

Sky Force box office collection day 9: Akshay Kumar-Veer Pahariya film gains from Deva's slow start, nears Rs 100 crore mark



Sky Force box office collection day 9: After maintaining a steady streak in the first week of its release and even witnessing a dip in its collection on Friday, Akshay Kumar and Veer Pahariya's Sky Force saw an over 60 per cent jump in its collection on its second Saturday. According to Sacnilk, the film minted Rs 5 crore on Saturday, bringing its total domestic collection to Rs 94.5 crore. The film will soon cross the Rs 100 crore mark in India. Sky Force released in theatres on January 24 with discounted ticket prices, which helped the film start its box office journey with Rs 12.25 crore. The film witnessed an increase of 79.59 per cent in its first weekend, minting Rs 22 crore and Rs 28 crore on Saturday and Sunday, respectively. However, the movie saw a 75 per cent drop in its collection on Monday as it earned Rs 7



crore. Since then, the film has maintained a steady streak, collecting more or less a similar amount throughout its first week. While the movie received mixed reviews, positive word-of-mouth among the audience worked in its favour. However, with Shahid Kapoor's Deva releasing last Friday, Sky Force once again faces competition at the box office. Though the Shahid-starrer opened to mixed reviews, it is the only

major Hindi film currently running in theatres that is giving Sky Force tough competition. Deva opened at the box office with Rs 5.50 crore on Friday and minted Rs 6.25 crore on Saturday. On February 7, Junaid Khan and Khushi Kapoor's Loveyapa and Himesh Reshammiya's Badass Ravikumar will also release in theatres, adding to the competition for Sky Force. On Saturday, Sky Force started with 9 per cent occupancy in morning shows and witnessed a jump to 20 per cent in the afternoon. By the evening, occupancy further increased to 28 per cent. Directed by Sandeep Kewlani and Abhishek Anil Kapur, Sky Force is produced by Maddock Films and Jio Studios. The film marks the acting debut of Veer Pahariya and also stars Sara Ali Khan in a pivotal role.

Deva box office collection : Shahid Kapoor film crosses Rs 10 crore mark but lags behind his flop Batti Gul Meter Chalu

Deva box office collection day 2: Despite arriving amid significant anticipation and at a time when it has only one formidable competitor in the market, the Shahid Kapoor and Pooja Hegde-starrer Deva is struggling at the box office, with its daily collections so far being much lower than those of the actor's previous film Teri Baaton Mein Aisa Uljha Jiya. On Saturday, Deva earned only slightly more than Akshay Kumar and Veer Pahariya's Sky Force (Rs 5 crore), which is already in its second week in theatres. However, the film did see an improvement on its second day compared to its opening-day figures, giving the makers hope that it could perform better on Sunday and build traction. On Saturday, the action thriller recorded an India nett collection of Rs 6.42 crore, marking a 16.73 per cent increase from its release-day earnings of Rs 5.5 crore, taking its domestic total to Rs 11.92 crore, according to early estimates by industry tracker Sacnilk. However, during the day, production house Zee Studios stated that the film's first-day nett box office collection (NBOC) stood at Rs 5.78 crore and with a domestic gross box office collection (GBOC) of Rs 6.82 crore and an overseas GBOC of Rs 3.49 crore, Deva had surpassed the Rs 10.30 crore global gross mark on its opening day. While Deva's first two-day collection is better than Shahid's Jersey (Rs 3.1 crore and Rs 4.1 crore), it is significantly lower than his other recent films such as the superhits Teri Baaton Mein Aisa Uljha Jiya (Rs 6.7 crore and Rs 9.65 crore) and Kabir Singh (Rs 20.21 crore and Rs 22.71 crore). It even lags behind Batti Gul Meter Chalu (Rs 6.76 crore and Rs 7.96 crore), which ultimately failed at the box office. On Saturday, Deva, helmed by Rosshan Andrews, reported a modest overall occupancy rate of just 13.07 per cent in the Hindi market. While morning shows started with a weak 5.84 per cent occupancy, the rate steadily improved throughout the day - rising to



11.28 per cent in the afternoon, 14.20 per cent in the evening and peaking at 20.96 per cent during night screenings. In her review of the movie, SCREEN's Shubhra Gupta wrote, "There are at least a couple of instances when Shahid Kapoor does come alive, reminding us of the actor that he can be. Both are scenes in which he allows his character to be vulnerable."

