

Crew actress Kriti Sanon feels people in film industry should genuinely support each other; says 'I don't see that unity so much'



The first quarter of 2024 has been amazing for Kriti Sanon. Firstly, Teri Baaton Mein Aisa Uljha Jiya with Shahid Kapoor and then Crew with Tabu and Kareena Kapoor Khan, both films, did amazingly well at the box office. Of course, Crew is still successfully running in cinemas. And as she is basking in the success of her recent releases, Kriti Sanon has talked about how there is a lack of unity in the industry people. She is hoping that it changes.

Kriti Sanon opened up on how nice it would be to see people from within the industry actually supporting each other rather than just pretending, reports Indian Express. She feels the industry would be someplace else if people genuinely started supporting each other and genuinely feeling good about each others' successes. She feels people should not just do it for the heck of it but just be there or applaud and compliment each other.

Kriti says, "I don't see that unity so much here. I don't know how many people are genuinely happy when a film does well but I think that's changing a little bit. At least, I am hoping." The actress says compliments do make a difference. As actors, she says, they are driven through such compliments as they thrive on validation.

She reveals she has come across some really hurtful comments. The actress believes that a film's success or failure does not belong to a single person. It is teamwork, it belongs to the whole team. However, Kriti doesn't focus on all the negatives and feels her work should speak for itself. Kriti also adds that not just in movies but also in sports women are blamed for the failure. Kriti, Kareena Kapoor Khan and Tabu starrer Crew have minted Rs 94.58 crore worldwide at the box office so far.

Naadaniyaan: Khushi Kapoor and Ibrahim Ali Khan wrap up shoot?

Bollywood's star kids have their kitty full with projects. One of them is Khushi Kapoor, who was seen as Betty in Zoya Akhtar's The Archies. The actress' next film is Naadaniyaan with Ibrahim Ali Khan. The movie is being made under the banner of Karan Johar. Ibrahim Ali Khan and Khushi Kapoor were seen filming together in Pune. Khushi Kapoor shared a picture of a cake in yellow. On it, it was written, "It's a wrap." She posted it with emojis. We can speculate that she might have wrapped up the shoot of Naadaniyaan. They had been working on it since weeks now. Naadaniyaan is supposed to be a romantic comedy. The film will come on OTT as a direct-to-digital project made by the Dharmatics team. It seems a top OTT platform is interested in the movie. Shauna Gautam is the director of Naadaniyaan. Ibrahim Ali Khan has already finished filming for Sarzameen with Kajol. That film is also under the banner of Dharna Movies. It is a patriotic action thriller directed by Kayoze Irani. Khushi Kapoor is also supposed to be on board for the remake of Love Today. The South Indian rom-com film around technology was a sleeper hit.



Ruslaan: Salman Khan gives a big shoutout to Aayush Sharma; says 'Hardwork always pays off'

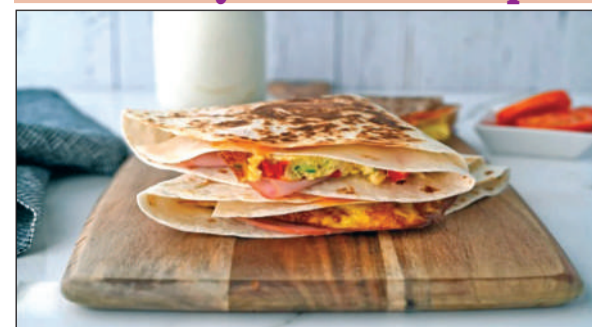
The Dabangg Khan-daam has always showcased strongest bond. No matter what, they always stand by each other in thick and thin. It is always a delight to see Salman Khan and family together. Salman is also the biggest cheerleader when it comes to supporting family members. He's the one who introduced sister Arpita Khan Sharma's husband Aayush Sharma to Bollywood with Loveyatri. Now, Aayush has spread his wings and will soon be seen in the movie titled Ruslaan. Salman has once again come out to cheer for Aayush.

