

Suriya to make Bollywood debut with Rakeysh Omprakash Mehra's Karna?



Suriya is one of the most celebrated actors in Kollywood. The actor who is currently working on the periodic drama Kanguva has won a National Award for Best Actor for his movie Soorai Potru. After being a popular name in the South industry the actor is all set for his Bollywood career. The latest reports suggest that Suriya will play a titular role in Rakeysh Omprakash Mehra's next film titled Karna. The director is aiming to recreate a portion of Mahabharat with the tale of Karna.

Tamil superstar Suriya has shown an interest in doing the movie with director Rakeysh Omprakash Mehra. He is keen to play the role of the Mahabharata character Karna who was son of the God Surya and princess Kunti. According to reports director Rakeysh Omprakash Mehra is in talks with Suriya for his ambitious project. The source claimed that the director has been working on his dream project for a while now. He was looking to rope an experienced character to play this intricate character.

If Pinkvilla reports are to go by Suriya is excited to be a part of Rakeysh Omprakash Mehra's epic Karna. The mythological drama is reported to be a two-part film. The filmmaker and the producer of the movie believe that the film has the potential to be a game changer in India considering that no film has been attempted on such a complex protagonist till date.

Suriya and Rakeysh Omprakash Mehra are in advance talks and reportedly things are moving in the right direction. Karna is a historical set in the Mahabharata times and Suriya will play one of the most complex characters of his career. The movie will be a pan-India project reported to release in multiple languages. If things go well then this movie will be Suriya's first Bollywood movie and also his first collaboration with Rang De Basanti filmmaker.

Ganapath Part 1: Jackky Bhagnani, Tiger Shroff, and Vikas Bahl drop a major update

Having grabbed the audience's attention right from its announcement Pooja Entertainment's upcoming and India's first action-dystopian flick Ganapath Part 1 is all set for its worldwide release. Amidst all the rising chatter about the upcoming Tiger Shroff- Kriti Sanon starrer, this is indeed an amazing news for the audience that has only boosted the excitement to witness the film in the theaters. Now bringing a fresh update about the much-awaited film, Jackky Bhagnani shared a picture on his social media of himself with the youngest action superstar Tiger Shroff and director Vikas Bahl in the same frame lying on the sofa as they lock the final edits of Ganapath Part 1.

One must say that this is such a cool way to announce an update on the magnanimous entertainer. The picture also shows the bond between the producer, actor and the director who have toiled, put their blood & sweat, and burnt the midnight oil to bring this one-of-a-kind film to the audiences. Taking it to the social media- Producer Jackey Bhagnani writes: The feeling when you've locked the



edit ? #Ganapath Part 1 See you in the cinemas this Dusshera! #GanapathOn20thOctober 2023!

Viral Kohli calls Kaho Naa.. Pyaar Hai a 'Cult hit'; confesses to be bowled over by Hrithik Roshan

Cricket sensation and India's top most player Virat Kohli reveals his childhood scrap book, which mentions Indian superstar Hrithik Roshan as his Most Admirable Person. In a recent viral video, Virat Kohli confessed to being an admirer of Hrithik Roshan since childhood. He added that he was blown away by his dance and understood the craze behind his debut film Kaho Naa... Pyaar Hai.

Hrithik Roshan is the millennial superstar who marked his entrance in the entertainment world and turned into an overnight sensation. Kaho Naa... Pyaar Hai not only offered the country a new Superstar but also began a dance revolution led by Hrithik Roshan. Breaking records with just his first film, the actor turned into a star immediately, generating 'Hrithik Mania' all over the country.

One of the most desirable men in the world and amongst the richest sports celebrities, Virat Kohli also resonates with the frenzy for Hrithik Roshan's ir-



sistible charm. While Virat Kohli just wrapped the latest season of IPL and has been busy in the World Test Championship final at the Oval in Australia, Hrithik Roshan recently won the IIFA Award for his last release Vikram Vedha and is gearing for Fighter.

Recipes

Creamy Chicken Veggie Wrap



Ingredients

- 1 cup boiled chicken
- 1/2 cup tomato
- 1/2 cup low fat mozzarella cheese
- 1 cup hung curd
- 1 teaspoon paprika
- salt as required
- 1 teaspoon chili oil
- chilli flakes as required
- 1/2 cup cucumber
- 4 lettuce loose-leaf, 3 tortillas
- 2 tablespoon lemon juice, 1 handfuls coriander leaves
- black pepper as required, mixed herbs as required
- 2 tablespoon butter

Method:

To begin with this easy recipe, wash and chop the veggies. Now, take a bowl and add in some lemon juice, paprika, salt, pepper and mixed herbs, whisk it well and add in the veggies, toss them up and keep aside.

Meanwhile, take a pan and heat the tortillas. Once done, spread some butter and layer some lettuce leaves.

