

Rani Mukerji opens up on choosing roles showing women taking on patriarchy; says, 'I Love to be a part...'



Rani Mukerji is a cinematic icon of our times and one of the most successful heroines in the history of Indian cinema. She has chosen films and roles that have defined the evolution of women in society. For Rani, we are still in a work-in-progress society because she feels a lot is yet to be achieved to create a nation that celebrates the achievements of women. Rani says she wants to do her bit by choosing roles that show women taking on patriarchy and winning against it.

Rani says, "I love to be a part of stories where the woman is the agent of change, where woman is strong enough to take on a system and alter it for the good and where a woman dares to take on patriarchy, the so-called glass ceiling and smash it with her ambition and talent. These are the roles that I naturally gravitate to because I have always wanted to show women as fiercely independent builders of our nation. "Rani disclosed that her all-time favourite film is the cult classic Mother India - a film that is classified as one of the best representations of the spirit of womanhood across world cinema. She says, "Ever since I was a child, my favourite film was and remains Mother India and that film showed the integrity of a woman despite her circumstances and the grinding pressures of our society on women at large. I have always been inspired to play such characters because women need to be celebrated for all the silent heroism that she does in everyday life." Rani's last film, Mrs. Chatterjee vs Norway (MCVN) became a bonafide hit in theatres and the narrative that audiences want to consume content films only on OTT. Rani says she was always sure that audiences would want to see the story of a courageous woman in theatres.

Is Ranbir Kapoor following Kartik Aaryan's footsteps to promote his next release Animal?



Kartik Aaryan and Kiara Advani starrer Satyaprem Ki Katha have been making headlines as it has been gearing up for its release. Satyaprem Ki Katha is releasing this month's end and the makers have all booked the time slot of 11:11 am for all the publicity activity. The release of all their assets is surely noteworthy. Seeing the amazing response to the songs and teaser of Satyaprem Ki Katha, it has been proven that the 11:11 time frame is indeed a lucky and blessed one. And it seems, there's a pattern that it picking up now. Ranbir Kapoor starrer Animal makers have recently made an announcement too.

Recently, the makers of Ranbir Kapoor's upcoming film, Animal, also announced the release of their pre-teaser. The pre-teaser of Animal is going to drop at 11:11 on 11th June 2023. The earlier assets of Animal that were released by the makers and Sandeep Reddy Vanga did not have this pattern. It seems like they have picked up this amazing marketing strategy after being inspired by Satyaprem ki Katha.

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

Oil-Free Oats Cutlet



**Ingredients**  
 1/2 cup oats, 1 grated carrot  
 1 teaspoon cumin powder, 1/2 teaspoon red chilli powder  
 2 tablespoon biscuit crumbs, 1 teaspoon green cardamom coriander leaves as required  
 1 teaspoon refined oil  
 2 boiled potato  
 1 teaspoon ginger paste  
 1/2 teaspoon fennel seeds powder  
 1/2 teaspoon dry mango powder  
 1 teaspoon green chilli, salt as required  
**8 cashews**  
**Method:**  
 In a bowl combine oats, grated boiled potatoes, grated carrot, green chilli, ginger paste and salt.  
 Also add dry mango powder, biscuit crumbs, roasted cumin powder, red chilli powder, fennel powder and crushed cardamom seeds.  
 You can add coriander leaves according to your preference. Add one tsp oil to the mixture for binding purpose. Mix well.  
 Now take small balls from the mixture and make cutlets. Stuff one cashew in the center of each cutlet.  
 Preheat Air Fryer at 180°C for 5 minutes. After that keep the cutlets in the tray.  
 Bake for 10 minutes at 180°C. Then transfer to the serving plate and enjoy your healthy oats cutlets with mint chutney or ketchup.

Tips to stop underarm sweating



Excessive underarm sweating, also known as axillary hyperhidrosis, can be uncomfortable and embarrassing. Here are some tips to help reduce underarm sweating.  
 Wear breathable fabrics: Choose natural fabrics like cotton or linen that allow your underarms to breathe and help wick away moisture from your skin.  
 Use antiperspirants: Apply clinical strength or prescription-strength antiperspirants to your underarms. Look for products containing aluminum chloride, which helps reduce sweat production.  
 Apply antiperspirant at night: Apply antiperspirant to dry underarms before going to bed. This allows the product to work overnight and provides better efficacy compared to applying it in the morning.  
 Keep underarms clean: Wash your underarms daily with a gentle soap or antibacterial wash to remove bacteria and odor. Keeping the area clean can help reduce sweating and control body odor.  
 Avoid spicy foods and caffeine: Certain foods and beverages,



like spicy foods and caffeinated drinks, can trigger sweating. Limit your consumption of these items to help manage underarm sweating.  
 Stay hydrated: Drinking plenty of water helps regulate your body temperature and can reduce excessive sweating. Aim for at least 8 glasses of water per day.  
 Manage stress: Stress and anxiety can contribute to increased sweating. Practice relaxation techniques, such as deep breathing exercises, meditation, or yoga, to help manage stress levels.  
 Wear loose-fitting clothing: Tight clothing can trap heat and increase sweating. Opt for loose-fitting and lightweight garments that allow air circulation and minimize sweating.  
 Use sweat-absorbing pads or liners: Disposable or reusable underarm pads or liners can be placed inside your clothing to absorb sweat and prevent it from staining your clothes.  
 Consult a healthcare professional: If excessive underarm sweating persists and significantly affects your daily life, consider seeking medical advice. A healthcare professional may recommend treatments.

