Nayak 2: Anil Kapoor and Rani Mukerji to reunite for the sequel after 23 years?



nil Kapoor and Rani Mukerji are all set to reunite after 23years for Nayak 2. The two were appreciated for their roles in Nayak and the film was about the journey of Shivaji Rao who takes the position of Chief Minister for a day. Nayak is one of the most cherished political action spectacles till date which is loved by all. Well, after 23 years, Nayak 2 is reportedly in the works and this calls for a reunion of Anil Kapoor and Rani Mukerji.

The source was quoted by a media portal saying that Nayak 2 will pick up from where the first part was left. Producer Mukut confirmed the progress of the project. He also revealed that the team intends to make an announcement soon. Producer Mukut said that the screenplay is currently under development and they are all set to retain Anil Kapoor and Rani Mukerji for their roles.

Mukut told Midday that they are planning the sequel, and taking the story forward with the existing characters. He even revealed that he bought the rights a long time ago from producer AM Rathnam and is now writing the script with the leads in mind. He even said that they have a couple of directors in mind, but nothing has been finalized as of now.

He even revealed that he has begun initial discussions with Anil Kapoor and Rani Mukerji, which is in the early stages. He even mentioned the addition of new actors in the sequel. Nayak 2 will focus on themes of corruption, bureaucracy, and the influence of the masses. Talking about Nayak, it was a remake of Shankar's 1999 Tamil-language movie Mudhalvan. The film featured Amrish Puri, Paresh Rawal, and Johnny Lever in prominent roles. The film was released in 2001 and was appreciated.

Cannes 2024: Kiara Advani opts to be bold and beautiful for her debut appearance; fans call her 'bohot sundar'

ENTERTAINMENT

annes 2024 is witnessing some of the most gorgeous actresses from across the world walking the red carpet. From India, Aishwarya Rai Bachchan walked the red carpet of the 77th Cannes Film Festival. The diva has so far dished out two gorgeous looks. For the unaverse, Kiara Advani too is in the French Riviera. She dropped her first look pictures and they are simply wow. The Don 3 actress chose to be a vision in ivory for her debut appearance. Kiara Advani took to her social media account and dropped a few pictures and video from the French Riviera. She is looking mesmerising in an ivory gown that has a slit running all the way till her thigh and a neckline plunging till her waist. The gown has a cape that makes her look beautiful and how. She wore massive pearl danglers and white stilettos by Louboutin. Her outfit is from Prabal Gurung's collection. As her video went viral, fans of Kiara Advani are raving about her beauty. She looks 'bohot sundar' said many fans. Some one also called her the most beautiful woman. On Instagram, a few fans also compared her to Deepika



Ragini Khanna opens up on NOT using Mama Govinda's name to get work

agini Khanna is one of the nieces of Bollywood star Govinda and recently she made headlines due to Uturning to Christianity, however later she came out and revealed it was fake news and mentioned how a fan collaboration went wrong. Ragini has been one of the popular names in television, but over the years the actress has not been getting good work, and she is on a sabbatical, after her news of turning into Christian went viral, the interest around her personal life once again grabbed eyeballs.

In her recent interview with Zoom, Ragini spoke about how she never used her Mama Govinda's name to get auditions or work, Ragini claimed that she has worked all her life on her merits, she never indulged in using her Mama Govinda's name who was one of the biggest Bollywood superstars. Ragini in the same interview added that how if she would use Govinda's name, she would have been a bigger star. But the fact is that her mama doesn't give recommendations

"If I used his recommendation, I would have gotten far ahead but I didn't use it. I worked hard myself to create a world for me. I created an image for myself that was differ-



ent than him. Chichi mama never calls anyone to give work for his own sons too. He never gives recommendations.

Recipes

Rajasthani Rabri



Ingredients

2 1/2 tablespoon pearl millet flour

1/4 teaspoon carom seeds salt as required

1 cup yoghurt (curd)

1/4 teaspoon cumin seeds

3 1/2 cup water For Garnishing

2 dash roasted cumin powder

Method:

To make this amazing Rajasthani Rabri, take a wok and mix 2 1/2 cups of water with yogurt. Add salt, cumin seeds, carom (ajwain) seeds and pearl millet (bajra) flour to it and whisk

Make sure there are no lumps left in the mixture. Turn on the heat and place the wok over a low to medium flame. Keep on stirring for 6 to 7 minutes until the mixture thickens

After you observe that the mixture is already thickening, add the remaining one cup of water and again continue to stir well

Make sure that the bajra flour is cooked well and there is no rawness left in the mixture. After the mixture has acquired its desired consistency, turn off the flame and pour the rabri into a serving glass.

