

Vicky Kaushal reveals how Katrina Kaif becomes his dance instructor when he rehearses

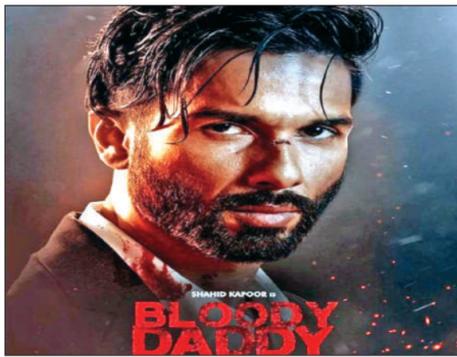


Vicky Kaushal and Katrina Kaif are undoubtedly one of the most adorable couples in the Bollywood industry. The duo kept their relationship a secret until they got married. However, the actor is now spilling the beans about his love life after marriage. Quite a few times Vicky Kaushal has revealed secrets of his domestic life with Katrina Kaif and left everyone mushy about them. After describing his marriage as paratha weds pancakes and revealing how his celebrity wife holds weekly budget meetings with house staff and more such revelations, Vicky Kaushal has shared that Katrina Kaif also turns his dance instructor.

The actor was busy promoting his latest movie Zara Hatke Zara Bachke and during the same, he was asked if he and Kat discuss the film scripts offered to them. Replying to News Tak, he said that is the most frequently discussed topic in their house. Whenever there is a new script or when they think of picking up a film the couple often discuss it together. Vicky Kaushal never shies away from praising his wife Katrina Kaif and always talk highly about her. He said "she's really made a space for herself with her own hard work which is great."

In the same conversation, the Uri actor revealed that Katrina loves to watch his dance rehearsals and corrects him. When Vicky is shooting a song for a film, Kat wants to see his rehearsal. He again praised her stating she is so good at dancing. Vicky Kaushal further added he gets scared to show his rehearsal video to her because she finds out some 36,000 problems in it. Katrina Kaif corrects his dance moves and tells him that his hands, feet, angles are not right and he should fix it.

Bloody Daddy: Shahid Kapoor breaks silence on comparison to John Wick, "I feel something is..."



Shahid Kapoor is garnering praise for his latest release Bloody Daddy. He appeared in an intense and fierce role in the Ali Abbas Zafar directorial. The action thriller marks the actor's first OTT movie although he made his digital debut with the web series Farzi. When Bloody Daddy trailer was released people were quick to compare him with John Wick. While promoting the movie the actor addressed several topics and also commented on the comparison to the Hollywood character played by Keanu Reeves.

Bloody Daddy is an action-packed exciting thriller. The film revolves around drug lords and gangster. The film shows Shahid Kapoor fighting against drug goons, crime boss, murderous naves and cops only to save one relationship that matters to him the most. Shahid Kapoor returned to action as a badass in a rugged look with guns on. People tagged him as John Wick Lite a lighter or cheap version of Keanu Reeves' character. The Kabir Singh actor who doesn't take social media trolls to heart replied to this comparison. In an interview, Shahid Kapoor said "If I feel something is relevant, I absorb it and if I feel something is said in over smartness, I respectfully ignore it. Sometimes people say spicy things to gain popularity because nobody is interested in nice things beyond a point." He also addressed how people on social media share negative comments. He added social media users just sit out there to point out negativity.

Gadar 2: Sunny Deol reveals challenges faced while releasing Gadar in 2001



Gadar: Ek Prem Katha rereleased in theaters on 9th June. Sunny Deol starrer is not just one of the biggest movies of Indian cinema but an emotion. Even after 22 years, people have showered love over the cult classic. The film has garnered immense praise and appreciation from the audience when it release in theaters. Gadar is a period actor drama revolving around the love story of a Pakistani girl and an Indian Punjabi guy. Sunny Deol who headlined the movie as Tara Singh opened up on issues the team went through while releasing the movie in 2001.