#HomeDecor: Do's and don'ts while designing your kid's room

It's exciting to create an ideal area for your children. But at times, it can also be difficult. After all, designing a lovely, useful space that your kids will love is a challenging task! Nevertheless, a child's room is crucial because it is their space to play, create, study, and unwind. Here are the three things to consider for a kid's room of any age. Preneet Malhotra, CEO and Founder of design company



**Functionality:** A kids room often evolves with age. For babies, you might need a crib, a changing table, a small cupboard or a chest of drawers, a rocking chair and open floor space. You would add toy storage and a bookshelf in a toddler's room. Moving over the years, as they get older, the room will require a desk, chair and a bed. Space can be a significant constraint if there are multiple children. In this case, bunk beds or trundle pull out beds can help to make the room look spacious. Incorporate only the essential furnishings and those of actual value to the child and keep the same to the minimal. In some furniture items, drawers can be built into the steps of a bunk bed and a desk placed underneath with drawers to store

study essentials.  
**Safety:** Kids are active and tend to crawl and walk into anything or everything. Therefore, keeping the kids' safety in mind should be the prime concern. One can start this by ensuring that the furniture is sturdy or good quality and has rounded edges. For example, the padding on the headboard can be ideal when selecting a bed. Additionally, the crib rails must be well secured and that the electrical sockets are safely incorporated or have lids, so a child does not put their fingers in them. Floor Coverings must be secured and provide padding in a material that is easy to clean and move on.  
**Aesthetics:** It is essential to play with patterns, textures and color for a minimal yet aesthetic ambience in a kid's room. The essential decorating tools add elements of shaded and diffused lighting. To keep the room well-lit, it is advised to stay away from bright and halogen lights as they tend to overstimulate and are not helpful for sleep. Accessories like wallpaper are also a good option and are easy to maintain. It is recommended that the colours opted for should be chosen with care and accessories, toys and cushions selected with the children.

General Knowledge Question

- Which organ of the human body produces a fluid known as bile?  
 A. Pancreas  
 B. Gall Bladder  
 C. Kidney  
 D. Liver
- Which of the following is not a function of liver?  
 A. Regulation of Blood Sugar  
 B. Storage of Blood  
 C. Filtering the blood  
 D. Reproduction
- Heart is made up of:  
 A. Non-Striated muscle  
 B. Cardiac muscle  
 C. Adipose Tissue  
 D. Striated Muscle
- Where does the digestion of protein starts in our body?  
 A. Mouth  
 B. Stomach  
 C. Duodenum  
 D. Intestine
- Name an acid which is secreted in the stomach?  
 A. Sulphuric Acid  
 B. Hydrochloric Acid  
 C. Carbonic Acid  
 D. Nitric Acid
- Nerves from the eyes and ears are connected to the  
 A. Cerebrum  
 B. Cerebellum  
 C. Medulla Oblongata  
 D. Spinal Cord
- Define Blood Pressure:  
 A. It is the pressure that blood clot exerts over brain.  
 B. It is the pressure that blood receives on account of faulty commands from the brain.  
 C. It is the pressure that fatness or old age exerts on the body's circulatory system.  
 D. It is the amount of pressure on the blood as a result of the heart's pumping function and the resistance of the arterial walls.
- Name a blood vessel which carries deoxygenated blood?  
 A. Aorta  
 B. Pulmonary Artery  
 C. Hepatic Artery  
 D. Pulmonary Vein
- Name a hormone which controls the blood pressure in the human body?  
 A. Oxytocin  
 B. Estrogen  
 C. Testosterone  
 D. Vasopressin
- Name the membranes which are invested by  
 A. Arachnoid  
 B. Pleural Membrane  
 C. Meninges  
 D. None of the above
- The process of transfer of hereditary character from one generation to another is known as.....?  
 A. Genes  
 B. Mutation  
 C. Variation  
 D. Genetics
- Who is known as father of genetics?  
 A. Gregor Mendel  
 B. Augustinian friar  
 C. Norman Borlaug  
 D. M.S Swaminathan
- Who coined the term Mutation?  
 A. James Watson  
 B. Herman Joseph Muller  
 C. Hugo de Vries  
 D. None of the above
- Which term of genetics represents the potential ability of a plant cell to grow into a complete plant?  
 A. Pluripotency  
 B. Totipotency  
 C. Cloning  
 D. Variation

