

Animal: Kangana Ranaut doesn't want Sandeep Reddy Vanga to offer her any roles; says 'Your alpha male heroes...'



Animal movie helmed by Sandeep Reddy Vanga had Ranbir Kapoor and Bobby Deol playing the lead characters. Ranbir Kapoor played Ranvijay Singh while Bobby Deol played Abrar. The movie made massive money at the box office. However, it also received a lot of criticism. The makers were blamed for showcasing toxic masculinity and showing extreme violence in the movie. Sandeep Reddy Vanga in his recent interview reacted to all the comments that celebrities made about Animal.

Kangana Ranaut had criticised Animal and now Sandeep Reddy Vanga reacted to it. He said that he is not angry with her negative comment as he genuinely likes her performances. He said that he really liked her work in Queen and more and if there is any role in his film that fits Kangana Ranaut, he would definitely like to work with her. Now, Kangana has reacted to the same.

Kangana Ranaut shared the video on social media and stated that review and criticism are two different things and there should be discussion around every art form.

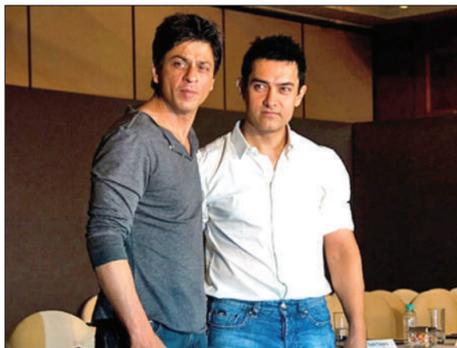
In Hindi, she wrote that the way Sandeep Reddy Vanga showed respect toward her showcases that he does not only make manly films but his attitude is also manly. Kangana Ranaut further also joked that he should not offer her roles as the alpha heroes in his films would become feminist and then his films will also be beaten. The Queen actress added that the industry needs him as he makes blockbuster movies.

In the same interview with Siddharth Kannan, Sandeep Reddy Vanga also reacted to the comments made by Javed Akhtar. He stated that he felt bad as he feels that Javed Akhtar did not see the film entirely and made the comment.

Aamir Khan to follow Shah Rukh Khan's success mantra for his BIG box office comeback?

Aamir Khan looks ready to make his comeback after his sabbatical. And seems like he is eyeing superstar Shah Rukh Khan's super successful mantra for a big box office success. In his recent chat the Laal Singh Chadha actor spoke about being open to do romantic films but that should suit his age. Shah Rukh Khan has been ruling the box office with his romantic hero avatar over the years and looks like now the superstar is also keen in following his footsteps and see if he gets success just like him. The actor was asked the question about being open to do romantic films, to which Aamir said, "Agar romantic kahani hogi toh zarur. Iss age mein romance thora uncommon hota hai. Kahani ke hisaab se agar main character suit karunga toh kyun nahi karna chahunga?".

Aamir Khan is known to be the perfectionist actor; he has been ruling the box office over tow decades now. However after the debacle of Laal Singh Chadha, the actor decided to take a break in his filmy career and focus in his family. Currently Aamir is busy promoting ex wife Kiran Rao's



directorial Laapataa Ladies, where the superstar had even auditioned for a role that is now played by Ravi Kishen.

Baby John: After Jawan, netizens go gaga over Atlee's film with Varun Dhawan; say 'Fire hai boss'

Baby John: The makers of the Varun Dhawan-starrer have finally released the much-awaited trailer; and we must say the film will definitely showcase the actor in a brand new avatar. Excitement regarding the first look of the film was quite high, as this is the first time that Varun and Jawan director Atlee have collaborated. As soon as the makers dropped the first look, the audience was blown away by Varun Dhawan. Whether it's the BGM, Varun Dhawan's performance, or the visuals, the first look has captivated the minds of social media users.

As soon as the video dropped, social media users were blown away, as they didn't expect it to be so massy and engaging. Varun Dhawan has easily captivated audience attention from the first look. Netizens are confident that Baby John is going to be the biggest blockbuster of 2024.

Baby John is directed by A. Kaleeswaran. In addition to Varun Dhawan, the film also stars Keerthy Suresh and Wannia Gabbi. The movie is reported to be an official Hindi remake of Theri, which originally featured actors Samantha, Thalapathy Vijay, and Amy Jackson. While Atlee directed Theri, he has donned the producer's hat for



Baby John. The release date for Baby John is set for May 31, 2024.

