

Ahead of wedding, Ayan Mukerji releases love poster of Ranbir Kapoor, Alia Bhatt's Brahmastra; Drops a hint



All eyes are on Ranbir Kapoor and Alia Bhatt ever since the news of their wedding has come out. Well, the lovebirds have recently wrapped up the shoot of their much-awaited film Brahmastra. We have all seen the first look of Ranbir and Alia respectively and today, just a few days ahead of their wedding, Ayan Mukerji dropped a poster featuring the two together and called it the love poster of Brahmastra. Along with it the filmmaker also hinted at some 'extra love in the air these days'.

In the poster, we can see a bruised Ranbir Kapoor holding Alia Bhatt in his arms as both of them stand with their eyes closed and heads touching each other. Along with the poster, we also get to hear a few lines from the first song from the movie. Sharing this poster, Ayan wrote, "Love is the Light! Part One: Shiva... is what this first chapter of Brahmastra is now called. But for the longest time, it used to be... Part One: Love. Because at its core, Brahmastra is about the Energy of Love. A Love - that spread like Fire, beyond the Movie, and into Life. So here it is, our Love Poster!"

Ayan further added, "The Time feels Right for it... There is some extra love in the air these days! :) (And with it, a little piece of the magic of Kesariya, Pritam (Dada), Amitabh Bhattacharya, Arijit...) Shiva & Isha. Ranbir & Alia. Love - The Greatest Astra! #happytimes #kesariya #brahmastra".

Here's how you can make your evening snack delicious, healthy

In today's fast-paced world and lifestyle, snacking has become an integral part of the daily diet. But most snacks consumed today skew toward prepackaged and processed foods, that only add calories, but very little of anything else. Hence it is important to provide healthy yet tasty alternatives that are changing the quick snack culture in India.

Rishab Jain, founder of Mr. Makhana from Mehak Group of Industries and Anubhav Gupta, founder of Wonderland Foods list reason on how to make evening snack delicious as well as healthy.

* Opt for Makhana (Fox nut)

* Makhana is easy on the body and provides a wholesome alternative to unhealthy binging. They also known as a great guilt-free snack around the world.

* With properties such as low in cholesterol, fat and sodium, they make for an ideal snack to satiate those in-between meal hunger pangs.

* They are beneficial to those suffering from high blood pressure, heart diseases and obesity due to their high magnesium and low sodium content. Besides this, makhana acts as an antioxidant, very light and good for digestion.

* While it is roasted in Olive oil, its mild flavour makes them a perfect everyday snack for all age groups. For the older audience, it is the perfect choice as an anti-ageing enzyme in these seeds are said to help repair damaged proteins.

* With the idea of catering to all Indian taste buds and all sections of the society, manufacturers are now introducing interesting flavours which are adaptable to the Indian palettes. The aware and health-conscious Indian audience has now definitely



started using Makhana as a substitute to Popcorn, evening or late night snacking.

One can also try other variants of snacks.

* Nuts: Nuts are nature's way of showing us that good things come in small packages. These bite-size nutritional powerhouses are packed with heart-healthy fats, protein, vitamins, and minerals.

* Almonds: These are highly nutritional nuts rich in Vitamin E, Calcium, Iron amongst many others. Besides being great in taste, eating almonds boosts brain health, greatly effects weight loss, lowers your cholesterol and reduces your hunger, hence, lowering your overall calorie intake.

* Walnuts: Walnuts are most often eaten on their own as a snack. However, they can be added to salads, pastas, desserts, breakfast cereals, soups and baked goods as well. They're often referred to as "brain food".

* Berries: They are sweet superfruits with an unending list of benefits.

* Blueberries: Sweet in flavor, these berries are succulent and nutritious. They are the King of antioxidant foods, boost immunity, manage diabetes and help prevent cancer. Raw or dried, you can add either to your breakfast cereal/ smoothie or just sprinkle some over your garden salad and you're good to go.

* Cranberries: These little red berries are a delectable, popular and healthful food. They not only help guard against UTIs, heart disease, types of cancer, and the flu, but benefits oral health too. You can eat them in their raw state, but if the zesty flavor of fresh berries is not your thing, you can go for readily available jams or dried cranberries.