Recipes

Motichoor Laddoo



Ingredients

- 2 1/2 cup gram flour (besan)
- 2 cup virgin olive oil
- 2 pinch baking soda
- 1 1/2 teaspoon green cardamom
- 1/2 teaspoon edible food color
- For The Main Dish
- 3 cup sugar
- 2 cup water

Method:

To make this traditional Indian sweet at home, take a large bowl to add 2 1/2 cups of gram flour; then mix orange colour and mix it well. Then, add some water and a little baking soda. Blend the mixture well and make sure there are no lumps. Once the blend attains a perfect consistency, it's time to move to the next step. Now, heat olive oil in a large deep frying pan. Place a perforated ladle (jhada) on top of the oil and add some of the batter. Slowly let the boondi batter fall in the oil and cook them on a low flame, till properly cooked. Once done, place the boondi on a tissue paper to remove excess oil. Then, take a pan and add some water and sugar; allow this blend to boil until it attains a two-string consistency. Then add some cardamom powder and let it cook. Then add the boondis and cook till the sugar syrup and boondi is perfectly mixed. Cover it with the lid and turn off the flame. Grease your hands with a little ghee and start shaping the laddoos. Place them in an open tray and garnish with some crushed nuts and indulge in the goodness.

7-day easy workout plan for office-going women



A busy work schedule can make it challenging to find time for a workout, but with a well-designed 7-day easy workout plan, office-going women can incorporate exercise into their daily routines to stay fit, healthy, and energized. This plan focuses on simplicity and can be adapted to suit various fitness levels. It includes a combination of cardio, strength training, and flexibility exercises to provide a holistic approach to fitness. Day 1: Cardio kickstart (20 minutes) Start the week with a cardio workout to boost your energy levels. You can do a quick, 20-minute home-based cardio routine. Consider activities like jumping jacks, high knees, or dancing to your favorite music. Make sure to warm up and cool down with some stretching exercises to prevent injury. Day 2: Core strengthening (15 minutes) On Day 2, concentrate on your core muscles. Planks, leg raises, and bicycle crunches are excellent options. A 15-minute core workout can help improve your posture, stability, and overall strength. Day 3: Rest and stretch (10 minutes) Rest days are essential for recovery. Use this time to perform gentle stretching exercises, focusing on your major muscle groups. Stretching improves flexibility and reduces muscle tension, helping

you feel more relaxed and less prone to injury. Day 4: Upper body strength (15 minutes) You don't need weights to work on your upper body. Try push-ups, tricep dips, or wall angels to tone your arms, shoulders, and upper back. A 15-minute upper body workout can build strength and enhance posture. Day 5: Cardio blast (20 minutes) For Day 5, go for another cardio session. A brisk walk or a jog in the morning, or even a short home-based cardio workout, can elevate your heart rate and enhance your cardiovascular fitness. Remember to warm up and cool down to safeguard your muscles and joints. Day 6: Lower body focus (15 minutes) Target your lower body with exercises like squats, lunges, and calf raises. A 15-minute lower body workout helps tone your legs and glutes and can enhance overall lower body strength and stability. Day 7: Yoga and relaxation (20 minutes) Finish the week with a gentle yoga session that focuses on relaxation and flexibility. Yoga can help alleviate stress, improve balance, and increase your range of motion. Spend 20 minutes practicing yoga poses and deep breathing to feel rejuvenated and centered.

Things that negatively impact your skin ahead of the wedding



As your wedding day approaches, you're likely caught up in the hustle and bustle of planning and preparing. Amidst all these tasks, it's easy to overlook a crucial element: your skin. Your skin plays an essential role in enhancing your bridal beauty. However, you might be surprised to learn that these factors can act as roadblocks on your journey to achieving the perfect wedding day glow. Sleeping with Makeup On: One of the most harmful habits is going to bed with makeup still on your face. Makeup can clog your pores, leading to breakouts and skin irritation. So, make it a non-negotiable part of your daily routine to cleanse your face before hitting the hay. Skipping Sunscreen: Sunscreen should be your best friend in the months leading up to your wedding, and for life. Not only does it protect your skin from harmful UV rays, but it also helps maintain a youthful appearance. Wearing sunscreen is vital for preventing issues like

