

Badass Ravikumar box office collection day 1: Himesh Reshammiya starrer earns Rs 2 crore; emerges as the highest



Badass Ravikumar, starring Himesh Reshammiya and Emraan Hashmi in main roles has smashed box office

with its collections. The film managed to collect Rs 2.75 crores net on its opening day. Read on to know more.

Himesh Reshammiya's most awaited action musical Badass Ravikumar was released in cinemas and the film has man-

aged to win hearts. The film started on a good note and within no time, it has become the biggest opener of Himesh Reshammiya. Coming from The Xpose's universe, Badass Ravikumar is an ode to the 1980s Bollywood and a spoof-actioner who talks about physics laws and logic. The film has recorded an overall Hindi occupancy of 17.28% on its first day and the morning shows have witnessed 13% growth.

Badass Ravikumar box office collection day 1

The film features Prabhu Deva, Kirti Kulhari, Sanjay Mishra, Johnny Lever in pivotal roles. As per the trade tracking portal Saenilk, the early estimate of Badass Ravikumar is around Rs 2.75 crores. This film will be the biggest opening for Himesh. Himesh's last biggest opener was The Xpose which earned Rs 2.97 crores on its first day.

The storyline of the film is set in the 80s, where there is a reel that contains secret information about India that Pakistan wants to use against the country. Ravi Kumar (Himesh Reshammiya) steps in to stop Pakistan from causing harm to his country. During Himesh's mission, several challenges arise, how he will handle them will be shown in the film.

Badass Ravikumar got mixed reviews from critics and several netizens lauded Himesh for his performance. The film is directed by Keith Gomes and has clashed with Aamir Khan's son Junaid Khan and Boney Kapoor-Sridevi's daughter, Khushi Kapoor's Loveyapa. Well, the rom-com is directed by Secret Superstar and Laal Singh Chaddha director Advait Chauhan.

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.

What your feet can tell you about your health

It is the need of the hour to evaluate the underlying cause behind the problem and then initiate timely treatment, said Dr Anup Khatri, senior consultant, orthopedics, Gleneagles Hospital, Parel, Mumbai

Just like your eyes are a mirror of your soul, your feet can reflect a lot about your health and even hint at underlying health issues that require immediate attention.

Elaborating on the same, dietician Nidhi Gupta took to Instagram to share common health issues, the first signs of which can be seen on the feet. Agreeing, Dr Anup Khatri, senior consultant, orthopedics, Gleneagles Hospital, Parel, Mumbai said, "It is the need of the hour to evaluate the underlying cause behind the problem and then initiate timely treatment. One has to pay attention to the diet and follow the treatment guidelines given by the doctor," said Dr Khatri.

Some common signs are:

Swelling: Swelling in the feet could indicate low kidney function, heart disease, liver disease, or pregnancy. "Arthritis and vitamin D deficiency can cause ankle pain," said Dr Anup Khatri, senior consultant, orthopedics, Gleneagles Hospital, Parel, Mumbai.

Spider veins: Often linked to high estrogen levels, birth control pills, or pregnancy. If you're experiencing this, it may be worth discussing with your doctor, especially if it's causing discomfort, said Gupta.

Cracked feet: A common sign of vitamin B2 (Riboflavin), B3 (Niacinamide) and Omega 3 deficiency. "Ensuring adequate intake of this vitamin through diet or supplements can help improve skin health," said Dr Gupta. Dr Khatri said that vitamin B12 deficiency might manifest through nerve-related discomfort and tingling, often seen when the body's ability to produce myelin is impacted.



Dr Khatri also pointed out that one cause is insufficient intake of essential fatty acids, particularly Omega-3s. "These healthy fats play a critical role in maintaining skin elasticity and hydration," said Dr Khatri.

Tingling and numbness: These symptoms could indicate a vitamin B12 deficiency. "Addressing this deficiency through dietary changes or supplements can alleviate these sensations," said Gupta.

Cold feet: This might be due to iodine deficiency or anaemia. "Ensuring sufficient iodine intake and addressing any potential anemia can help warm things up," said Gupta.

Muscle cramps and spasms: These are often related to magnesium deficiency, said Gupta, adding that incorporating magnesium-rich foods or supplements can help reduce muscle cramping. Agreeing, Dr Khatri said that one must pay attention to the diet and include magnesium-rich foods such as spinach, quinoa, and avocado.

You should include this 'goddess glow juice' in your diet for supple skin and strong immunity

Walking into 2025, many of us have decided to embark on a journey marked by clean eating and drinking, along with practicing habits that help bring out the best version of ourselves – be it in terms of diet, fitness or beauty. Beauty author Vasudha Rai is a pioneer in this endeavour. Taking to Instagram, she shared a video documenting a quick recipe for a "goddess glow juice" that claims to help you enter your "goddess era" in 2025.