Garnish with a pinch of roasted cumin seeds and enjoy.

(Tip: If you want to enjoy this rabdi as a beverage, keep the consistency thin by adding more water. However, if you want your rabdi as a dip, keep the consistency thick by adding lesser amount of water)

5 things belly fat does to one's health



he South Asian term for the "skinny fat" body type is "The Desi Belly," and it refers to a body type with lower levels of lean muscular mass and a comparatively high proportion of belly fat. Even at a lower BMI than other ethnic groups, this body type is more likely to store fat in the belly and have less muscle mass, which can result in a higher percentage of visceral fat and an increased risk of metabolic disorders including Type 2 Diabetes and heart disease.

A few dietitians blamed the general high-carb, high-grain, low-protein Indian diet. Some historians even laid the responsibility squarely on the shoulders of the British, alleging that their mishandling of food security during colonialism led to frequent famines, which in turn had the epigenetic consequence of causing the body to prioritize fat formation over agute energy expanditure in later generations. However it transpires that there is much more to the tale. And a great deal further back in time. Visceral fat, often known as belly fat, or excess fat around the abdomen, is dangerous for your health and wellbeing in addition to being a cosmetic issue. Knowing how abdominal fat affects your body

can encourage you to take proactive measures to lose it and enhance your general well-being. These 5 things can happen to you if you have belly fat:

Risk of chronic diseases is increased: Being metabolically active, abdominal fat releases inflammatory chemicals that can raise the chance of developing long-term conditions like type 2 diabetes, heart disease, and some types of cancer. Visceral fat can cause problems for important organs including the pancreas and liver, as well as increase the risk of insulin resistance and metabolic syndrome.

Elevated cardiovascular risk: There is a substantial correlation between belly obesity and a higher risk of cardiovascular disease. It encourages the buildup of plaque in the arteries, which increases the risk of atherosclerosis, hypertension, and heart attacks and strokes. Excess abdominal fat is frequently associated with unfavorable lipid profiles, which are marked by low levels of HDL cholesterol and high levels of triglycerides and LDL cholesterol.

Affects metabolic health: Visceral fat causes insulin resistance and dyslipidemia by interfering with metabolic processes and upsetting hormonal balance. Particularly, insulin resistance is a defining feature of abdominal obesity and, if left unchecked, can result in high blood sugar levels and type 2 diabetes

Impacts respiratory function: Carrying too much weight around the abdomen can cause breathing difficulties, including sleep apnea and respiratory insufficiency. Particularly when you're sleeping, fat deposits around the chest and belly might impede lung expansion and cause shallow breathing, which can exacerbate respiratory problems

Encourages immune dysfunction and inflammation: Pro-inflammatory cytokines and adipokines secreted by visceral fat cause a chronic lowde inflammatory state in the body. Numerous medical illnesses, such as autoimmune diseases, arthritis, and neurological disorders, are associated with chronic inflammation. Furthermore, the buildup of fat around the abdomen can weaken the immune system, increasing a person's susceptibility to infections and delaying the healing of wounds.

How flax seeds detoxify the skin



n the quest for radiant and healthy skin, individuals often seek natural remedies that harness the power of Mother Nature. Among these remedies, flax seeds emerge as a formidable contender, revered for their potent detoxifying properties. Rich in essential nutrients and bioactive compounds, flax seeds have long been celebrated for their

nyriad health benefits, including skin detoxification. Nutritional composition of flax seeds

Flax seeds, scientifically known as Linum usitatissimum, are tiny powerhouses of nutrition, packed with an array of essential nutrients vital for overall health and well-being. These seeds are particularly renowned for their high content of omega-3 fatty acids, specifically alpha-linolenic acid (ALA), which plays a pivotal role in maintaining skin health Additionally, flax seeds are rich in lignans, a type of phytoestrogen with potent antioxidant properties. Furthermore, they boast an impressive profile of min E, magnesium, and soluble and insoluble fiber, all of which contribute to their detoxifying effects on

