

Govinda is all praise for Ranveer Singh and Jacqueline Fernandez; here's why



Govinda ruled the silver screens in the 80s and 90s, and his pairing with Karisma Kapoor was loved by one and all. The two have starred in many films together, and recently, they also featured in an advertisement for a restaurant chain brand. Govinda and Karisma's songs are still remembered by their fans and the dance moves of the actors were simply amazing in those tracks. Recently, in an interview, when Govinda was asked who would take his and Karisma's place, the actor took Ranveer Singh and Jacqueline Fernandez's names.

Govinda said, "I think today, from the younger crop - Ranveer Singh and Jacqueline Fernandez are both a class apart when it comes to dancing. I think they would make a great Jodi as well." Interestingly, we will get to watch Jacqueline and Ranveer as a jodi on the big screen in Rohit Shetty's *Cirkus*.

When further asked about his favourite actor from the younger generation, he said, "Ranveer Singh is hands down my favourite actor among today's crop of stars. I feel like he shares the same kind of energy and zest as I do. He's extremely hard-working."

Ranveer has always stated that he is a big fan of Govinda. Earlier this year, when Govinda had come on Ranveer's show *The Big Picture*, the Padmaavat actor had introduced the veteran actor as, "Aaj yaha issi manch par, iss shubh din par, shubh asvan par, mere Bhagwan khud aane wale hai. The one and only, the Hero No. 1, Govinda." In the interview, the actor revealed, "Times have definitely changed since we started out, and things have evolved to a point where success is built on OTT platforms today. OTT is a platform for all kinds of artists, and I would really love to explore the OTT space as an actor."

10 easy tips to strengthen your nails



Do you fancy long and strong nails? Well, who doesn't! It's not easy to achieve the nails of your dreams. But it's not impossible. A few tips and tricks can help to grow some beautiful nails which are not just beautiful but equally strong. Here are a few tips that you can follow.

Lemon juice

Vitamin C is considered to be really helpful in the growth of nails. All you need is a lemon wedge and you just need to rub it on your finger nails and toe nails, at least once a day. Rub it for five minutes and then rinse it with warm water. It will help your nails to grow and it will also keep them clean and bacteria free.

Coconut oil Massaging

Coconut oil Massaging your nails with warm coconut oil can promote nail growth. Coconut oil is filled with Vitamin E and is a great source of antioxidants. Massage your finger nails with coconut oil every night before sleep and you will eventually see the difference.

Orange juice

Oranges help in collagen production. Collagen is an important agent that helps in nail growth and adds to the vitality of nails. The antioxidant properties of orange also keep any infections at bay. Take some orange juice in a bowl and soak your nails for around 10 minutes. Rinse it with warm water and moisturise effectively. Try to do this once a day at least for desired results.

Olive oil

If you have damaged, brittle nails, then olive oil is your best bet. Being easily permeable in nature, olive oil reaches the inner layer of your nails, soothes it and cures it of all dryness. It also aids in blood circulation and helps in nail growth. Warm up some virgin olive oil and gently massage your nails and cuticles for around five minutes. Cover your hands with gloves and let it rest overnight.

Cut down on gel and acrylic nails

Nail art, gel and acrylic nails look attractive. However, these acrylic and gel nails prevent the strengthening and growth of your nails. Getting your nails done with gel or acrylics once in a while is okay. But regularly using nail art, acrylics and gels deteriorate the quality and growth of your nails.

Consume biotin

Biotin is the powerhouse vitamin for nail and hair growth. You can choose to include biotin-rich food into your diet such as bananas or avocados along with which you can also take biotin supplements. Before you begin taking biotin supplements, do consult a doctor.

Eat lots of greens

Leafy vegetables, especially spinach, are packed with high levels of folic acid or vitamin B9 which supplement the growth of nails and make them strong. A helping of greens once a day will help you get stronger and longer nails.

Maharani season 2: Huma Qureshi shares latest update of her eagerly anticipated web series



Huma Qureshi's web series 'Maharani' has wrapped up its final shooting schedule and is now over to the post-production work of the eagerly

anticipated web series. The Sony LIV original show has been shot in Bhopal, Hoshangabad, and Jammu and Kashmir, with Huma's last schedule being shot in J&K. In fact, a visibly elated Huma Qureshi couldn't hold back her sense of euphoria after canned her final shot for 'Maharani', and shared some interesting updates about the second season of her show.

Opening up first and foremost about her experience of shooting in Jammu and Kashmir, Huma Qureshi simply said in two words, without an iota of hesitation, "Beautiful and gorgeous." Elaborating on why the team shifted away from the normal milieu of the central and north hinterlands of India, and decided to shoot in Jammu and Kashmir, the actress added, "Jammu was a short schedule, but nevertheless plays a crucial role in the storyline."

Huma Qureshi also dropped a small hint about what viewers could expect from season 2, including a feeler of some major twists and turns lying in wait. "Season 2 will be bigger and better, with a lot of twists and turns," she said.

Anushka Sharma steps away from her production house; says, 'Being a new mother...'

In 2013, Anushka Sharma and her brother Karnesh Sharma launched their production house named Clean Slate Filmz. They have produced movies and web series like NH10, Phillauri, Paatal Lok, and others. Currently, also, the production house is backing many interesting projects, but Anushka has decided to step away from her production house. The actress took to Twitter to inform her fans about it. In a statement, she has revealed that as she is a new mother, whatever time she will have in her hand, she wants to dedicate to her first love acting.