Recipes

Beetroot Paratha



Ingredients

- 3/4 cup chopped beetroot
- 2 clove garlic
- 1/4 inch ginger
- 1 tablespoon vegetable oil
- ghee as required
- 1 1/2 cup flour
- salt as required
- 1 small green chilli
- 1/2 teaspoon garam masala powder
- black pepper as required

Method:

Take a pan and add oil, once the oil is hot, add in the grated/chopped beetroot spices. Cook it for 7-9 mins and let it cool then. In a blender, add beetroot along with salt, pepper, ginger, green chili, garlic, and garam masala. Blend it well to form a puree.

In a bowl, add flour and then beetroot puree. Using water and oil, knead the dough. Once done, leave it for at least 20-25 mins.

Now, divide the dough into 6 parts and then form a round ball-like structure. Sprinkle flour on the ball and then roll them to form parathas.

On a tawa, heat some oil and then add parathas. Using ghee, cook them until they have small brown spots. Repeat the step for the rest dough balls.

Your Beetroot Parathas are now ready to serve alongside mint chutney and raita. You can also add butter/ ghee on the top. Enjoy the meal.

What is dolphin yoga pose good for? Easy ways to incorporate it into daily routine



Dolphin pose is mainly a variation of the downward-facing dog pose and is mainly used as an alternative to it. This pose relaxes the mind of the individual and can also be used as a meditative pose if the body is not straining. Engaging in this pose is not just a static hold but it also invites you to explore the different layers of physical resilience and mental focus that are required for inversions without the intimidation of lifting the arm balance. Dolphin poses gradually help you ace the upside-down asanas and also transform the way the body moves. It is also called ardhha pincha mayurasana in Sanskrit.

It is effective for those having asthma issue
Dolphin pose is highly useful for stretching different parts of the body at the same time. It is also considered to be a relaxing and calming posture and is a great starting pose for those who want to explore the meditative side of yoga for the first time. This pose is also effective for people dealing

with high blood pressure, sciatica, or asthma. Women who want to relieve menstrual symptoms and pregnant women should opt for a practical alternative to the downward dog pose.

Improves body posture

Dolphins pose in today's digital age as an antidote to the strains of a sedentary lifestyle. As one opens the shoulders and aligns the spine, this pose counteracts the slump and hunch, while it promotes an upright and poised posture which also radiates vitality and confidence. The Dolphin pose is a full-body activator and thus targets multiple muscle groups at the same time, demanding arms, upper back, and shoulders, preparing the body for advanced arm balance and inversions.

Resolves stressing issues

While performing the dolphin pose, the invert's traditional body posture enables a refreshing rush of blood to the brain. This pose not only physically rejuvenates but also mentally revitalizes combating fatigue while aiding in the alleviation of stress and anxiety.

How to perform it?

Keep your wrists aligned and under your shoulders with your knees under your hips. Place your forearms on the floor with elbows placed directly under your shoulders. As you exhale, curl your toes under and engage your lower belly muscles, and then lift your knees gently off the floor. Push your hips upwards and then extend your legs to form a 'V' shape, allowing your heels to descend towards the ground. Continue to draw the lower belly in and press the shoulder blades onto your back ensuring your spine remains long and elongated. Now, keep your head relaxed between your arms and ensure it does not touch the floor. Maintain this position for 5 to 20 breaths.

Before beginning any new exercise routine including yoga and poses like Dolphin pose, consult with a healthcare professional or with any pre-existing health conditions. People with lower back issues such as sciatica should be cautious. This pose requires a major spinal extension and might exacerbate certain conditions. As the Dolphin pose places weight on the wrists and forearms it can cause hand injuries so one should avoid this pose.

5 basic beauty products to pamper your skin every day



After hustling all day long and burning the midnight oil, to release the stress cycle one must opt for a simple and basic yet important beauty regime which should also be your self-pampering session. To get a more clear skin every day keeping the facial skin hydrated and relaxing, here are 5 basic beauty essentials to pamper your skin every day.