Taking to X (formerly known as Twitter), Salman Khan gave a big shoutout to Aayush Sharma and sent his best wishes for Ruslaan. He praised Aayush for his efforts and mentioned that his dedication is seen through his work. Sharing some words of wisdom, Salman Khan wrote that no matter what, one should always deliver the best as hard work always pays off. He attached the trailer of Ruslaan along with it. Well, that should surely boost Aayush' enthusiasm for Ruslaan.



Recipes

Cheesy Tortilla Wrap



- Ingredients**
 4 tortillas
 1 cup sliced & slit baby onions
 1 cup chopped into cubes paneer
 1/4 tablespoon tamarind chutney
 1/2 cup grated low fat mozzarella cheese
 1/2 cup sliced & slit tomato
 1/4 cup green chutney
 2 tablespoon extra virgin olive oil

Method:
 Take the tortilla and divide it into four sections. The four different sections will have different ingredients. Make a half vertical cut on the tortilla so that it gets wrapped easily.

Start by adding tamarind and green chutneys to one part of the tortilla. Spread it evenly so that you get a chatpata flavour in the tortilla.

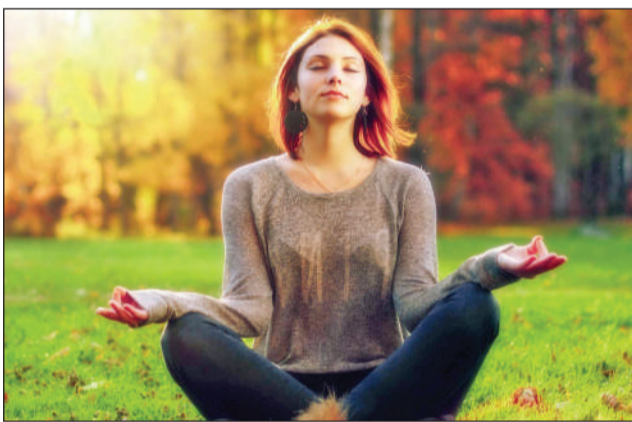
It's time for some protein, so add the paneer cubes to the second portion (vertically). You can also add tofu instead of paneer cubes.

Make sure the paneer cubes are chopped into small cubes. In the third portion, add tomatoes and onions.

The fourth portion has the star element of the recipe, i.e., cheese. Add grated cheese and then wrap the tortilla starting from the side which was slit vertically.

Once, you have wrapped your tortilla well, heat some ghee on a grilling pan and then put the tortilla on it. Cook it from both sides carefully till the cheese melts properly. And it's done. Your cheesy tortilla wrap is ready. The perfect meal for your dinner. Enjoy!

5 tricks that will help detox every morning



In the rush of life, we simply forget how important it is to start our mornings on a good note. On the other hand, our morning routine can determine the course of the day. You may cleanse your mind, body, and spirit in the morning by implementing easy-to-use yet effective procedures. This will provide the groundwork for a happier, healthier existence. Here are 5 easy and powerful morning rituals that can help you clear your mental system and start the day on a positive note. These techniques, which range from encouraging acceptance to adopting mindfulness, are meant to assist you in developing a feeling of inner calm and renewal every morning.

Find peace in acceptance
 One of the first steps towards detoxifying your mornings is welcoming acceptance. Instead of dwelling on past regrets or worrying about the future, practice accepting the present moment as it is. Allow yourself to acknowledge any negative thoughts or emotions without judgment, and then gently let them go. By finding peace in acceptance, you can free yourself from unnecessary stress

and start your day with a clear and calm mind.

Ask meaningful questions to yourself
 To cultivate a sense of mindfulness and self-awareness, consider asking yourself meaningful questions each morning. Reflect on what truly matters to you, what you're grateful for, and what actions align with your values and goals. By starting your day with intention and introspection, you can set a positive tone for the hours ahead and make conscious choices that support your well-being.

Click unfollow often
 Detoxifying your mornings goes beyond just social media – it also involves decluttering your life from negative influences and toxic relationships. Take a proactive approach to "unfollow" anything that drains your energy or brings unnecessary drama into your life. Whether it's limiting interactions with toxic individuals or setting boundaries with negative habits, prioritise your mental and emotional health by unfollowing anything that doesn't serve your greater good.