Anushka tweeted, "Onwards and Upwards #KarneshSSharma @OfficialCSFilmz ! My best wishes are always with you!!" The statement read, "When I started Clean Slate Filmz with my brother Karnesh Sharma, we were novices when it came to production but we had a fire in our belly and we wanted to try and set the agenda of entertainment in India through clutter-breaking content. Today, when I look back at our journey so far, I'm deeply proud of what we have created and the disruption that we have managed to achieve. While CSF started with my vision



to change the narrative of what commercial projects should be like, I have to credit Karnesh who has excelled in shaping what CSF has become today."

6 signs that indicates you need to increase your zinc intake



Our body requires different kinds of minerals and vitamins in certain amounts to keep the internal function going. When any nutrient is not made available to it in the required quantity, it leads to disturbance in the overall functioning and the signs can be visible in different parts of our body. Zinc is one of the minerals required by our body to activate over 300 enzymes that work to build immunity, cell division, cell growth and proteins and DNA synthesis. Found in a limited quantity in foods we eat, our body cannot store this nutrient. That means it needs to be consumed regularly. Men above 14 years must consume 11 mg of zinc daily, while women above 14 need 8 mg. For pregnant women, the recommended daily intake of zinc is 11 mg and for breastfeeding women, it is 12 mg. Here are some signs that you need to increase your zinc intake.

Slow wound healing

One of the crucial roles of zinc is to keep your skin healthy and promote proper blood clotting. But when you do not take zinc in a sufficient amount it makes it difficult for your wound to heal. Acne outburst is also caused by zinc deficiency. The

supplement is prescribed to heal stubborn wounds.

Weight loss

Low zinc intake can also lead to a change in appetite leading to weight loss. It is good to shed kilos when you are overweight, but losing too much weight also invites other health issues. Even when trying to shed kilos, you need to have all kinds of micronutrients to keep your internal function working. Weight loss caused by nutrient deficiency is unhealthy.

Hair loss

Stress, poor scalp hygiene and insufficient intake of healthy nutrients all can lead to hair loss. Hair breakage, hair fall and hair thinning can be a result of zinc deficiency. Increasing the intake of this nutrient can help to prevent hair loss and improve the quality of hair. So, if you are facing hair issues lately, first increase your zinc intake.

Cold

Zinc is an essential nutrient that helps to build immunity and cut down the risk of chronic disease. Low zinc intake can make you more prone to infections and illness. If you feel colder than other people and fall ill often, then it can be a sign of zinc deficiency. Increasing the intake of zinc can also help to recover from cold faster than normal.

Blurry vision

The trace mineral is also required for healthy vision. When our body does not get a sufficient amount of zinc regularly, it alters our vision. It results in blurry vision, squinting and low vision. A sufficient intake of zinc keeps your vision in check. Zinc and Vitamin A are two nutrients required for a healthy vision.

Brain fog

Do you feel confused or find it hard to concentrate on your work often? If yes, check your daily zinc intake level. Food low in zinc can lead to brain fog, making it difficult to focus on the task at hand. It can also be responsible for memory problems.

General Knowledge Question

1. Which of the following statements are correct regarding respiration in plants?

D. Only A

I. Respiration is the process of releasing energy from food.

II. Respiration takes place individually in all parts of the plants like stem, roots, leaves etc.

III. The rate of respiration is slow in plants whereas it is faster in humans and animals.

Select the correct answer from the codes given below:

A. I and III are correct

B. I and II are correct

C. I, II and III are correct

D. None of the above

2. Name the process through which much needed oxygen is supplied to all the cells of the plants?

A. Diffusion

B. Endosmosis

C. Exosmosis

D. Photosynthesis

3. Due to Water logging:

A. An air is expelled from in-between the particles of soil.

B. Oxygen becomes unavailable to the roots of the plants.

C. Plants respire anaerobically which produces alcohol and kill them.

D. All the above are correct.

4. Respiration in Plants takes place through:

A. Stomata

B. Lenticels

C. Both A and B

5. Consider the following statements:

A. Respiration takes place both day and night.

B. Photosynthesis occurs during day time only.

C. Both A and B are correct.

D. Neither A nor B are correct.

6. Some plants store waste in their fruits in the form of solid bodies called:

A. Raphides

B. Lenticels

C. Stomata

D. Resins

7. Various methods used by plants to get rid of their waste products are:

I. Gaseous waste through stomata and lenticels.

II. Stored solid and liquid waste by shedding leaves, peeling of bark and falling of fruits.

III. By secreting waste in the form of gum and resins.

Which of the following statements is/are correct?

A. I and II are correct.

B. II and III are correct.

C. I and III are correct.

D. I, II and III are correct.

8. Name the waste products secreted by Plants?

A. Carbon Dioxide

B. Oxygen

C. Water Vapour

D. All are correct.

9. Which of the following statements is/are correct?

I. Both A and B are correct.

II. Root Hairs

III. Extrusion

IV. Phototropism

V. Diffusion

VI. Respiration

VII. Diffusion

VIII. Stomata

VIII. Lenticels

X. Both A and B are correct.

XI. Both A and B are correct.

XII. Both A and B are correct.

XIII. Both A and B are correct.

XIV. Both A and B are correct.

XV. Both A and B are correct.

XVI. Both A and B are correct.

XVII. Both A and B are correct.

XVIII. Both A and B are correct.

XIX. Both A and B are correct.

XX. Both A and B are correct.

XI. Both A and B are correct.

XII. Both A and B are correct.

XIII. Both A and B are correct.

XIV. Both A and B are correct.

XV. Both A and B are correct.

XVI. Both A and B are correct.

XVII. Both A and B are correct.

XVIII. Both A and B are correct.

XIX. Both A and B are correct.

XX. Both A and B are correct.

XI. Both A and B are correct.

XII. Both A and B are correct.

XIII. Both A and B are correct.

XIV. Both A and B are correct.

XV. Both A and B are correct.

XVI. Both