- Serum**
A face serum is one product that checks all the boxes when it comes to maintaining your skin's health and should be a keen part of your daily skincare. You can use the serum twice a day i.e. in the morning, and before going to bed to leave the essence overnight and wake up to glowing skin. There are an ample number of face serums in the market depending on one's skin type. Thus, opting for vitamin C always remains the safest option.
- Sheet masks**
Sheet masks should not be used every day, but

can be used once a week to slap the stress away and give you an instant natural glow. It softens the skin and removes the dodgy under eyes giving you a hydrating feeling with a mind to unwind and relax. Sheet masks also come in a variety of ranges from hydrating effects to soothing properties which provide the skin pores with calmness.

Eye creams
Having a hectic schedule every day set in front of the laptop, your under-eye area tells a lot about your sleepless nights and the stress you carry over the day. Thus, make sure to nourish and pamper your under-eyes before going to bed every day, and try to rub them gently for 2-3 minutes to say goodbye to your heavy eye bags.

Face wash
Face washes are an integral part of our morning routine as they remove impurities, dirt, germs, and the residues of makeup that irritate the skin. However, the usage of face wash should only be done twice a day, as when the skin is cleansed too often, the skin's natural moisture is stripped leaving it vulnerable to issues of irritation and dryness.

Face cleanser
After washing your face, opt for a facial cleanser that removes the excess oil and dirt in your skin cells and the other types of pollutants from the skin which thus keeps the pores clear and prevents skin conditions such as issues of acne and rashes.

Therefore, finding the best cleanser can be a tough decision but always look out for your skin type and then go ahead.

General Knowledge Question Answers

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|---|---|---|
| <p>1. Who is the author of "To Kill a Mockingbird"?</p> <p>A) F. Scott Fitzgerald
B) Ernest Hemingway
C) Harper Lee
D) Jane Austen</p> | <p>6. Who is the author of "1984"?</p> <p>A) George Orwell
B) Aldous Huxley
C) Ray Bradbury
D) Margaret Atwood</p> | <p>Solitude"?</p> <p>A) Gabriel Garcia Marquez
B) Pablo Neruda
C) Jorge Luis Borges
D) Octavio Paz</p> |
| <p>2. Which author wrote the Harry Potter series?</p> <p>A) J.K. Rowling
B) Stephen King
C) George R.R. Martin
D) J.R.R. Tolkien</p> | <p>7. Who wrote "The Diary of a Young Girl"?</p> <p>A) Anne Frank
B) Elie Wiesel
C) Primo Levi
D) Viktor Frankl</p> | <p>12. Who is the author of the novel "The God of Small Things"?</p> <p>a) Arundhati Roy
b) Salman Rushdie
c) Vikram Seth
d) Kiran Desai</p> |
| <p>3. Who wrote the novel "The Great Gatsby"?</p> <p>A) F. Scott Fitzgerald
B) Ernest Hemingway
C) Harper Lee
D) Jane Austen</p> | <p>8. Which author wrote "Pride and Prejudice"?</p> <p>A) F. Scott Fitzgerald
B) Ernest Hemingway
C) Jane Austen
D) Virginia Woolf</p> | <p>13. Who is the author of the novel "Wuthering Heights"?</p> <p>a) Charlotte Bronte
b) Emily Bronte
c) Jane Austen
d) Virginia Woolf</p> |
| <p>4. Who is the author of "The Catcher in the Rye"?</p> <p>A) J.D. Salinger
B) Ernest Hemingway
C) Harper Lee
D) Jane Austen</p> | <p>9. Who is the author of "The Hobbit"?</p> <p>A) J.K. Rowling
B) J.R.R. Tolkien
C) C.S. Lewis
D) Roald Dahl</p> | <p>14. Who is the author of "The Color Purple"?</p> <p>a) Toni Morrison
b) Alice Walker
c) Maya Angelou
d) Zora Neale Hurston</p> |
| <p>5. Which author wrote "The Chronicles of Narnia"?</p> <p>A) J.K. Rowling
B) J.R.R. Tolkien
C) C.S. Lewis (Answer)
D) Roald Dahl</p> | <p>10. Which author wrote "The Picture of Dorian Gray"?</p> <p>A) Oscar Wilde
B) Virginia Woolf
C) James Joyce
D) T.S. Eliot</p> | <p>15. Who is the author of "The Lord of the Rings" trilogy?</p> <p>a) J.K. Rowling
b) J.R.R. Tolkien (Answer)
c) C.S. Lewis
d) Roald Dahl</p> |