hyperpigmentation and sunspots, making it essential for those seeking even-toned skin. Outdoor Air Pollution: Air pollution isn't just bad for your lungs; it's also detrimental to your skin. Living in urban areas, especially in narrow streets with high-rise buildings, can expose your skin to more pollutants. Pollution can weaken your skin's protective barrier, contributing to skin problems. While the full extent of the impact is still not fully understood, it's crucial to be aware of the air you breathe, both indoors and outdoors. Indoor Air Pollution: Your home isn't always a safe haven for your skin either. The air inside your house can be polluted due to various factors, including cooking, cleaning, and the use of products like aerosols and candles. You might not realize it, but the indoor environment plays a significant role in your skin's health. Ensuring good ventilation and minimizing indoor pollution sources can help. Pimple Popping and Skin Picking: It's time to break the habit of popping pimples and picking at your skin. It can spread bacteria and increase the risk of post-acne marks, which can last longer than the original pimple. Instead, consider using over-the-counter spot treatments, hydrocolloid pimple patches, or consult a dermatologist for faster resolution, says Dr. Ipsita Johri. Neglecting Tech Hygiene: We're constantly touching our cell phones and holding them close to our faces. This can transfer dirt and bacteria to your skin, especially if you have acne-prone skin. To combat this, regularly clean your phone screen with an antibacterial cleanser. Don't forget about wired headphones, which may hang over your cheeks - they should be cleaned regularly as well.

General Knowledge Question Answers

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| 1. Name the first non-Indian who received the Bharat Ratna award?<br>(A) Khan Abdul Ghaffar Khan<br>(B) Mother Teresa<br>(C) Martin Luther King<br>(D) Aulin Mehta | (D) Iron Ore<br>6. Who was the last Mughal Emperor?<br>(A) Akbar<br>(B) Noor Jehan<br>(C) Bahadur Shah<br>(D) Babur                    | 11. Which one among the following radiations carries maximum energy?<br>(A) Ultraviolet rays<br>(B) Gamma rays<br>(C) X-rays<br>(D) Infra-red rays |
| 2. In which year, the Mother Teresa won the Nobel Peace Prize?<br>(A) 1975<br>(B) 1982<br>(C) 1981<br>(D) 1979   | 7. The Indian state which leads in agricultural production is<br>(A) Punjab<br>(B) Haryana<br>(C) Karnataka<br>(D) Tamil Nadu          | 12. Bokaro Steel Limited was set up with the assistance of<br>(A) USA<br>(B) Germany<br>(C) UK<br>(D) Soviet Union                                 |
| 3. For making bullet-proof glass, which one of the following glasses is used?<br>(A) Soda glass<br>(B) Reinforced glass<br>(C) Jena glass<br>(D) Pyrex glass       | 8. The longest mountain range in the world is known as:<br>(A) The Himalayas<br>(B) The Alps<br>(C) The Rockies<br>(D) The Andes       | 13. The Headquarters of WTO (World Trade Organization) is situated in<br>(A) Montreal<br>(B) Geneva<br>(C) Seattle<br>(D) The Hague                |
| 4. Which substance is used to retard the setting action of cement?<br>(A) AlO<br>(B) CaO<br>(C) NaO + KO<br>(D) CaSO.2HO   | 9. The most populous city in the world is<br>(A) Paris<br>(B) Tokyo<br>(C) Peking<br>(D) London  | 14. Which was the second Italian Satellite launched from Soviet Union?<br>(A) Bhaskar-1<br>(B) Aryabhata<br>(C) Rohini<br>(D) Apsara               |
| 5. The mineral in which India depends largely on imports is<br>(A) Mercury<br>(B) Mica<br>(C) Bauxite  | 10. Which state among the following produces maximum soybean?<br>(A) Bihar<br>(B) Uttar Pradesh<br>(C) Madhya Pradesh<br>(D) Rajasthan | 15. The metal whose salts are sensitive to light is<br>(A) Copper<br>(B) Zinc<br>(C) Silver<br>(D) Gold  |

