

When Preity Zinta declared Bollywood is NOT a safe place for girls due to THIS reason



Preity Zinta who made her career in Bollywood without having any background once declared that the industry is not a safe place for girls and boys who don't have a background. The Veer Zara actress who is known for her outspoken and no-filter attitude had got candid about how people in Bollywood are ready to do anything for the role. In her old interview, she said, "Bollywood is not a safe place for girls or boys who don't have any background. It's not about the filmy background, it's any background. Because there are a lot of people who are ready to do anything for the role. So then, if I go and stand in the middle of the road, and stand and say, 'Aa baill muje maar or a car run me over'." Preity Zinta who is on a sabbatical after her marriage with Gene Goodenough has shifted her focus to IPL by becoming the owner of Kings XII Punjab over the years now. Preity has also had twins via surrogacy and is busy keeping her personal life happy and healthy. However, one thing that often grabs eyeballs about Preity is the way she has kept herself fit. At the age of 49, she is rocking and how. Preity Zinta often keeps posting her workout videos and that leaves her fans inspired and motivated. Preity who has also been this secure actress may not be planning him make a comeback soon as her kids are too young. In one of her old interviews, she had Dia's she would love to make a comeback in Bollywood and stay here for a good reason, but seems like the actress hasn't received the project of her desire. She was last seen in Bhaiyaji Superhit along with Sunny Deol.

Animal Park: Unfazed by criticisms, Sandeep Reddy Vanga promises a 'wilder' sequel to Ranbir Kapoor starrer

Animal movie by Sandeep Reddy Vanga pulled the masses to theatres alright but also faced criticism from some. The Ranbir Kapoor film also had Rashmika Mandanna, Bobby Deol and Triptii Dimri playing key roles in the movie. It minted over Rs 900 crore at the box office as per Sacnilk. Right during the release, there were talks about a sequel to Animal. It is said that the next film, the sequel, will be called Animal Park. And as per reports, the director has shared a major update on the sequel and filming. An Etimes report claims that Sandeep Reddy Vanga opened up about the sequel to his much loved and also heavily criticized movie Animal at a recent awards function. The director who recently slammed actor Adil Hussain for his remarks on his movie Kabir Singh has also talked about when the Ranbir Kapoor starrer movie will go on floors. Sandeep claimed that the Animal sequel also known as Animal Park will be bigger and wilder than Animal. Not just with the box office, Animal was also a huge success when it was released digitally. Rashmika Mandanna, Triptii Dimri and Bobby Deol starrer movie was released on Netflix a couple of weeks ago. It was yet again met with certain criticisms



and mass hysteria. Talking about the movie's release on the OTT platform broke several viewership records. And as for the sequel, the director is pretty pumped up despite all the criticisms.

Imran Khan reveals he is glad that his spy-thriller web series got cancelled; 'There is glamourization and a fetishization...'

Imran Khan is one of the most missed rom-com stars from the 2000s. However, he went missing in action from movies after his now-last film Katti Batti did not work out. The actor is gearing up for his comeback after getting inspiration from veteran actress Zeenat Aman. Imran Khan has been opening up on the phases in his life after he quit Bollywood, his personal life, dating life, etc every now and then. He recently sat down for a conversation with Film Companion wherein he revealed why he is glad that his spy series with Hotstar was cancelled. In the interview, Imran told the interviewer that he was glad in a way that it did not work out. When asked why would he say such a thing, Imran gave out a big sigh and said that he did not want to play a character who solves the problems with a gun. Furthermore, Imran explains that people tend to glamourize, fetishize and sexualize violence and that makes him uncomfortable. He defends the violence in movies claiming that he has loved the action movies from the



90s. However, he reasons that violence has a way it can be portrayed. He adds that there's a need to be the weight of what an actor is doing in such films.

Recipes

Quinoa Pancake



Ingredients
1/4 cup quinoa
1/2 cup water
2 tablespoon grated cheddar cheese
2 tablespoon chopped basil
2 pinches powdered black pepper
2 pinches salt
2 cloves minced garlic
1 egg whites
4 tablespoon virgin olive oil

Method:
To prepare this easy recipe, put a pan on medium flame and boil water in it. After a boil, add quinoa and cover with a lid. Let quinoa boil for a 7-8 minutes, then remove the lid and let the water evaporate. Then, add minced garlic cloves and salt in the pan. Cook for some more time, then keep aside in a medium sized bowl. Take a bowl and mix together egg white, grated cheddar cheese, chopped basil leaves, black pepper powder and salt. Whisk well using a spatula (you can also use an electric beater for whisking). Put a non-stick pan on medium flame and add a teaspoon of olive oil to it. With the help of a ladle, spread the mixture onto the pan in the shape of a round flattened pancake. Let the pancake cook till the colour changes to golden brown and then flip over to cook the other side. Smear a little oil on it and cook the other side as well. Once cooked, take the pancake off the pan and serve hot. Enjoy!

