

After The Kashmir Files success, Vivek Agnihotri reveals title of his next film and it will leave you curious



Vivek Agnihotri's The Kashmir Files did great business at the box office. Starring Anupam Kher and Mithun Chakraborty, it was released on March 11 and became a part of dinner table conversations. Now, Vivek took to Instagram to thank the people who 'owned' the film. He also announced the title of his next film – The Delhi Files. The filmmaker wrote, "I thank all the people who owned #TheKashmirFiles. For last 4 yrs we worked very hard with utmost honesty & sincerity. I may have spammed your TL but it's important to make people aware of the GENOCIDE & injustice done to Kashmiri Hindus. It's time for me to work on a new film. #TheDelhiFiles (sic)."

Meanwhile, Twinkle Khanna recently took a dig at The Kashmir Files. In her column, she wrote, "In a meeting at a producer's office, I am informed that there is a deluge of fresh movie titles being registered as homage to The Kashmir Files. Since larger cities have already been claimed, now the poor chaps are registering names like Andheri Files, Khar-Danda Files and even South Bombay Files. I am just wondering if my colleagues can still call themselves filmmakers, or with all this filing, they like the original nationalist, Manoj Kumar, have all turned into clerks."

She added, "Mother has invited us over for dinner and while she is fussing over her granddaughter, I inform her that I too have registered a title based on the Kashmir Files wave. 'I am going to make a movie called Nail File.' 'About what? A disastrous manicure,' she asks. 'Maybe, but at least it's better than putting the final nail into the communal coffin,' I say."

## Fitness goals you must aim for instead of losing weight

Shedding kilos or getting into your old jeans is not the only reason you must exercise regularly. There are much greater health goals you must aim for when including any form of workout in your daily routine. Indeed weight loss is the primary goal that forces most people to take up exercising, but your journey must not revolve only around achieving this objective. You will automatically come into shape if you make exercising an inevitable habit part of your routine. It will promote mental and physical being and help to improve your overall health in the long run. So, instead of just exercising to shed kilos, make these your fitness goal to fall in love with exercising.

### Try different workout

You do not have to restrict yourself to only running and gymming. It is when you stick to one form of workout, you lose interest and start dreading it. Make your workout session exciting by trying your hands on different forms of workouts. You alternate between Pilates and Yoga for some months or take up boxing for the other. Getting up in the morning for exercise will not feel like a mountainous task if you will keep experimenting with it.

### Try to perfect a move



over the phone or reading a book, just stroll around, instead of sitting on your chair or couch. Stand up from your place after every 30 minutes and stretch. Even on days, you are skipping your workout for any reason, this small habit can help you get fitter.

### Focus on increasing flexibility

When you embark on your fitness journey, do not just focus on weight lifting and cardio. Improving your flexibility is equally essential. Engaging in stretching exercises and yoga increases the flexibility of your body. It makes you less prone to injuries and joint problems. Starting flexibility training from an early age can also reduce the risk of the muscle stiffness that comes with old age.



It does not matter how many reps of a particular exercise you perform in a day what matters is if it is done correctly. Incorrect form can also lead to muscle strain and pain that can halt your daily workout progress. Also, just performing the same exercise mindlessly can be demotivating. So, aim to perfect each move. Even if you perform that exercise 5 times, do it in the correct form. Once you have mastered that move to another one.

### Try to move more

Rather than just relying on exercising to get your daily dose of physical activity, make it a habit to move more. Like when talking

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility

### Try to move more

### Focus on increasing flexibility