Mechanisms of Skin detoxification

The detoxifying effects of flax seeds on the skin are attributed to their multifaceted mechanisms of action, which target various underlying factors contributing to skin congestion, dullness, and impurities. Firstly, the high concentration of omega-3 fatty acids in flax seeds helps to regulate inflammation within the body, thereby alleviating inflammatory skin conditions such as acne, eczema, and psoriasis. By modulating inflammatory pathways and reducing the production of pro-inflammatory mediators, omega-3 fatty acids promote a clearer complexion and improved skin texture.

Moreover, the lignans found in flax seeds exhibit potent antioxidant properties, scavenging free radicals and neutralizing oxidative stress-induced damage to the skin. Free radicals, generated as a byproduct of metabolic processes and environmental exposures, contribute to premature aging, skin dullness, and the formation of blemishes.

Furthermore, the soluble and insoluble fiber present in flax seeds plays a crucial role in supporting digestive health and facilitating the elimination of toxins from the body. A healthy gut microbiome is intricately linked to skin health, as imbalances in gut flora can manifest as skin issues such as acne, rosacea and dermatitis By promoting regular howel movements and optimizing digestive function, flax seeds contribute to overall detoxification, reducing the body's burden of toxins and promoting clearer,

General Knowledge Question Answers

1. Who is the author of "To Kill a Mockingbird"?

- A) F. Scott Fitzgerald B) Ernest Hemingway
- C) Harper Lee
- D) Jane Austen

2. Which author wrote the Harry Potter series?

- A) J.K. Rowling B) Stephen King
- C) George R.R. Martin
- D) J.R.R. Tolkien

3. Who wrote the novel "The Great Gatsby"?

- A) F. Scott Fitzgerald
- B) Ernest Hemingway C) Harper Lee
- D) Jane Austen

4. Who is the author of "The Catcher in the Rye"?

- A) J.D. Salinger
- B) Ernest Hemingway C) Harper Lee
- D) Jane Austen

5. Which author wrote "The Chronicles of

- A) J.K. Rowling
- B) J.R.R. Tolkien C) C.S. Lewis (Answer)
- D) Roald Dahl

6. Who is the author of "1984"?

- A) George Orwell
- B) Aldous Huxley C) Ray Bradbury
- D) Margaret Atwood

7. Who wrote "The Diary of a Young Girl"?

- A) Anne Frank
- B) Elie Wiesel C) Primo Levi
- D) Viktor Frankl

8. Which author wrote "Pride and Prejudice"?

- A) F. Scott Fitzgerald
- B) Ernest Hemingway C) Jane Austen
- D) Virginia Woolf

9. Who is the author of "The Hobbit"?

- A) J.K. Rowling
- B) J.R.R. Tolkien
- C) C.S. Lewis D) Roald Dahl
- 10. Which author wrote "The Picture of Dorian
 - A) Oscar Wilde
 - B) Virginia Woolf C) James Joyce
- D) T.S. Eliot

11. Who is the author of "One Hundred Years of

Solitude"?

- A) Gabriel Garcia Marquez
- B) Pablo Neruda
- C) Jorge Luis Borges D) Octavio Paz
- 12. Who is the author of the novel "The God of Small Things"?
- a) Arundhati Roy
- b) Salman Rushdie
- c) Vikram Seth d) Kiran Desai

13. Who is the author of the novel "Wuthering Heights"?

- a) Charlotte Bronte
- b) Emily Bronte c) Jane Austen
- d) Virginia Woolf

14. Who is the author of "The Color Purple"?

- a) Toni Morrison
- b) Alice Walker
- c) Maya Angelou d) Zora Neale Hurston

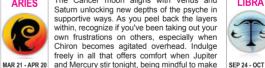
15. Who is the author of "The Lord of the Rings' trilogy?

