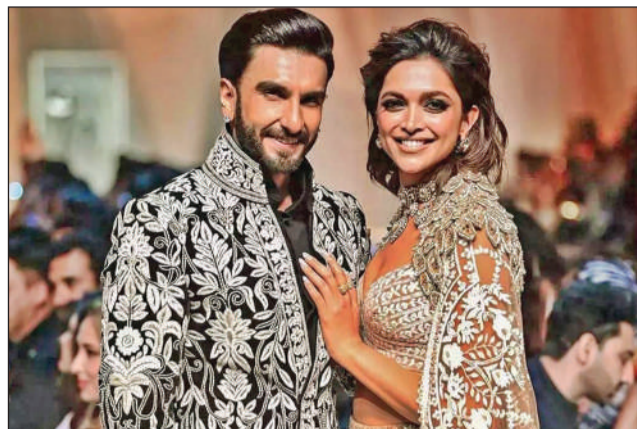


### Rakshas: Ranveer Singh to team up with THIS South Indian blockbuster director for a period mythological movie?



Ranveer Singh has a couple of films in his kitty and he seems to be signing more films and listening to more scripts these days. Apart from his upcoming new movies, Ranveer has also made headlines for Deepika Padukone's pregnancy news and his viral deepfake video. The IT couple of Bollywood are expecting their first child together. And while Ranveer has been busy with his brand shoots and more, he has now grabbed headlines for signing a new film called Rakshas, with a popular South Indian film director.

A report in Pinkvilla states that Ranveer Singh has been in talks with HanuMan fame Prasanth Varma for a movie based on Indian Mythology. The film discussion was on as they were trying to get popular studios to begin working on the new project, Rakshas. And the new reports state that they have found backing from Mythri Movie Makers known for films such as Pushpa, Pushpa 2, Uppena, Sarkaru Vaari Paata, Kushi and many more.

The report states that the film Rakshas belongs to the Prasanth cinematic universe. The director is planning to introduce several characters and bring them all together in a final movie. Ranveer is particularly impressed by the vision of Varma. He is very excited to begin his journey with the director and the film.

It is said that the scripting and visualization of Rakshas has been completed already. The makers are figuring out the schedules of the actors for the movie. Ranveer Singh met Prasanth a lot of times in the last couple of weeks. That's not it, report also claims that Singh and Varma also performed a puja for Rakshas on the occasion of Hanuman Jayanti.

### Sunny Deol gives a shout-out to Aamir Khan, Kiran Rao movie Laapataa Ladies; says 'Bohot samay baad aisi pyari film dekhi'

Sunny Deol is going to work with Aamir Khan in his next. The actors met each other at the success bash of Gadar 2. Soon after that Aamir Khan announced his next with Sunny in the titular role. Aamir Khan has been busy with the production of movies. He recently produced a movie called Laapataa Ladies directed by Kiran Rao. The movie was recently released on Netflix. Sunny Deol recently got a chance to watch the movie and he has given a shout-out to the team.

Sunny Deol took to his Instagram stories and shared a poster of Nitanshi Goel, Pratibha Ranta and Sparsh Shrivastava starrer Laapataa Ladies. He wrote a message for the whole team in English and Hindi languages. He just watched the movie and expressed how much he loved the movie. Sunny says that he hasn't seen such a heartwarming movie in a long time. The Gadar 2 actor also shared that he would recommend it to everyone.

In Hindi, Sunny wrote, "Abhi abhi Laapataa Ladies dekhi, bohot samay baad aisi pyaari film dekhi. Meri shubhkamnayein Kiran Rao and unki puri team ko. Yeh film aapko



hasayegi, aapko rulayegi aur aapke dil ko chhu jayegi. Zaroor dekhke," (sic) in Devanagari script.