Serves two:

- 2-3 beetroots (depending on the size)
- 6-8 carrots (depending on the size)
- 5 Amla berries
- A small stump of raw turmeric
- Another small stump of ginger

"All swished into a cold pressed juicer and consumed fresh. If you don't have a juicer, just blend everything in a mixer and strain. I use the leftover pulp to enrich the soil in my garden," she added in the caption of her post. Meenu Balaji, Chief Nutritionist at Pragmatic Nutrition, shared that the juice, made with carrot, beetroot, amla, raw turmeric, and ginger, is rich in nutrients that support skin health, and immunity.

What are its health benefits?

- 1. Carrots:** High in beta-carotene. This is important for skin repair, vision, and immunity..
- 2. Beetroot:** Rich in nitrates which improves blood flow. It also helps with skin health as it has many antioxidants.
- 3. Amla:** Packed with vitamin C for collagen production and immunity.



4. Turmeric: Contains curcumin, an anti-inflammatory and antioxidant.

5. Ginger: Aids in digestion and supports gut health.

Having listed out the health benefits of the ingredients, Bajaji shared that the juice comes with a couple risks to be kept in mind. "Raw foods with high fiber may cause bloating. Foods like amla, when taken in empty stomach can irritate the stomach lining and cause discomfort. Beetroot, turmeric, and amla are high in oxalates, which may increase stone risk. It is best to avoid these foods, if you are prone to developing kidney stones," she warned.

Balaji suggested taking this juice first thing in the morning. However, for better nutrient absorption and to minimize stomach irritation, she added that mid-morning would be a better time to drink it.

General Knowledge Question Answers

1. Name the first non-Indian who received the Bharat Ratna award?

- (A)Khan Abdul Ghaffar Khan
- (B)Mother Teresa
- (C)Martin Luther King
- (D) Aubin Mehta

2. In which year, the Mother Teresa won the Nobel Peace Prize?

- (A) 1975
- (B) 1982
- (C) 1981
- (D) 1979

3. For making bullet-proof glass, which one of the following glasses is used?

- (A) Soda glass
- (B)Reinforced glass
- (C) Jena glass
- (D)Pyrex glass

4. Which substance is used to retard the setting action of cement?

- (A) AlO
- (B) CaO
- (C) NaO + KO
- (D) CaSO.2HO

5. The mineral in which India depends largely on imports is

- (A)Mercury
- (B)Mica
- (C)Bauxite

(D)Iron Ore

6. Who was the last Mughal Emperor?

- (A) Akbar
- (B)Noor Jehan
- (C)Bahadur Shah
- (D) Babur

7. The Indian state which leads in agricultural production is

- (A)Punjab
- (B) Haryana
- (C) Karnataka
- (D) Tamil Nadu

8. The longest mountain range in the world is known as:

- (A)The Himalayas
- (B)The Alps
- (C)The Rockies
- (D)The Andes

9. The most populous city in the world is

- (A) Paris
- (B) Tokyo
- (C) Peking
- (D) London

10. Which state among the following produces maximum soybean?

- (A) Bihar
- (B) Uttar Pradesh
- (C) Madhya Pradesh
- (D) Rajasthan

11. Which one among the following radiations carries maximum energy?

- (A) Ultraviolet rays
- (B) Gamma rays
- (C) X- rays
- (D) Infra-red rays

12. Bokaro Steel Limited was set up with the assistance of

- (A) USA
- (B) Germany
- (C) UK
- (D)Soviet Union

13. The Headquarters of WTO (World Trade Organization)is situated in

- (A) Montreal
- (B) Geneva
- (C) Seattle
- (D) the Hague

14. Which was the second Italian Satellite launched from Soviet Union?

- (A) Bhaskar-1
- (B) Aryabhata
- (C) Rohini
- (D) Apsara

15. The metal whose salts are sensitive to light is

- (A) Copper
- (B) Zinc
- (C) Silver
- (D) Gold

ASTRO SPEAK

ARIES



MAR 21 - APR 20

Today's skies offer the break you've been needing, Aries. The moon sifts 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.

LIBRA



SEP 24 - OCT 22

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.

TAURUS



APR 21 - MAY 20

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.

SCORPIO



OCT 23 - NOV 22

The concept of home has become 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.

GEMINI



MAY 21 - JUN 20

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 ifs" 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.

SAGITTARIUS



NOV 23 - DEC 22

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.

CANCER



JUN 22 - JUL 23

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 overextroverted 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.

CAPRICORN



DEC 23 - JUL 20

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.

LEO



JUL 24 - AUG 23

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.

AQUARIUS



JAN 21 - FEB 23

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.

VIRGO



AUG 24 - SEP 23

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.

PISCES



FEB 20 - MAR 20

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 off 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.