- 15. Silver
- 14. Bhaskar-1
- 13. Geneva
- 12. Soviet Union

- 11. Gamma rays
- 10. Madhya Pradesh
- 9. Tokyo
- 8. The Andes

- 7. Punjab
- 6. Bahadur Shah
- 5. Mercury
- 4. CaSO.2HO

- 3. Reinforced glass
- 2. Iron Ore
- 1. Khan Abdul Ghaffar Khan

ASTRO SPEAK

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|---|---|
| <b>ARIES</b><br>MAR 21 - APR 20<br>Today's skies offer the break you've been needing, Aries. The moon sits through mentally active Aquarius, imploring you to reach out and connect with your community and friend groups—without the burden of yesterday's tensions. Even though Aries are notorious for being individualistic, you'll feel at your best when you're a part of something larger than yourself.   | <b>LIBRA</b><br>SEP 24 - OCT 22<br>Libras despise tense confrontations of any kind. While yesterday's skies made that quite apparent, today the cosmos offer a moment to mend and release—as the moon peacefully floats through objective Aquarius. Relationships may have gotten rocky recently, so with today's amicable skies, work to patch things up with a lover.   |
| <b>TAURUS</b><br>APR 21 - MAY 20<br>You've been facing some setbacks in advancing your career, Taurus. Mars and Saturn are both working hard to restructure and reframe what you want to do with your life, and that can feel extremely disorienting. The moon, on the other hand, floats agenda less through visionary Aquarius this afternoon—sensitizing you to your public reputation and helping you further contemplate your next move.           | <b>SCORPIO</b><br>OCT 23 - NOV 22<br>The concept of home has been more important to you than ever, Scorpio. Today's Aquarius moon sensitizes you to your home base and your connection to family. You need reassurance now that the foundations you're building are the right ones. Mars and Saturn in Aquarius are working to reframe your living environment, helping you get deeply in touch with what you require in a home.  |
| <b>GEMINI</b><br>MAY 21 - JUN 20<br>Break your routine in whatever way you can today, Gemini. The moon floats through high-minded Aquarius this afternoon, pulling you into a dreamworld of potential "what if's" in your grand view of life. Get lost in the world of a foreign film, begin a new book, or do something out of the ordinary to keep that curious mind of yours content.  | <b>SAGITTARIUS</b><br>NOV 23 - DEC 22<br>A much needed wave of relief washes over your mind this afternoon, Sagittarius. The moon floats through freethinking Aquarius today, totally uninhibited from other contacts in the sky. This gives you time to gather your thoughts and understand what's next for you. Communication is critical to your comfort today, and need for exchanges in your environment.  |
| <b>CANCER</b><br>JUN 22 - JUL 23<br>Today's skies are less emotionally stirring than yesterday's skies, Cancer. The moon tiptoes through mentally stimulated Aquarius, making no aspects to other planets throughout the day. This signals that it's best to keep extroverted or initiatory actions to a minimum. Partnership, intimacy, and psychological explorations dominate your thoughts today—so crack open up a deep conversation with a lover. | <b>CAPRICORN</b><br>DEC 23 - JUL 20<br>You've been waiting for an alleviating moment for a while now, Capricorn. Today's skies deliver you the break you've been craving, as there's relatively little action throughout the day. The moon ambles through offbeat Aquarius throughout the day, calling attention to your natural abilities and talents and asking you to reignite your interests in things you've left on the back burner. Get lost in it and love what you do. |
| <b>LEO</b><br>JUL 24 - AUG 23<br>You've been rearranging your perspective on life and all of its functions recently, Leo. The cosmos of late haven't been so easy to navigate, especially on one's own. Today's skies lighten the load as the moon floats through other-oriented Aquarius, drawing you to a deeper understanding of relationship matters. Your one-on-ones take priority today, so refrain from keeping everything to yourself.         | <b>AQUARIUS</b><br>JAN 21 - FEB 23<br>Today calls attention to your appearance and physical health, Aquarius. The moon ambles freely through your sign throughout the afternoon, making no aspects to other planets and leaving you to your own devices. Today's skies are unequivocally lighter than the past few days, so take advantage of the levity and reconnect with your body.  |
| <b>VIRGO</b><br>AUG 24 - SEP 23<br>You need a project to unleash your energy towards right now, Virgo. Today's cosmic mix is undoubtedly easier to handle than the past few days, as the moon floats solo through visionary Aquarius. Work, errands, health, and exercise are calling out for your attention today. So, tune into your body and pick a project that you can activate your natural busybody tendencies.                                  | <b>PISCES</b><br>FEB 20 - MAR 20<br>Alone time is important to foster in your environment today, Pisces. The moon drifts without a care in the world through Aquarius this afternoon, lifting the crushing weight of your shoulder the past few days. Your sensitivities are running high today and you still may wish to refrain from much interaction with other people. Silence your phone, run a bath, and let your spirit refresh itself.                                  |