- a) J.K. Rowling
- b) J.R.R. Tolkien (Answer) c) C.S. Lewis
- d) Roald Dahl

7. Anne Frank

vitamins, minerals, and dietary fiber, including vita-

The Cancer moon aligns with Venus and Saturn unlocking new depths of the psyche in supportive ways. As you peel back the layers within, recognize if you've been taking out your own frustrations on others, especially when Chiron becomes agitated overhead. Indulge freely in all that offers comfort when Jupiter



Your efficient side shines through early this morn ing when the Cancer moon connects with Venus and Saturn, dearest Libra, reminding you that planning ahead can sometimes act as a form of self-care. Use this energy to round out the week-end by planning for Monday's arrival and finishing up any personal errands or chores that linger or SEP 24 - OCT 22 your to-do list.



Focus your attention wisely as the Cancer moon aligns with Venus and Saturn. This cosmic climate is all about prioritizing your own sense of wellness and community, carving out space for good vibes and positive influences only.

Small talk could be difficult to fake when Chiron becomes agitated, putting you in a closed-off and introspective ace, and it'll be important that you strive to n

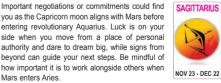
healthy choices that serve your highest self



Gain love and affection by being open-hearted and authentically yourself as the Cancer moon aligns with Venus and Saturn. Touch base with your hopes and dreams once Chiron activates asking you to consider how organization and strategy can help you get further while new opportunities roll in. Take your wellness journey seriously later tonight when Luna aligns with Jupiter and Mercury.



you as the Capricorn moon aligns with Mars before entering revolutionary Aquarius. Luck is on your side when you move from a place of personal authority and dare to dream big, while signs from beyond can guide your next steps. Be mindful of how important it is to work alongside others when Mars enters Aries.



Clear away the unnecessary when Cancer moon aligns with Venus and Saturn, dear Sagittarius bringing a cleansing and organized energy to the table. Be mindful of who you are vulnerable with when Chiron becomes agitated, steering clear of flow this afternoon when the sun and Uranus stir asking you to switch up your routines in order to make way for more wellness practices.



nects with Mars, bringing a sparkle to your aura when you choose to lift yourself and others up. Your focus shifts toward revolutionizing your life once Luna enters Aquarius, motivating you to seek growth as you let go of thoughts, patterns, and situations that are not serving your highest good. You'll feel highly motivated to make headway within long-term goals.

Move with love as the Capricorn moon con-



Your relationships strengthen this morning when the Cancer moon aspects Venus and Saturn dearest Capricorn, creating an environment where guards can be lowered in light-hearted ways. It may be necessary to address dynamics that left you feeling overlooked or neglected when Chiron becomes agitated, though you'll want to approach tense topics with grace



toward the changes you wish to see within yourself, your work, and your relationships as the Capricorn moon aligns with Mars. Seek companionships that matter once Luna migrates into Aquarius, putting you in the mood for emotional connection. Meanwhile, Mars makes its debut into fiery Aries, bringing major opportunities your way throughout the coming weeks

Take small, organized, and meaningful steps



Invest in your sense of financial and emotional security when the Cancer moon aligns with Venus and Saturn early this morning, focusing on personal organization while making more space for wellness. Words could cut deeply when Chiron faces tension overhead, and you should avoid criticizing yourself or others to avoid larger issues



Take a moment for yourself as the Capricorn moon aligns with Mars, urging you to be your boldest, and passionate self. Settle into your tasks for the day once Luna enters Aquarius, putting you in an efficient and organized headspace. Your commitments pick up steam once laid out throughout the coming weeks



A stabilizing and sweet energy finds you, thanks to pleasant aspects betweenCancer moon, Venus, and Saturn. Lean into that which offers emotional security when Chiron becomes agitated, finding opportunities to support your overall well-being and sense of self. Break free from your typical Sunday afternoon routines when the sun and Uranus activate, bringing along your closest companions for a bit of fur

15. J.R.R. Tolkien 14.Alice Walker 13. Emily Bronte 12. Arundhati Roy

11. Gabriel Garcia Marquez 10. Oscar Wilde 9. J.R.R. Tolkien 8. F. Scott Fitzgerald

6. George Orwell 5. C.S. Lewis (Answer) 4. J.D. Salinger

3. F. Scott Fitzgerald 2. J.K. Rowling 1. Harper Lee :ST9WSILA.