

Randeep Hooda recalls being jobless for 11 years; speaks about slipping into depression and selling household items for survival



Randeep Hooda is an underrated actor who has proved his mettle with every film, there is no bad film of the actor till date. Randeep is all set for his next Swatantra Veer Savarkar and ahead of the release of his film based on the freedom fighter, the actor got candid about being jobless for 11 years. Randeep in his latest conversation with Humans of Bombay spoke about slipping into depression for not getting any work and how this one film prep wasted his life for three long years. Swatantra Veer Savarkar actor Randeep Hooda had no work for 11 years in Bollywood; sold his car and household items for living. Randeep Hooda revealed how in 23 years long career he did not any work for 11 years. The actor who has won accolades for portraying characters in films like Highway, Sarbjit, and more revealed he survived in the industry without work and there was a time when he sold his car, and household items for a living. Randeep recalls putting on wrought as he went into depression. Sharing how the prep for Battle of Saragarhi took a toll on his body and how the film shelved and affected him financially. Randeep who is very passionate about horses added that he didn't sell his horse even in those bad times. Later he picked himself and promised his parents of never being in such a bad state. 'I took it one at a time', added Randeep. Indeed those who feel and have a perception of the actor's life is all hunky dorky and this story of Randeep Hooda one more time gives a reality check. Swatantra Veer Savarkar has been released today and people are calling it one of the most defining performances in Randeep's acting career.

Ae Watan Mere Watan: Sara Ali Khan proves her versatility as she turns Usha Mehta for patriotic drama



Sara Ali Khan is one of that upcoming actress in the industry who is shining bright day by day. After her portrayal of Bambi, which received a lot of appreciation and following that she also captures the hearts of the audiences in the movie Ae Watan Mere Watan, playing the role of the unsung hero of India, Usha Mehta. Sara's portrayal of a freedom fighter in the movie Ae Watan Mere Watan undoubtedly showcases her versatility, depth, and commitment to her craft. As the movie transports audiences to the era of India's fight for independence, where Usha Mehta emerges as a beacon of hope and resilience. Sara Ali Khan's portrayal of Usha Mehta is a masterclass in character transformation, capturing the essence of the real-life figure with striking authenticity. Whether leading underground radio broadcasts or participating in acts of civil disobedience, she infuses every scene with passion and determination, giving the audience a feel of the fight for freedom during pre-independence time. Sara is the only youngest actress who showed courage to play a role of an unsung hero.

Katrina Kaif called Vicky Kaushal Khadoos during their dating phase and the reason will baffle you

Katrina Kaif and Vicky Kaushal's love story is one of the most adorable ones. Karan Johar played the cupid for Katrina and Vicky and Bollywood got one of the most good-looking and adorable celebrity couples. After the cupid struck, Katrina and Vicky dated each other for a while before getting married in a close-knit ceremony at the Six Senses Fort Barwara. Of late, Vicky has been sharing unknown things about his personal life. And in the latest interaction, Vicky revealed what Katrina thought of him during their dating phase. In a new interaction, Vicky Kaushal was if there was anything about him that Katrina Kaif found to be very annoying. The Zara Hatke Zara Bachke actor reveals that Katrina found him to be very grumpy and would call him khadoos for the first two years of their relationship. Vicky also says that the Tiger 3 actress does not like his stubbornness. He was asked if it was because he was not the first one to say sorry. Vicky reveals that he is the first one to say sorry but admits to being very stubborn until he is convinced about something. It is then that he reveals on No Filter Neha that for two years, Katrina felt that his 'resting face is Khadoos'.