Sunny Deol met fans during the screening of Gadar: Ek Prem Katha as it was released in theaters. Interacting with them he revealed the difficulties that were faced while bringing the movie to theaters. However, after the release it created a frenzy among the audience. Viewers showered love making it a blockbuster. The actor said when Gadar: Ek Prem Katha hit theaters they had no idea that it will become a superhit. "Jab Gadar – Ek Prem Katha lagi, tab humein nahin pata tha ki yeh film gadar machayegi."

Recipes

Sooji Cheela



Ingredients
 1 cup semolina
 1 large chopped onion
 1 chopped capsicum (green pepper)
 1/4 teaspoon black pepper
 3 teaspoon vegetable oil
 1 cup yoghurt (curd)
 1 medium chopped tomato
 salt as required
 1/2 teaspoon red chilli powder

Method:
 Firstly mix together semolina and curd in a large bowl. Whisk properly to attain a thick mixture. You can also add 3-4 tbsp water if required.
 Now add chopped onions, tomatoes and capsicum to the semolina mixture.
 Add red chilli powder, black pepper powder and salt. Mix everything well.
 Heat 1 tsp oil on a non-stick tawa. Now pour some batter on the tawa and spread it a bit.
 Let the cheela cook from both sides until golden-brown.
 Repeat the step with the rest of the batter to make more cheelas.
 Serve them hot with mint chutney, tomato ketchup or coconut chutney.
 Make sure you try this recipe, rate it and let us know how it turned out to be.

Unusual ways magnesium deficiency affects you and why it's important to know about this mineral deficiency



Magnesium is one of the most underrated minerals that is crucial to human health. It is involved in several important bodily activities. Magnesium assists in over 300 enzymatic activities in the body. So, definitely it is in a lesser amount in the body it is going to affect you. In this article we will discuss the different unusual ways magnesium deficiency affects us and we are unaware of this.

Painful muscle cramps: This is very common and many people opt for home remedies for this instead of going to a doctor. Cramps, twitches and tremors are characteristic of magnesium deficiency though there can be other reasons for this. In serious cases the lack of magnesium might also cause seizures or convulsions.

Depression and anxiety: Yes, you heard that right. Magnesium deficiency affects the mood. Low levels of magnesium have been associated with increased risk of depression. "Magnesium assists with neurological pathways that, when not functioning correctly, are believed to lead to mood disorders like depression and anxiety. Several observational studies have linked lower magnesium levels with increased depression," a Harvard report says.

Abnormal heart beats: Magnesium keeps your heart beating. It is one of the several minerals that maintain the contraction and relaxation of heart muscles. Less magnesium is associated with irregular heartbeats called arrhythmias. Deficiency of magnesium makes the heart beat faster.

Weak bone: Not just calcium, magnesium has a strong association with bone health. More than 50% of the body's magnesium is stored in bone. Studies have found a higher magnesium diet with high bone mineral density and vice versa. Lack of magnesium leads to bone related issues like osteoporosis.

Fatigue: Since it has a role to play in muscle function, lack of it affects muscle health and fatigues the individual. Fatigue is the first and primary reaction of every deficiency hence it is advisable to consult a doctor, get tested and know the exact cause.

One needs to consume around 400 mg of magnesium in a day. A female body can manage with 300 mg of this mineral. Magnesium is available in pumpkin seeds, spinach, beans, brown rice, peanut butter, almonds, peanuts and cashews. One can also find magnesium in poultry, dark chocolate and milk.

Makeup hacks that you should never try



We all love to look classy and stunning without spending too much time on makeup and that is the reason we are always on the look out for good makeup hacks, but "hurry is the work of the devil."

With the digital era everyone has become a makeup expert, presenting their makeup routine, recreating celebrity makeup looks and most importantly sharing makeup hacks.

Well, you might come across 100 makeup hacks on social media, but did you know that a few hacks are actually a big mistake!

A lot of our daily routine includes makeup since it not only gives our skin a glow but also draws attention to our best features. Additionally, many who adore makeup enjoy experimenting with different time-saving and product-playing techniques and methods.

Some of these viral techniques, meanwhile, may end up harming your skin more than they actually help.

Lip liners as eye waterline
 The expert cautions against using this trick since lip liners have long-lasting pigments that can irritate the eyes. If you have hyperpigmented skin around your dark circles, apply Kajal sparingly.