10. Meninges  
 11. Genetics  
 12. Gregor Mendel  
 13. Hugo de Vries  
 14. Pluripotency

6. Cerebellum  
 7. It is the amount of pressure on the blood as a result of the heart's pumping function and the resistance of the arterial walls.  
 8. Pulmonary Artery  
 9. Vasopressin

1. Liver  
 2. Reproduction  
 3. Cardiac muscle  
 4. Stomach  
 5. Hydrochloric Acid

ASTRO SPEAK

- ARIES** (MAR 21 - APR 20)  
 Are you ready to move forward on that big project or relationship? Then go! You're capable of making some major strides right now, so take action. You feel strong, which means that you are strong, so focus all of that strength on making the changes you want. Whether it's writing a book, building a table, or getting a date with that amazing certain someone, you can make it happen if you start today.
- LIBRA** (SEP 24 - OCT 23)  
 You have the ability to be very expressive today which means it is a great day to make your point and motivate other people. Everyone you speak to is going to be able to understand the subtle nuances you're trying to communicate and most likely even agree with your points. If you're trying to impress some influential people or just trying to get noticed by that cute certain someone, today is the right day to make your move!
- TAURUS** (APR 21 - MAY 20)  
 The outside world doesn't have much to offer you right now, so it's the right time to spend some quiet time by yourself at home. It's not that you aren't interested in having fun. It's just that the energy of other people will likely be more taxing than relaxing for you now. Use this downtime to get philosophical about life and think through some recent challenges in your life. You handled them well, but how could you have done better?
- SCORPIO** (OCT 23 - NOV 22)  
 For too long you've been hiding from others when you have to offer. Being shy can be cute for a while, but you're building up walls between yourself and the people who want to know you better. You need to take a bigger risk and reveal a little bit more about yourself to someone. Pick one person to tell them a little-known fact about yourself. They'll love that you trust them.
- GEMINI** (MAY 21 - JUN 20)  
 You and another person make great partners, but maybe you haven't been getting along too well lately. If this is a work partnership, talk to the higher-ups and see if you can start collaborating with new people for a while. Tell them that it will help you develop new professional and interpersonal skills and they'll figure something out.
- SAGITTARIUS** (NOV 23 - DEC 22)  
 You should try to unleash some of your creativity today. It can help you feel more powerful, free, and most importantly, happy. Whether you want to write some poetry, doodle some drawings, make up silly songs, or just try to do more time knitting that scarf, anything you can do to express yourself will help you feel more grounded and centered in who you are. Make time to do the things that don't just add to the bottom line.
- CANCER** (JUN 22 - JUL 23)  
 After a long period of feeling like you have no control over your own schedule, today puts you back in charge of your time. What's the first thing you should do? Schedule some alone time. Set aside at least an hour today when you do something for yourself. Whether it's taking a nap, watching a movie, or just staring out the window, you need to relish the sensation of having no one to report to and no deadlines to worry about.
- CAPRICORN** (DEC 23 - JUL 20)  
 If you feel that your life lacks some discipline right now, that's a sure sign that it does! It's not such a big deal to have a messy car or bedroom, but the clutter around you is getting a little bit out of hand in other areas of your life and it's starting to bother you too much. Today, spend some time putting order back into your world. Cleaning is a mindless task, but it gives you a chance to let your mind wander and clear itself out too!
- LEO** (JUL 24 - AUG 23)  
 Just when you got all comfortable in your routine, along comes an opportunity for you to go on an interesting adventure. Are you up for it? You might have to give up some of what you've worked for in order to take advantage of this chance, and there are no guarantees this time. If you're ready for a quieter phase of life, you might want to let this opportunity pass you by. But if all you crave is more stimulation, then grab it with both hands!
- AQUARIUS** (JAN 21 - FEB 23)  
 This day should be full of an outgoing energy, which means that you should just be in a more outgoing mood. It's a great day for reconnecting with long-lost friends. If you've been thinking about someone from your past a lot lately, why not do an online search and see if you can find out where they are now? Believe it or not, they would love to hear from you and it will certainly add some sparkle to your day.
- VIRGO** (AUG 24 - SEP 23)  
 You could be busy seeking out new opportunities to expand your horizons, whether that means finding a new job, getting serious about starting a business, or improving the one you have. The point here is not to give yourself extra work but to find ways to streamline your situation so you feel more comfortable and able to enjoy a better work/life balance.
- PISCES** (FEB 20 - MAR 20)  
 Your physical appearance isn't always an accurate reflection of your inner self, but if you're feeling that disconnect growing, pay attention to it. Whether you feel like you need to lose weight, gain weight, or just get a different haircut, you should make an effort to start the transformation. You've been putting it off for far too long, and that's why you're feeling a growing dissatisfaction.