Recipes

Iced Pumpkin Cookies



Ingredients
 2½ cups all-purpose flour
 1 teaspoon baking powder
 1 teaspoon baking soda
 2 teaspoons ground cinnamon
 ½ teaspoon ground nutmeg
 ½ teaspoon ground cloves
 ½ teaspoon salt, ½ cup butter, softened
 1½ cups white sugar
 1 cup canned pumpkin puree
 1 egg, 1 teaspoon vanilla extract
 2 cups confectioners' sugar
 3 tablespoons milk
 1 tablespoon melted butter
 1 teaspoon vanilla extract

Method:
 Preheat oven to 350 degrees F (175 degrees C). Combine flour, baking powder, baking soda, cinnamon, nutmeg, ground cloves, and salt; set aside.
 In a medium bowl, cream together the 1/2 cup of butter and white sugar. Add pumpkin, egg, and 1 teaspoon vanilla to butter mixture, and beat until creamy. Mix in dry ingredients. Drop on cookie sheet by tablespoonfuls; flatten slightly.
 Bake for 15 to 20 minutes in the preheated oven. Cool cookies, then drizzle glaze with fork.
 To Make Glaze: Combine confectioners' sugar, milk, 1 tablespoon melted butter, and 1 teaspoon vanilla. Add milk as needed, to achieve drizzling consistency.

These 5 sleep-time hacks will help you lose belly fat



Weight loss is a journey that can be accomplished only with a complete lifestyle change. It is important for you to cut down your calorie intake as best as you can and complement that with regular exercise. However, it is as important for you to get a good night's sleep and complete rest to help you lose belly fat. Sleep deprivation can affect your ability to judge what is right for your body causing you to succumb to fatty and sugary cravings and also make you binge on food. Moreover, you can also shed weight while you sleep by following these simple bedtime hacks.

Ensure cooler room temperature
 You invariably need some good fats in your body, some of which also aid in losing weight. Brown fat, also known as brown adipose tissue, is used to get your body acclimatized to your surroundings. This fat is activated by cold temperature and acts as an internal heating jacket for your body. This activates more brown fat cells and helps you burn fat. Therefore, sleeping cold may actually help you lose a few extra kilos. The more the amount of brown fat in your body, the less is the amount of white fat. White fat, like that around your belly,

stores energy we get from food.

Sleep in a dark room
 You must sleep in absolute complete darkness to help you lose those extra kilos. For complete darkness, turning off the lights might not be the only thing you need to do. You might want to draw your curtains to blocks lights from your window as well. A dark room helps your body produce melatonin which is a sleep-promoting hormone. Even a slight light exposure can impede the production of melatonin in the body. Melatonin also influences your metabolism and especially helps in converting brown fat to white fat.

Have green tea before bed
 Green tea might actually be more sleep-friendly than you think, even though it contains caffeine. Green tea contains a number of compounds that can help you burn fat. Antioxidants like ECGC can help you improve your metabolism. Caffeine, too, helps in stimulating the brown fat in your body. Green tea only contains one-third of the caffeine present in a cup of coffee.

Switch off your phone
 The moment you have an electronic device in your bedroom, the more distracted you are right before you go to sleep. This means you sleep less. The less you sleep the more the body tries to make up for it by overeating. Reduced energy also means you are not as active throughout the day which impacts the amount of physical activity you get. Also, blue light that is emitted from phones may hamper melatonin production in the body. It might be best to keep your phones away when you sleep if you want to shed that extra weight.

Sleep early
 Even if you think otherwise, you are burning calories as you sleep. Your body burns more calories when you are in deep sleep. Thus, the longer you sleep soundly, the more calories you burn. This is because your brain is most active during REM sleep or deep sleep. The brain uses energy and thus your body continues to produce glucose to fuel your brain.

DIY hair sprays to smoothen out frizzy hair



Dealing with frizzy hair can be a challenge, especially when you're looking to achieve smooth, sleek locks. Fortunately, there are several DIY hair sprays you can make at home to tame frizz and add shine to your hair. Here are five simple and effective recipes to help you achieve your desired look:

Coconut milk and aloe vera hair spray:
 Mix together 1/2 cup of coconut milk and 2 tablespoons of aloe vera gel in a spray bottle. Shake well to combine the ingredients thoroughly.
 Spray the mixture onto damp or dry hair, focusing on the areas prone to frizz.
 Allow your hair to air dry or use a blow dryer on low heat to style as desired. This hair spray is rich in moisturizing properties, thanks to the coconut milk and aloe vera, which help to smooth out frizz and leave your hair feeling soft and manageable.