### Are there issues between Priyanka Chopra, Parineeti Chopra and Mannara Chopra?

Mannara Chopra recently impressed everyone with her stint in Bigg Boss 17. She was one of the most entertaining contestants of the season. Munawar Faruqui won Bigg Boss 17 and Abhishek Kumar is the first runner-up of the show. Mannara Chopra is the second runner-up of the show. She was fun to watch and was very real on the show. Mannara is the cousin of Priyanka Chopra and Parineeti Chopra. However, she never liked anyone taking her sisters names in Bigg Boss 17. She also had an ugly fight with Abhishek when he called her Parineeti's duplicate. Mannara has now opened up about why she decided to do so. After Mannara didn't take their names, there were rumours that



there are issues between her and her sisters, Priyanka and Parineeti Chopra. Speaking to Siddharth Kannan, Mannara revealed that if she would have taken her family's name, people would have called her a nepo kid and now that she has not taken their

names, people feel her relationship with her sisters is not good. However, Mannara clarified that her relationships with her sisters are good and sorted. She said she is a loving child in the family and has learnt this from her mother.

## Recipes

### Cornflakes French Toast



#### Ingredients

- 4 cup cornflakes
- 1/2 tablespoon vanilla extract
- 1/2 teaspoon cinnamon
- 4 tablespoon vegetable oil
- 1/2 tablespoon maple syrup
- 1/2 cup all purpose flour
- salt as required
- 4 sliced bread- brown
- 1 cup milk
- 1 egg
- 1/2 teaspoon nutmeg
- 1/2 cup sugar
- 2 1/2 teaspoon baking powder

#### Method:

To prepare this crunchy toast, first in a bowl, whisk milk, egg, salt, sugar, cinnamon, nutmeg and vanilla extract. Mix all the ingredients well to combine together and also add all-purpose flour and baking powder into the mix. Prepare a smooth batter.

Next, heat oil in a pan over medium flame. While the oil heats, dip bread slices in the prepared batter and let the excess batter drip. Roll the dipped bread slice in crushed cornflakes. Immediately, transfer the coated bread slices in the hot oil and fry for a minute on both sides.

Remove the bread from heat and transfer on an absorbent towel. Similarly, fry all the remaining bread slices. Top the bread toast with maple syrup and serve warm.

Enjoy!

## 5 effective Yoga poses to reduce neck hump



Nearly every other corporate individual is complaining about neck hump and the trenching pain they deal with after sitting at their desk for extended periods which leads to discomfort and thus leads to the development of a neck hump which can be felt in many people and seen in some.

Let's take a look at 5 effective postures.

**Wall extension pose:** As the name suggests, you need to use a wall for support to perform this stretch. Simply stand with your legs far apart to your shoulder's distance and then stand in front of the wall and bend forward. Now, try to place your palm on the wall and stretch as far as you can. You need to be facing the floor hold for 5 seconds and then repeat.

**Upward-facing pose:** The upward-facing pose reduces the neck hump and also helps in muscle flexibility. Simply lay flat on the ground facing the floor slowly place your arms forward and try to lift your upper body. Now lay your legs next to each other and arms farther apart. The body parts touching the ground should be your legs and palms of your hands, and then face the sky looking upwards. Repeat this for 5-10 times.



**The cat-cow pose:** This is a proven yoga pose for reducing neck hump in which you need to get on your knees and hands, lift yourself back forming a mountain-like structure, and make sure to push your face inwards looking at your torso. Now, you need to push your back inwards and while you do, just look towards the ceiling. Repeat the mountain motion facing inwards and then form a 'U' structure facing upwards for a minute.

**Hands in the air:** You will get a hint with the name where you need to stretch your arms out and perform this activity by standing straight from the knee up, raising your arms towards the ceiling as far as you can and then holding up for 10 seconds, and then repeating this a few times. This stretching exercise will improve your posture and thus help burn off the excess fat accumulated on your neck.

**The sitting twists:** This is an easy-to-follow exercise that can be practiced by sitting in a chair. You just need to sit straight, turn to your right, use the chair's handle as a hold, and then stretch your back as far as you can. Do the needful for 10 seconds and release. Now, repeat the same on the other side and perform 10 sets.