Lipstick as a blush
 The trick that the majority of cosmetic enthusiasts use is applying lipstick as blush. However, the expert advises against using dark coloured lipstick or liquid matte lipsticks as blush because they include darker pigment especially for lips. She also says that massaging the cheeks, which is not advised, might further darken pre-existing marks. Instead, she advises using a light-colored cream blush that is simple to blend.

Petroleum jelly for Huge Eyelashes
 It makes sense that you would want longer eyelashes, but applying petroleum jelly to your eyelashes is a BIG NO. It won't make your eyelashes thicker or grow longer. Small cysts will develop under your eyes as a result. Apply castor oil rather than if you want long eyelashes.

Glue as a pore cleanser and blackheads Remover
 BIG NO x 100 to this hack. As a child, applying and removing glue from your hands was acceptable, but using it on your face should be absolutely avoided. As glue is created with numerous chemicals that we can't even conceive, it will result in skin outbreaks and many other issues. The skin will suffer the worst kind of harm from it.

Deodorant Rolls as Primer
 It's the most bizarre hack, and no one should use it. It is produced using several chemicals, some of which might irritate the skin and even leave it scarred.

Soap on the brows
 Employing this technique because applying soap to the brows to make hair strokes evident and to fix them in place could cause the hairs to become weak enough to fall out.

General Knowledge Question

- Which of the following statements are correct regarding respiration in plants?
 I. Respiration is the process of releasing energy from food.
 II. Respiration takes place individually in all parts of the plants like stem, roots, leaves etc.
 III. The rate of respiration is slow in plants whereas it is faster in humans and animals.
 Select the correct answer from the codes given below:
 A. I and III are correct
 B. I and II are correct
 C. I, II and III are correct
 D. None of the above
- Name the process through which much needed oxygen is supplied to all the cells of the plants?
 A. Diffusion
 B. Endosmosis
 C. Exosmosis
 D. Photosynthesis
- Due to Water logging:
 A. An air is expelled from in-between the particles of soil.
 B. Oxygen becomes unavailable to the roots of the plants.
 C. Plants respire anaerobically which produces alcohol and kill them.
 D. All the above are correct.
- Respiration in Plants takes place through:
 A. Stomata
 B. Lenticels

- Both A and B
 D. Only A
- Consider the following statements:
 A. Respiration takes place both day and night.
 B. Photosynthesis occurs during day time only.
 C. Both A and B are correct.
 D. Neither A nor B are correct.
- Some plants store waste in their fruits in the form of solid bodies called:
 A. Raphides
 B. Lenticels
 C. Stomata
 D. Resins
- Various methods used by plants to get rid of their waste products are:
 I. Gaseous waste through stomata and lenticels.
 II. Stored solid and liquid waste by shedding leaves, peeling of bark and falling of fruits.
 III. By secreting waste in the form of gum and resins.
 Which of the following statements is/are correct?
 A. I and II are correct.
 B. II and III are correct.
 C. I and III are correct.
 D. I, II and III are correct.
- Name the waste products secreted by Plants?
 A. Carbon Dioxide
 B. Oxygen
 C. Water Vapour
 D. All are correct.

- Which of the following statements is/are correct?
 I. The net gaseous exchange in leaves at night is, oxygen diffuses in and carbon dioxide diffuses out.
 II. Net gaseous exchange during day time is, oxygen diffuses out and carbon dioxide diffuses in.
 Select the correct answer from the codes given below:
 A. Only I is correct.
 B. Only II is correct
 C. Both I and II are correct.
 D. Neither I nor II is correct.
- Name an extension of the epidermal cells of a root which is in direct contact with the soil?
 A. Root Hairs
 B. Internodes
 C. Bundle Scars
 D. Pith
- The process of removal of toxic wastes from the body of an organism is called:
 A. Transport
 B. Respiration
 C. Excretion
 D. Nutrition
- The movement of a plant part in response to light is called:
 A. Phototropism
 B. Geotropism
 C. Chemotropism
 D. Hydrotropism