- Answers:**
1. Harper Lee
2. J.K. Rowling
3. F. Scott Fitzgerald
4. J.D. Salinger
5. C.S. Lewis (Answer)
6. George Orwell
7. Anne Frank
8. Jane Austen
9. J.R.R. Tolkien
10. Oscar Wilde
11. Gabriel Garcia Marquez
12. Arundhati Roy
13. Emily Bronte
14. Alice Walker
15. J.R.R. Tolkien

ASTRO SPEAK

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| <p>ARIES
The sun enters Gemini and your solar third house marking the last stretch of spring and a chance for you to expand your mind. These vibes are perfect for nurturing your curious nature, though your social side will need some attention too. You'll want to be on guard for drama within your network of peers, taking care not to get involved if negativity begins to circulate your sphere.</p> | <p>LIBRA
The sun enters Gemini and your house of spirituality this morning, elevating your spirits and intuition throughout the next month. Lean into the mystic that lives within, and you'll soon find a universe alive with magic and synchronicity. Unfortunately, a tense opposition between Mars and Pluto could temporarily rain on your parade, especially if your friends try to pull you into their drama.</p> |
| <p>TAURUS
The sun enters Gemini and your solar third house marking the last stretch of spring and a chance for you to expand your mind. These vibes are perfect for nurturing your curious nature, though your social side will need some attention too. You'll want to be on guard for drama within your network of peers, taking care not to get involved if negativity begins to circulate your sphere.</p> | <p>SCORPIO
You'll be thinking heavily about ways to evolve throughout the coming weeks, as the sun enters Gemini and your house of transformation. Use this energy to make important decisions that will lead you to a higher path, even if doing so requires a few "goodbyes." Keep tabs on your emotions as Mars and Pluto face off overhead, taking care to set boundaries and nurture your needs if you feel overly stressed.</p> |
| <p>GEMINI
Happy birthday, dearest Gemini! The sun officially enters your sign early this morning, giving you full permission to seek attention, revel in your popularity, and make things just a little bit more about you. However, you'll want to be delicate in your approach to adoration as Mars and Pluto face off, and be sure to keep your message positive and attitude light.</p> | <p>SAGITTARIUS
Get ready for lots of love and plenty of flirting, as the sun migrates into Gemini and your solar seventh house. This luminary placement will heighten your charisma and natural wits, providing you with all tools necessary to enchant your latest crush. However, you should focus on maintaining a sense of balance on your own, making time to support your mind, body, and soul in the pursuit of harmony.</p> |
| <p>CANCER
Your mind will be a busy place throughout the coming weeks, darling Cancer, as the sun enters Gemini and the sector of your chart that governs introspection. This solar placement will ask you to take stock of your life, meditating on ways to improve your overall happiness while acknowledging what you cannot control. A sweetness will wash over you this evening when the moon enters your sign.</p> | <p>CAPRICORN
The sun enters Gemini and your solar sixth house asking you to recommit to your health and wellness goals. These vibes are perfect for recommitting to consistent bedtimes, workout regimes, and overall organization, so be sure to direct your focus accordingly throughout the coming month. You'll feel a shift this evening when the moon enters Cancer, helping you reclaim a sense of balance and harmony.</p> |
| <p>LEO
Get ready for good times ahead, dear Leo, as the sun enters Gemini and the sector of your chart that governs community. Though you'll be busy shaking hands and kissing babies throughout the coming weeks, a desire to do something good will also come into play. Be sure to acknowledge the humanitarian that lives within. Just be sure to carve out some alone time this evening when the moon migrates into Cancer.</p> | <p>AQUARIUS
A rush of playful and creative energy will wash over you as the sun enters Gemini and your solar fifth house. This luminary placement will reignite your spirits, especially when you devote more time to the pursuit of fun or the arts. Unfortunately, tensions could mound within your love life as Mars and Pluto face off in our skies, but try not to let small arguments spiral into something bigger.</p> |
| <p>VIRGO
Take extra steps to nurture your professional network throughout the coming weeks, dearest Virgo, as the sun enters Gemini and your solar tenth house. This luminary placement can assist in making headway within your occupational goals, but relationships will be important as you inch your way to the top. Use this energy as motivation to get a head start.</p> | <p>PISCES
Your home will feel elevated and bustling when you awaken as the sun migrates into Gemini and the sector of your chart that governs domestic affairs. Use this energy to get organized within your space throughout the coming month, and be sure to host plenty of social gatherings. You may want to lay low for now, as Mars and Pluto face off overhead, which could put you in a private and irritable mood.</p> |