## Things to keep in mind before buying a sunscreen



We understand the significance of sunscreen and its role in protecting our skin from severe rays of the sun. In India, the climate is predominantly sunny and hot, so it's even more crucial to apply sunscreen- even when you are not stepping out. Applying sunscreen is a cardinal rule of skincare and it is also essential to understand how to pick the right sunscreen, what ingredients go into it. Here are a few things to keep in mind before choosing your sunscreen:

**Understanding the ingredients:** The significance of sunscreen has grown in recent years. It not only aids in sun protection but also in preventing pigmentation and premature aging. Consider sunscreen as your personal shield against pigmentation and aging. Simply by using sunscreen regularly, you can maintain the health and youthfulness of your skin. When selecting a sunscreen, it is essential to look at the Sun Protection Factor (or SPF), which measures a sunscreen's ability to protect against UVB rays. A sunscreen that has an SPF of at least 30 blocks about 97% of UVB rays, while an SPF of 50 blocks about 98%. Ultimately, consider the texture and feel of the sunscreen and choose the one that works well

with your skin type. Sunscreens are now available in various textures, formulas, and SPF levels, making it easier for everyone to pick."

**Broader and better:** Different types of sunlight exist, with UVA and UVB being the most harmful to our skin. UVB rays cause sunburn, while UVA rays accelerate skin aging, resulting in wrinkles and age spots. A broad-spectrum sunscreen shields against both types of rays. UVB protection is quantified by the SPF (Sun Protection Factor), while UVA protection is indicated by the PA rating, measured in plus signs.

**Water-resistant:** Water-resistant sunscreen is essential for ensuring effective protection against the sun's harmful rays, particularly during water activities and in humid conditions. These sunscreens are designed to maintain their efficacy even when exposed to water, sweat, or high levels of humidity, providing reliable coverage to prevent sunburn and skin damage. Their ability to adhere well to the skin's surface ensures prolonged protection, reducing the need for frequent reapplication, which is especially beneficial during extended periods of water exposure.

**Know your skin type:** Individuals with oily skin oftentimes avoid using sunscreens, as some sunscreens leave the skin feeling oilier. They may prefer oil-free or non-comedogenic formulas to prevent breakouts. Secondly, certain skin types, such as fair or sensitive skin, may require higher SPF levels or specific ingredients like titanium dioxide or zinc oxide for enhanced protection against UV radiation. Different skin types have varying levels of sensitivity and reactivity.

## General Knowledge Question Answers

- |  |  |   |
|--|--|---|
| 1. What is the capital of Canada?<br>a) Toronto<br>b) Ottawa<br>c) Montreal<br>d) Vancouver                                      | 6. What is the capital of Argentina?<br>a) Buenos Aires<br>b) Mendoza<br>c) Cordoba<br>d) Rosario                      | 11. Which country is known as the "Land of Fire and Ice"?<br>a) Iceland<br>b) Greenland<br>c) Norway<br>d) Finland    |
| 2. Which country is the largest island in the world?<br>a) Australia<br>b) Greenland<br>c) Madagascar<br>d) Indonesia            | 7. Which country is located on the Horn of Africa?<br>a) Ethiopia<br>b) Kenya<br>c) Somalia<br>d) Tanzania             | 12. What is the capital of South Korea?<br>a) Busan<br>b) Seoul<br>c) Incheon<br>d) Daegu                             |
| 3. What is the capital of Mexico?<br>a) Mexico City<br>b) Guadalajara<br>c) Monterrey<br>d) Cancun                               | 8. What is the capital of Spain?<br>a) Barcelona<br>b) Madrid<br>c) Seville<br>d) Valencia                             | 13. Which country is located on the Iberian Peninsula?<br>a) Portugal<br>b) Spain<br>c) France<br>d) Italy            |
| 4. What is the capital of South Africa?<br>a) Johannesburg<br>b) Pretoria<br>c) Cape Town<br>d) Durban                           | 9. Which country is located entirely within another country?<br>a) San Marino<br>b) Lesotho<br>c) Andorra<br>d) Monaco | 14. What is the capital of Thailand?<br>a) Bangkok<br>b) Chiang Mai<br>c) Phuket<br>d) Pattaya                        |
| 5. Which country is the smallest in the world by land area?<br>a) Monaco<br>b) Vatican City<br>c) San Marino<br>d) Liechtenstein | 10. What is the capital of Indonesia?<br>a) Jakarta<br>b) Bali<br>c) Surabaya<br>d) Medan                              | 15. Which is the largest country by land area in the world?<br>a) China<br>b) Russia<br>c) Canada<br>d) United States |