Apple cider vinegar and water hair rinse:
 Dilute 1/4 cup of apple cider vinegar with 1 cup of water in a spray bottle.
 Shake well to mix the ingredients evenly.

After shampooing and conditioning your hair, spray the mixture onto your hair and scalp.
 Massage it into your hair and scalp for a few minutes, then rinse thoroughly with water.

Apple cider vinegar helps to balance the pH levels of your hair, reducing frizz and adding shine. It also helps to remove product buildup and residue, leaving your hair feeling fresh and revitalized.

Argan oil and lavender hair mist:
 Combine 1 tablespoon of argan oil with 1 cup of distilled water in a spray bottle.
 Add 5-10 drops of lavender essential oil for a pleasant scent and added benefits.
 Shake the bottle well to ensure the oils are evenly distributed.
 Spritz the mist onto damp or dry hair, focusing on the ends to help smooth out frizz and add moisture.
 Argan oil is rich in vitamins and antioxidants that nourish and hydrate the hair, while lavender oil has calming properties that help to soothe the scalp and reduce frizz.

Flaxseed gel hair setting spray:
 Boil 1/4 cup of flaxseeds in 2 cups of water until a gel-like consistency is achieved.
 Strain the mixture through a fine sieve or cheesecloth to remove the seeds, then allow it to cool.
 Pour the gel into a spray bottle and store it in the refrigerator to prolong its shelf life.
 Spray the gel onto damp hair before styling to help hold your desired look and keep frizz at bay.
 Flaxseed gel is a natural hair styling aid that provides flexible hold without leaving your hair feeling stiff or crunchy. It also contains omega-3 fatty acids, which help to nourish and strengthen the hair strands.

General Knowledge Question Answers

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| 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) Aulin Mehta | (D) Iron Ore
6. Who was the last Mughal Emperor?
(A) Akbar
(B) Noor Jehan
(C) Bahadur Shah
(D) Babur | 11. Which one among the following radiations carries maximum energy?
(A) Ultraviolet rays
(B) Gamma rays
(C) X-rays
(D) Infra-red rays |
| 2. In which year, the Mother Teresa won the Nobel Peace Prize?
(A) 1975
(B) 1982
(C) 1981
(D) 1979 | 7. The Indian state which leads in agricultural production is
(A) Punjab
(B) Haryana
(C) Karnataka
(D) Tamil Nadu | 12. Bokaro Steel Limited was set up with the assistance of
(A) USA
(B) Germany
(C) UK
(D) Soviet Union |
| 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 | 8. The longest mountain range in the world is known as:
(A) The Himalayas
(B) Geneva
(C) The Rockies
(D) The Andes | 13. The Headquarters of WTO (World Trade Organization) is situated in
(A) Montreal
(B) Geneva
(C) Seattle
(D) the Hague |
| 4. Which substance is used to retard the setting action of cement?
(A) AlO
(B) CaO
(C) NaO + KO
(D) CaSO.2HO | 9. The most populous city in the world is
(A) Paris
(B) Tokyo
(C) Peking
(D) London | 14. Which was the second Italian Satellite launched from Soviet Union?
(A) Bhaskar-1
(B) Aryabhata
(C) Rohini
(D) Apsara |
| 5. The mineral in which India depends largely on imports is
(A) Mercury
(B) Mica
(C) Bauxite | 10. Which state among the following produces maximum soybean?
(A) Bihar
(B) Uttar Pradesh
(C) Madhya Pradesh
(D) Rajasthan | 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 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.
- 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 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.
- 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 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.
- 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.