General Knowledge Question

1. Brass gets discoloured in air because of the presence of which of the following gases in air?

- A. Oxygen
- B. Hydrogen sulphide
- C. Carbon dioxide
- D. Nitrogen

2. Which of the following is a non metal that remains liquid at room temperature?

- A. Phosphorous
- B. Bromine
- C. Chlorine
- D. Helium

3. Chlorophyll is a naturally occurring chelate compound in which central metal is

- A. Copper
- B. Magnesium
- C. Iron
- D. Calcium

4. Which of the following is used in pencils?

- A. Graphite
- B. Silicon
- C. Charcoal
- D. Phosphorous

5. Which of the following metals forms an amalgam with other metals?

- A. Tin
- B. Mercury
- C. Lead
- D. Zinc

6. Chemical formula for water is

- A. NaAlO₂
- B. H₂O
- C. Al₂O₃
- D. CaSiO₃

7. The gas usually filled in the electric bulb is

- A. Nitrogen
- B. Hydrogen
- C. Carbon dioxide
- D. Oxygen

8. Washing soda is the common name for

- A. Sodium carbonate
- B. Calcium bicarbonate
- C. Sodium bicarbonate
- D. Calcium carbonate

9. Quartz crystals normally used in quartz clocks etc. is chemically

- A. Silicon dioxide
- B. Germanium oxide
- C. A mixture of germanium oxide and silicon dioxide
- D. Sodium silicate

10. Which of the gas is not known as green house gas?

- A. Methane
- B. Nitrous oxide
- C. Carbon dioxide
- D. Hydrogen

15. Graphite

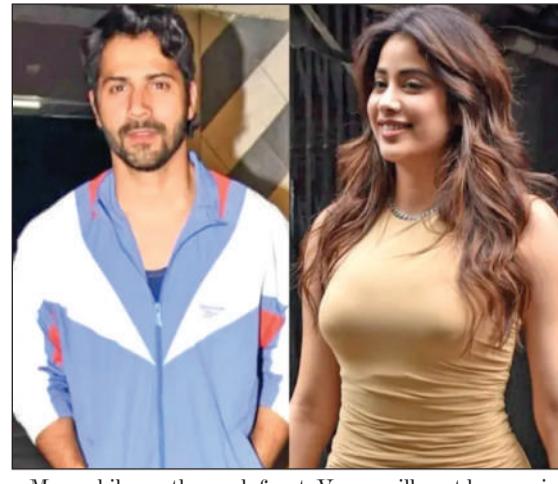
Varun Dhawan and Janhvi Kapoor's Bawaal goes on floors in Lucknow

Varun Dhawan and Janhvi Kapoor are all set to collaborate for Nitesh Tiwari's next, Bawaal, bankrolled by Sajid Nadiadwala and marks the first outing of the two Bollywood celebrities together, will hit the big screen on April 7, 2023. Earlier today, the makers announced that the film has gone on floors in Lucknow. Filmmaker Ashwiny Iyer took to her social media to share the official announcement with their fans and followers.

Sharing a picture of the clapboard, she captioned it, "#Bawaal Happiness begins. Missing Sajid Sir effervescent smile & @wardaknadiadwala hug as the shoot begins with awesome humans and actors @varundvn & @janhvikapoor".

On March 30th, Dhawan shared an official poster on his Instagram and wrote, "Ab hoga #BAWAAL! So excited and grateful to announce my next with the amazing duo, #SajidNadiadwala & @niteshtiwar22 along with @janhvikapoor Can't wait to see you in theatres on 7th April 2023 #goodfriday."

For director Nitesh Tiwari, this will be his second outing with producer Sajid after 2019's blockbuster film, Chhichhore which starred the late actor Sushant Singh Rajput and Shraddha Kapoor in the lead.



Meanwhile, on the work front, Varun will next be seen in the Raj Mehta directed Jug Jugg Jeeyo and Amar Kaushik's Bhediya alongside Kriti Sanon. On the other hand, Janhvi has Good Luck Jerry, Mr and Mrs Mahi, and Mili in the pipeline.

Hansika Motwani to star in her first web series called 'MY3'

Director M Rajesh's upcoming web series, which will feature actors Hansika Motwani, Mugen Rao, Shanthanu and Ashna Zaveri in the lead, has been titled 'MY3'.

The rom-com series is a unique robotic love story and is to be streamed on the OTT platform Disney+ Hotstar.

Karthik Muthukumar is the cinematographer of this series, which will have music by Ganesan and editing by Ashish. The series is being produced by Trendlou.

Says Hansika, "It's an honour to be a part of this series. It's a sweet and delightful moment to be working with director M Rajesh. I am excited to be collaborating with him after our movie 'Oru Kal Oru Kaanadi'".

"Being My first web-series, I am excited and eager to be working with powerhouse talents like Mugen and Shanthanu. This series will be a 100 per cent laugh-riot for the audience. Get ready to witness a unique and one-of-its-kind rom-com from director Rajesh."

Actor Mugen Rao said, "I am a great fan of director



Rajesh sir and his works. I have laughed a lot watching his movies and wanted to do something like that and fortunately, I had the opportunity given to me by Disney+ Hotstar. This is a huge offer for me. This series will offer a delightful and entertaining experience for the audience."

Recipes

Easy to make tangy tamarind-tomato chutney recipe



Ingredients

- About 10 – 15 gms of tamarind
- 2 medium size tomatoes
- 2-4 slices of dried fig (anjeer)
- 1tsp saunf powder
- 1 tsp chilli powder
- 8-10 tsp of sugar
- 2 tsp oil
- Salt to taste

Procedure:

Soak tamarind for about 10-15 minutes in water. Drain the water, remove the seeds and keep the pulp aside. Soak some dried fig too in water for about 30 minutes. Cut the tomatoes into small pieces and grind them in a mixer jar to make a puree. Now add the tamarind pulp and fig and grind it well. The fig may not get crushed completely but it is okay.