15. Russia

14. Bangkok

13. Spain

12. Seoul

11. Iceland

10. Jakarta

9. Madrid

8. Madrid

7. Somalia

6. Buenos Aires

5. Vatican City

4. Pretoria

3. Mexico City

2. Greenland

1. Ottawa

Answers:

## ASTRO SPEAK

### ARIES



MAR 21 - APR 20

The moon enters Aquarius this morning, putting you in a social and community-oriented headspace that's perfect for passionate exchanges and creative collaboration. You'll notice a shift once fiery Mars enters your sign, dearst Aries, fueling the fire within. Use this planetary placement to act boldly throughout the coming weeks, allowing your instincts to guide you toward personal goals.

### LIBRA



SEP 24 - OCT 23

Integrate a few wellness practices as Capricorn moon aligns with passionate Mars to elevate your mind, body, and spirit. You'll feel uplifted and in the mood for attention once Luna migrates into Aquarius, while creative thinking can guide you toward new heights. Maintain personal balance when navigating these vibes, and fight for equal exchange within your relationships.

### TAURUS



APR 21 - MAY 20

The moon takes its final steps through Capricorn this morning, forming a sweet connection to Mars before entering revolutionary Aquarius. Lean into these vibes by embracing your spirituality and allowing passions to guide you, sweet Bull. Try not to be discouraged if you don't gain much recognition for your work forth once Mars enters Aries and your solar twelfth house. Focus on cultivating better personal structures.

### SCORPIO



OCT 23 - NOV 22

The Capricorn moon aligns with Mars giving one final push to put action behind your ideas before Luna enters Aquarius. Watch how your feelings shift alongside the moon, taking care to nurture your physical, mental, and emotional needs. Mars, your planetary ruler, enters Aries, urging you to get serious about your overall wellness, organization, and personal efficiency throughout the coming weeks.

### GEMINI



MAY 21 - JUN 20

Important negotiations or commitments could find 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.

### SAGITTARIUS



NOV 23 - DEC 22

You'll feel grounded yet efficient as the Capricorn moon aspects Mars, Sagittarius, heightening your motivation and physical senses while bringing clarity to your surroundings. The atmosphere shifts once Luna migrates into Aquarius, sharpening your wits, attention span, and desire to learn. Your confidence grows when Mars enters Aries, making it easier to move boldly and creatively throughout the coming weeks.

### CANCER



JUN 22 - JUL 23

Move with love as the Capricorn moon connects 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.

### CAPRICORN



DEC 23 - JAN 20

The moon takes its final steps through your sign this morning, dearest Capricorn, sharing a supportive aspect with Mars to motivate and inspire the mind. You'll detect a shift once Luna enters Aquarius, asking you to reconnect with your surroundings and physical senses. Avoid the temptation to overspend on luxury items this evening when Venus and Pluto square off, testing your budget.

### LEO



JUL 24 - AUG 23

Take small, organized, and meaningful steps 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.

### AQUARIUS



JAN 21 - FEB 23

Take a few moments to revel in the silence and beauty surrounding you, dearest Aquarius, as the Capricorn moon aligns with Mars this morning. You'll need to get moving once Luna enters your sign, putting your attention in high demand while motivating you to chase personal goals. Use this energy to boldly back up your ideas with decisive action.

### VIRGO



AUG 24 - SEP 23

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 Mars enters Aries, accelerating plans you've laid out throughout the coming weeks.

### PISCES



FEB 24 - MAR 20

You'll feel motivated to take action toward causes that are important to you as the Capricorn moon aligns with Mars. Just be mindful to pull back and honor your own needs once Luna enters Aquarius, nudging you to find peace within. A fierce desire to manifest stability and prosperity finds you when Mars enters Aries, pushing you to take bold steps forward throughout the coming weeks.