - b) Kalpana Chawla
 - c) Sunita Williams
 - d) Abdul Kalam
- Who invented the telephone?
 - a) Alexander Graham Bell
 - b) Thomas Edison
 - c) Benjamin Franklin
 - d) James Watt
- What is the currency of Japan?
 - a) Yen
 - b) Yuan
 - c) Euro
 - d) Pound
- Which is the largest desert in the world?
 - a) Sahara Desert
 - b) Gobi Desert
 - c) Arabian Desert
 - d) Australian Desert
- Who painted the famous painting "Mona Lisa"?
 - a) Leonardo da Vinci
 - b) Michelangelo
 - c) Pablo Picasso
 - d) Vincent van Gogh
- What is the capital of Australia?
 - a) Sydney
 - b) Melbourne
 - c) Brisbane
 - d) Canberra
- Who is known as the Iron Lady of India?
 - a) Indira Gandhi
 - b) Sonia Gandhi
 - c) Mamata Banerjee
 - d) Margaret Thatcher
- What is the national animal of India?
 - a) Lion
 - b) Elephant
 - c) Tiger
 - d) Panther
- Who wrote the famous play "Hamlet"?
 - a) William Shakespeare
 - b) Samuel Beckett
 - c) Tennessee Williams
 - d) Oscar Wilde
- Which country is known as the Land of the Midnight Sun?
 - a) Norway
 - b) Sweden
 - c) Finland
 - d) Denmark
- Which is the largest bird in the world?
 - a) Penguin
 - b) Ostrich
 - c) Eagle
 - d) Albatross
- What is the capital of South Africa?
 - a) Johannesburg
 - b) Cape Town
 - c) Pretoria
 - d) Durban
- Who is the author of the Harry Potter series of books?
 - a) J.K. Rowling
 - b) Stephenie Meyer
 - c) Suzanne Collins
 - d) Dan Brown

- 14. Pretoria
- 13. Norway
- 12. Nile River
- 11. William Shakespeare
- 10. Tiger

- 9. Indira Gandhi
- 8. Canberra
- 7. Leonardo da Vinci
- 6. Sahara Desert
- 5. Yen

- 4. Alexander Graham Bell
- 3. Rakesh Sharma
- 2. Neil Armstrong
- 1. Neil Armstrong

ASTRO SPEAK

- ARIES** (MAR 21 - APR 20): The Leo moon aligns with Chiron and Mars this morning, dearest Aries, asking you to check in with your energy levels and basic needs. This cosmic climate could bring an irritable energy to the table, resulting in power struggles and snappy behaviors if you're not careful. Your patience may be tested as Luna squares off with Uranus, and stubborn dispositions could lead to personality clashes.
- LIBRA** (SEP 24 - OCT 22): It may be difficult to engage with your extended community as the Leo moon squares off with Mars this morning, dear Libra, especially when it comes to the one realm. Starting at screens should also be avoided, leaning into self-care and the pursuit of harmony as Chiron steps in to offer support. You'll feel more social as the afternoon sets in, making it a good time to meet with friends for lunch.
- TAURUS** (APR 21 - MAY 20): You may receive more comfort from within than through loved ones this morning, dear Taurus, as the Leo moon aligns with Mars and Chiron. Try not to take it personally if family or friends seem edgier than usual, as this cosmic climate could bring out temperamental behaviors. Focus on nurturing yourself as the hours pass, though your emotions may be difficult to navigate this evening when Luna squares off with Uranus.
- SCORPIO** (OCT 23 - NOV 22): Be strict with your boundaries as the Leo moon squares off with Mars but try not to abandon grace when drawing lines with others. Chiron steps in to lend a helping hand, encouraging you to stay busy with chores or wellness practices as a way to avoid conflict. Emotional walls could manifest suddenly within your love life this evening when Luna squares off with Uranus.
- GEMINI** (MAY 21 - JUN 20): You'll crave fresh perspectives as the Leo moon aligns with Mars and Chiron which could cause you to feel caught up in a rut. Lean into your community online or in your area, asking for support or help if you're overwhelmed and tired of trying to do it all. Find a healthy outlet to vent your frustrations as evening settles in and Luna squares off with Uranus, especially if your internal dialogue takes a negative turn.
- SAGITTARIUS** (NOV 23 - DEC 22): You'll feel torn between having fun with friends and laying low as the Leo moon aligns with Mars and Chiron, dear Sagittarius, putting you in a restless yet private mood. Rather than forcing yourself to get out, consider staying in to chip away at passion projects and artistic outlets. Touch base with your spirituality as the hours unfold, asking for guidance or support from beyond.
- CANCER** (JUN 22 - JUL 23): The Leo moon aligns with Mars and Chiron which could cause you to feel creatively restricted. Look for ways to break down any self-imposed barriers that have prevented you from having fun or taking artistic risks. Avoid the temptation to zone out with your screens as evening settles in and Luna squares off with Uranus, focusing on ways to connect with the material realms instead.
- CAPRICORN** (DEC 23 - JUL 20): Don't feel guilty about canceling plans this morning if you'd rather stay home, dear Capricorn, as the Leo moon aligns with Mars and Chiron. This cosmic climate will bring tension to the collective, though your space will offer a safe reprieve from which you can recharge. Reflect on any personal changes you hope to make as the hours unfold, using Luna's transformative placement to evolve and grow.
- LEO** (JUL 24 - AUG 23): The moon continues its journey through your sign aligning with Mars and Chiron as the day begins. While you may be faced with moody housemates leaning into your spirituality while doing your own thing can help you navigate away from temperamental characters. Don't be afraid to shine amongst cloudy skies as the hours unfurl, though you could encounter unexpected roadblocks when Luna and Uranus square off this evening.
- AQUARIUS** (JAN 21 - FEB 23): Set strict boundaries with anyone who threatens your sense of harmony, as the Leo moon aligns with Mars and Chiron. This cosmic climate is also perfect for initiating positive discussions around matters of the heart, bringing healing to the dynamics you choose to invest in. Opportunities for romance will grow as the hours unfold, though a harsh square between Luna and Uranus this evening could bring unexpected drama.
- VIRGO** (AUG 24 - SEP 23): The Leo moon aligns with Mars and Chiron this morning, dearest Virgo, granting permission to lay low. Surface-level interactions will be difficult to withstand, though connecting with your closest companions can help you feel supported and motivated to evolve. Avoid large crowds as the hours continue to unfurl, as it would be easy to feel overstimulated by too many faces.
- PISCES** (FEB 20 - MAR 20): You may feel torn between handling your responsibilities and embracing leisure this morning, dear Pisces, as the Leo moon aligns with Mars and Chiron. Give yourself some grace when it comes to tackling to-do lists, allowing personal pampering to take precedence. You'll have plenty of time to run errands and catch up on chores as the hours continue to unfurl.