Then take a kadhai and put some oil. Transfer this tomato puree-tamarind chutney and fig pulp to the kadhai. Then add chilli powder, sugar, saunf powder and salt and mix it thoroughly.

Keep stirring the mixture in low flame so that it doesn't stick to the bottom. Cook until the water evaporates.

Now transfer this cooked chutney to a container and let it cool. You can use this for 2-3 days if refrigerated.

Tip: If the raw smell of tomato goes away, it means your chutney is properly cooked.

Common reproductive health concerns in women; Turning to Ayurveda for solutions

Awoman's body undergoes many transformations throughout life, from menarche to menopause and beyond. For some, these changes may be hassle-free and uneventful, while for many, they could be challenging and distressing.

Women are a perfect blend of charm, power, tenacity, and boldness. This rapidly changing current era requires them to go a step further and be even more active and strong to efficiently manage work, home, and the various other spheres of life. In addition to all of that, they also need to endure and adapt to the physical, physiological, and psychological changes taking place in their bodies.

Menarche is the occurrence of the first menstrual period, and it indicates a woman's growth and sexual maturation. Generally, menarche occurs anywhere between the ages of 11 to 14 years. However, during recent times, the age at menarche has been decreasing, across the globe, with there being innumerable instances of girls beginning to menstruate as early as the age of eight years. This condition is termed as "early menarche".

Women with early menarche are more prone to heart diseases, breast cancer, asthma, diabetes, and obesity. They are also at an increased risk of psychosocial distress such as eating disorders, depression, and early initiation of sexual activity. Although several factors contribute to early menarche, dietary factors play a crucial role, with fast food topping the list. Fast foods and junk foods have high levels of fats and sugars, both of which are unhealthy and addictive.

Parents of young girls can help them inculcate healthy eating habits by providing a healthy diet from the very beginning.



PMS is a set of symptoms that affects a woman just before menstruation, encompassing a spectrum of physical and psychological symptoms. The general symptoms include fatigue, headache, joint pain, bloating, constipation and/or diarrhea, weight gain, breast tenderness, and acne flare-ups.

The psychological symptoms include behavioral and emotional changes such as mood swings, irritability, anger, anxiety, depressive feelings, appetite changes, and social withdrawal. PMS can also worsen other preexisting health issues, for example, asthma, migraine, and allergies. As with early menarche, PMS can occur in girls who consume high amounts of junk food. It is also prominent among women who have hypertension. Other addictive habits such as smoking and consumption of alcohol, a sedentary lifestyle, sleep deprivation, and eating a diet rich in salt, sugary foods, and caffeine also contribute to the incidence of PMS.

ASTRO SPEAK

ARIES



APR 21 - MAY 20

Today, you are likely to remain energetic and may work with a fresh mindset. Be ready to take up new responsibilities. Your intuition will be very strong today and you are likely to be firm in all your undertakings and generally be in a very strong frame of mind. Whatever you're thinking right now is the right thing.

TAURUS



APR 21 - MAY 20

The day is likely to be full of activities and achievements for you. Your management skills at work are being recognized by everyone and people around you would appreciate your efforts to make everyone feel cherished and special. You will need to be aware of the opportunities and make full use of them.

GEMINI



MAY 21-JUN 21

Today you are likely to get your chance to come into the spotlight. You like being the centre of attention so clearly, this is a plus for you. With people rallying around you, you may be tempted to show off a few of your skills as well. When you make wise choices with both your head and your heart, the day can be unforgettable. An intense desire for success could begin to show promise, and you'll have help to make it a reality.

CANCER



JUN 22-JUL 22

You can be a bit careful in spending your money to avoid upsetting your budget. Getting around your senior for leave will not pose much difficulty. You will find the will to wear yourself off junk food and become health conscious. A family event may get you totally involved. Curb your tendency to over speed while driving as stars appear unfavourable.

LEO



JUL 23-AUG 23

Some ups and downs on the financial front are indicated. Some ups and downs on the financial front are indicated. Health-wise, you are likely to feel at the top of the world. Chances of missing a family function cannot be ruled out for some. A fun trip is possible. Help and support will be forthcoming for those facing a competition or exam.

VIRGO



AUG 24-SEP 23

Discuss with others before putting money in a housing society. Your recent achievements are likely to add to your career profile. You will manage to remain regular in your fitness schedule. Suggestions given on the home front will not only be welcomed, but implemented too! An exciting trip is on the cards and will prove lots of fun.

PISCES



FEB 20-MAR 20

Financially, you will have to remain in saving mode for some more time. You may have to put extra hours