ASTRO SPEAK

- ARIES** (MAR 21 - APR 20): Your emotions could be in a very fluid phase, and it will be difficult for anyone to predict how you're going to react to some surprising news, including you! Just go with the flow and don't put any pressure on yourself to feel anything: calm, worried, happy. Just let the news soak in for a while. It might take days for you to fully understand how this makes you feel, so you can't expect to have instant clarity about it.
- LIBRA** (SEP 24 - OCT 22): You have wonderful ideas, so go deep and grab one of them! The more far-fetched the better. People have been waiting for you to bust out with something unexpected. Get back together with your old self and integrate it back into your present life. Just because you grow past a certain phase of life doesn't mean you should leave everything about it behind you.
- TAURUS** (APR 21 - MAY 20): You can feel passionate about more than just romantic things or other people! Use your strongest emotions to get your opinions out into the world. By showing how strongly you feel about something, and you'll be able to get people to share your excitement. Your emotions can be a driving force to make great changes that have been needed for a long time, so don't be afraid to use them.
- SCORPIO** (OCT 23 - NOV 22): Take a good, long look in the mirror and remind yourself that while you might not be the hottest person on earth, you are definitely something special, especially in the eyes of the people who love you. Having a healthy level of confidence is more important than having a conventionally attractive outer shell. After all, it's just a shell.
- GEMINI** (MAY 21 - JUN 20): Making choices about your life based on what you think other people want you to do is not only unhealthy, it's also unwise. No one knows what is best for you better than you, so stop listening to the know-it-alls who just love to hear themselves talk. Trust yourself. Even if you make a mistake, it will be one that teaches you an important lesson.
- SAGITTARIUS** (NOV 23 - DEC 22): You'd better make some more room in your life for new ideas and new people because they're going to be coming at you soon. Toss out those old feelings, tired ideas, and outdated philosophies whose time has come and gone. Update your attitude and get with it. Things have changed in your life, and they're only going to continue. If you keep thinking the same way you thought ten years ago, you'll miss out on some major opportunities.
- CANCER** (JUN 22 - JUL 23): Try to keep yourself from getting upset when you talk to people who intimidate you. Avoiding emotional intensity and upheaval when you communicate won't be too difficult, though. Simply state your case clearly and you'll have real facts to stand on, not just heartfelt conviction. This rise in your intellectualism will help increase and hone your mental energy and earn you more respect.
- CAPRICORN** (DEC 23 - JAN 20): There is a new person in your life who intrigues you, but you don't know enough about them to get an accurate picture of who they truly are. You need to know more before you move forward with this relationship, no matter what stage it's in right now. Take the time to look at them objectively. Unless you do this, you won't have all the information you need to make the right choices, no matter how confident you feel.
- LEO** (JUL 24 - AUG 23): You'll be able to get beneath surface-level small talk and zero in on what people really want to talk about quickly. Of course, whether you pursue their true intentions or not is totally up to you. If you are sensing that someone you don't like very much has a crush on you, for example, you should switch the subject. But if you're interested in them, too, this is your chance to work a few double entendres into your conversation.
- AQUARIUS** (JAN 21 - FEB 23): You could start to sense that a new beginning is coming in an old relationship. What had become routine almost to the point of feeling stale is slowly but surely having new life breathed into it. It's almost like a whole new ballgame. There's no way of knowing what has caused this resurrection of your deep feelings, but you should be grateful for it. New things are possible, and you should open your mind to that fact.
- VIRGO** (AUG 24 - SEP 23): It's time to create more calm in your life, and you can do this if you learn to accept things you don't like. You might not believe what people with different views than yours have to say, but you can't disrespect them simply because they disagree with you. You have to agree to disagree and rise above petty conflicts. Don't argue when you know there's no point in it.
- PISCES** (FEB 20 - MAR 20): Emotional upheaval can cause even the most level-headed people to say things they don't really mean. Keep that in mind if you overhear a surprising comment today. Eavesdropping is a fabulous sport, but it can be dangerous. Information you get that way isn't reliable, so whatever you do, don't repeat what you hear! This comment was heard out of context, so you don't know what it is you actually heard.