Start journaling
 Journaling can be a powerful tool for detoxifying your mornings and promoting self-reflection. Take a few moments each morning to write down your thoughts, feelings, and intentions for the day ahead. Whether you prefer free-form journaling or structured prompts, the act of putting pen to paper can help you gain clarity, release pent-up emotions, and create a sense of gratitude and positivity.

Meditation is crucial
 Add meditation into your morning routine to promote mental clarity and inner peace. Whether you prefer guided meditation, exercises, or simply sitting in silence, dedicating even just a few minutes to meditation can have a magical effect on your overall well-being. Use this time to quiet the mind, connect with your breath, and cultivate a sense of inner calm that will carry you through the rest of the day.

Korean skincare tips for lazy girls

Taking care of your skin is essential, but it doesn't have to be a time-consuming chore, especially for those who prefer a low-maintenance routine. Korean skincare, known for its emphasis on hydration, gentle products, and multitasking formulations, offers a range of tips and products perfect for lazy girls looking to achieve healthy and radiant skin with minimal effort. Here are some Korean skincare tips tailored specifically for those who prefer simplicity and efficiency:

Double Cleansing: Start your skincare routine with a double cleanse, using an oil-based cleanser followed by a water-based cleanser. This method effectively removes makeup, sunscreen, and impurities without stripping the skin's natural oils.

Use Multifunctional Products: Opt for multitasking products that combine multiple skincare steps into one, such as all-in-one moisturizers with added benefits like SPF protection or brightening ingredients. This simplifies your routine while still providing essential skincare benefits.

Sheet Masks: Sheet masks are a lazy girl's best friend when it comes to skincare. They deliver potent ingredients directly to the skin in a convenient and mess-free manner. Choose sheet masks infused with hydrating and soothing ingredients like hyaluronic acid and aloe vera for a quick skin pick-me-up and make one glow like anything.



Hydrating Toners:

Incorporate hydrating toners into your skincare routine to provide an extra layer of moisture without the heaviness of creams or lotions. Look for toners with humectant ingredients like glycerin and hyaluronic acid to replenish and hydrate the skin.

Spot Treatments: For targeted skincare concerns such as acne or dark spots, use spot treatments that contain potent ingredients like salicylic acid or niacinamide. Apply them directly to problem areas to address specific concerns without having to treat the entire face.

Simplify Your Routine: Keep your skincare routine simple and streamlined by focusing on a few key steps that address your skin's needs. Overloading your skin with too many products can be overwhelming and counterproductive. Stick to the basics: cleanse, tone, moisturize, and protect with sunscreen during the day.

Nighttime Masks: Incorporate overnight sleeping masks into your nighttime routine for an extra boost of hydration and nourishment while you sleep. These masks work overnight to replenish moisture levels and improve the overall texture and appearance of your skin.

Sunscreen: Never skip sunscreen, even on lazy days indoors. Choose a lightweight, broad-spectrum sunscreen with a high SPF to protect your skin from harmful UV rays and prevent premature aging and sun damage.

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) Aubin Mehta | (D) Iron Ore | 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) The Alps
(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

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|---|---|
| ARIES
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.
MAR 21 - APR 20 | LIBRA
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.
SEP 24 - OCT 22 |
| TAURUS
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.
APR 21 - MAY 20 | SCORPIO
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.
OCT 23 - NOV 22 |
| GEMINI
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.
MAY 21 - JUN 20 | SAGITTARIUS
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.
NOV 23 - DEC 22 |
| CANCER
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.
JUN 22 - JUL 23 | CAPRICORN
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.
DEC 23 - JUL 20 |
| LEO
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.
JUL 24 - AUG 23 | AQUARIUS
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.
JAN 21 - FEB 23 |
| VIRGO
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.
AUG 24 - SEP 23 | PISCES
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.
FEB 20 - MAR 20 |