Running mistakes that weaken your joints



Running is a fundamental exercise in the quest for physical fitness and a healthy lifestyle. For a lot of people trying to get healthier physically, it's an appealing option because of its accessibility and ease. Running has many advantages, but there are also risks involved. Incorrect running techniques can lead to injuries like an ankle sprain, stress fracture, a runner's knee, etc. It can also cause muscle imbalances and back pain. You might be surprised to learn that a lot of runners unintentionally do things that raise their risk of developing joint pain. By avoiding these five key mistakes, you can protect your joints and keep running pain-free.

gate this risk, maintain a shorter, more natural stride while running. **Ignoring Pain:** According to Dr. Hemant Sharma, Chairman – Department of Trauma and Orthopaedics and Joint Replacement at Marengo Asia Hospital, Gurugram, "Pushing through discomfort is a common mistake among running enthusiasts. While it's essential to challenge yourself, ignoring chronic joint pain can exacerbate the issue. If you experience discomfort during or after a run, listen to your body and seek medical advice." **Skipping Warm-ups and Cool-downs:** Failing to perform proper warm-up and cool-down exercises can increase the likelihood of joint injuries. Incorporating stretches for recovery and flexibility post-run helps alleviate joint strain, while dynamic stretches and mobility exercises pre-run prepare muscles and joints for activity. **Poor Running Technique:** Incorrect running form can place additional strain on joints and elevate injury risk. Common technique faults such as overpronation, hunching over, and heel striking should be addressed. Consulting a physiotherapist or running coach can help evaluate and improve your running form, reducing strain on your joints. **Improper Footwear:** Ill-fitting or unsupportive shoes can intensify joint strain by inadequately absorbing impact. Zero-drop shoes, with a flat sole that mimics barefoot movement, may promote a more natural foot position and gait. Transitioning to zero-drop shoes or minimalist running, however, should be gradual to prevent potential injuries. To enhance overall running performance, incorporating tempo runs into your training regimen once a week is beneficial. A tempo run entails sustaining a comfortably hard effort slightly faster than your lactate threshold, improving your body's efficiency in processing lactate and enabling you to run faster and longer. By implementing these strategies and paying attention to your body's cues, you can transform your running experience into one of mindful movement and achievement. Running should be enjoyable, but persistent pain warrants professional medical evaluation for personalized guidance.

Side effects of colouring your hair frequently



Colouring hair is a popular method for individuals to express their style and enhance their appearance across the globe. Whether it's to cover grey hair, experiment with new shades, or simply to change their look, many people turn to hair colouring as a routine part of their grooming regimen. Read on to know more about the side effects of colouring your hair. One of the primary concerns associated with frequent hair colouring is damage it causes to the hair shaft besides the other damages it causes. Chemical-based hair dyes contain ingredients such as ammonia and hydrogen peroxide, which help to penetrate the hair cuticle and deposit colour molecules. However, these chemicals can also strip the hair of its natural oils and proteins, leading to dryness, brittleness, and breakage. Over time, repeated exposure to these harsh chemicals can weaken the hair shaft, causing it to become dull, frizzy, and prone to split ends.

In addition to physical damage, frequent hair colouring can also irritate the scalp and cause allergic reactions in some individuals. The chemicals found in hair dyes can be harsh on the sensitive skin of the scalp, leading to itching, redness, and inflammation. In some cases, individuals may experience more severe allergic reactions, such as hives, swelling, or even blistering. These reactions can be particularly concerning for individuals with sensitive skin or pre-existing scalp conditions, such as eczema or psoriasis. Furthermore, often the ingredients found in market made hair dyes have been linked to potential long-term health risks. Some studies have suggested a possible association between certain chemicals found in hair dyes and an increased risk of certain cancers, including bladder cancer and non-Hodgkin's lymphoma. While the evidence available is not conclusive, it's important for individuals to be aware of these potential risks and to consider them when deciding whether or not to colour their hair frequently. Aside from physical and health-related concerns, frequent hair colouring can also have psychological effects on individuals. Many people rely on hair colouring as a means of enhancing their self-esteem and boosting their confidence. However, if the results of frequent colouring do not meet their expectations or if they experience negative side effects such as hair damage or scalp irritation, it can have a detrimental effect on their self-image and overall mental well-being. This can lead to feelings of dissatisfaction with their appearance and may even contribute to body image issues or low self-esteem quite often.

Biology Question Answers

- Which one of the following parts of the pitcher plant becomes modified into a pitcher?
A. Stem
B. leaf
C. stipule
D. petiole
- In which one of the following animals is respiration done by skin?
A. Flying fish
B. Sea horse
C. Frog
D. Chameleon
- Which one of the following bacteria helps in improving the soil fertility?
A. Clostridium
B. Rhizobium
C. Salmonella
D. Staphylococcus
- Which chamber of human heart pumps fully oxygenated blood to aorta and hence to the body?
A. Right Auricle
B. Left Auricle
C. Right Ventricle
D. Left Ventricle
- Which one of the following is a vitamin?
A. Citric acid
B. Folic acid
C. Glutamic acid
- Linoleic acid
- Which one of the following is responsible for converting milk into curd?
A. Fungi
B. Bacteria
C. Virus
D. None of these
- In which one of the following animals is skin a respiratory organ?
A. Cockroach
B. Frog
C. shark
D. Whale
- A typical human ribcage consists of how many ribs?
A. 12
B. 14
C. 16
D. 24
- What is the pH level of blood of a normal person?
A. 4.0 – 4.5
B. 6.45 – 6.55
C. 7.35 – 7.45
D. 8.25 – 8.35
- Which of the following disease is not a caused by viruses?
A. Cholera
B. Chickpox
C. Hepatitis
D. Measles
- In which one of the following, antibody formations takes place?
A. RBC's
B. Blood platelets
C. Blood Plasma
D. Donnan's membrane
- From the evolutionary point of view, which one of the following is closer to man?
A. Dolphin
B. Flying fish
C. shark
D. tortoise
- How do most insects respire?
A. through skin
B. through gills
C. by lungs
D. by trachea system
- Which one of the following part of human brain is the regulating centre for swallowing and vomiting?
A. Cerebellum
B. cerebrum
C. medulla oblongata
D. pons

- Answers:
1. B
2. A
3. B
4. D
5. B
6. A
7. B
8. D
9. C
10. D
11. C
12. A
13. D
14. C

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 23): 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 cable 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 - JAN 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.