Take a bowl and add in hung curd, chilli flakes, salt and pepper, whisk it well with 1 tsp chili oil to make a homemade spread.

Take the lettuce layered tortillas, add in the veggies followed by hung curd dip, spread it across the wrap, add grated cheese. Fold it up and bake or microwave it for 3-4 minutes to enjoy. You can also heat it on a pan and allow the cheese to melt and enjoy!

Top 2 food groups you should STOP consuming to reduce your risk of diabetes



Poor diet can increase your risk of type 2 diabetes, in which there is a high level of sugar in your blood. Consuming an excessive amount of unhealthy foods can also lead to insulin resistance. When this happens, your body can no longer respond to increasing levels of insulin, which ends up increasing your levels of blood glucose. To avoid risking diabetes, here are 2 quite popular food groups which you should eliminate or limit from your diet.

Red and processed meat:

These include sausages, bacon and ham that are found in widely consumed pizzas, sandwiches and hotdogs. According to health experts, there are a number of compounds present in meat, such as nitrates and saturated fat, that are harmful to your body and

can contribute to the development of diabetes.

Meat and risk of diabetes:

All of these compounds present in processed meat have been associated with many health problems such as oxidative stress, inflammation or direct cell damage. A combination of these can lead to the development of insulin resistance, causing diabetes.

Refined and fried foods:

Apart from red and processed meat, the second top dangerous food group is refined and fried food. Mostly it involved packaged and processed food.

List of foods in this category:

Refined foods that you should limit or avoid from your diet include cakes, biscuits, pastries, sugary cereals, and sugar-sweetened beverages. These foods have had most of the healthy fiber and micronutrients stripped away. Further, they also contain harmful artificial chemicals through added flavorings, preservatives, sweeteners and emulsifiers.

Refined/fried foods and diabetes risk:

Some of these added compounds present in many of these "delicious" junk foods are harmful to your gut bacteria which plays an important role in your hunger signals, glucose regulation, and insulin sensitivity. Consuming too much of these foods can increase your risk of diabetes.

To stay fit and healthy, and minimize your risk of developing diabetes, you need to consume a healthy, well-balanced diet. Eat plenty of fruits and non-starchy vegetables such as peppers, mushrooms, asparagus, broccoli, and spinach.

It can be difficult, but you need to develop a healthy lifestyle in which you choose home cooked meals over junk food. Other healthy foods include lean protein such as fish, chicken, turkey, tofu, eggs, and yogurt; and whole grains such as quinoa, brown rice, and oatmeal.

Home remedies for a super soft skin



Want a soft skin? Well, here are home remedies that can help you achieve super soft skin.

Honey and lemon mask: Mix equal parts of honey and freshly squeezed lemon juice. Apply the mixture to your face and leave it on for 15-20 minutes before rinsing off. Honey moisturizes and softens the skin, while lemon juice brightens and exfoliates.

Avocado mask: Mash a ripe avocado and apply it as a face mask. Avocado is rich in healthy fats and nutrients that nourish and hydrate the skin, leaving it soft and supple.

Sugar scrub: Mix equal parts of sugar and olive oil or coconut oil to create a natural exfoliating scrub. Gently massage the mixture onto your skin in circular motions, then rinse off. This helps remove dead skin cells and pro-

vides smooth, soft skin.

Yogurt and cucumber mask: Blend cucumber slices with plain yogurt to create a cooling and hydrating face mask. Apply it to your face for 15-20 minutes, then rinse off. This mask helps soothe and moisturize the skin, leaving it soft and refreshed.

Milk bath: Add a few cups of whole milk to your bathtub. The lactic acid in milk helps exfoliate and soften the skin. Soak in the milk bath for 15-20 minutes to enjoy its moisturizing benefits.

Olive oil massage: Warm up some extra virgin olive oil and massage it onto your skin in gentle, circular motions. Olive oil is rich in antioxidants and healthy fats that moisturize and nourish the skin, making it soft and smooth.

Aloe vera gel: Apply pure aloe vera gel to your skin. Aloe vera has hydrating and soothing properties, making it effective in softening the skin and relieving dryness or irritation.

Rosewater toner: Use rosewater as a natural toner after cleansing your face. Rosewater helps balance the skin's pH levels and has a moisturizing effect, leaving your skin feeling soft and refreshed.

Shea butter moisturizer: Apply shea butter to your body as a moisturizer. Shea butter is a natural emollient that deeply hydrates and softens the skin, making it a great option for dry or rough areas.

Green tea compress: Brew a cup of green tea, let it cool, and use a clean cloth soaked in the tea as a compress on your skin. Green tea contains antioxidants that help rejuvenate and moisturize the skin, leaving it soft and glowing.

Remember to patch test any new ingredient or remedy on a small area of your skin to check for any adverse reactions. Also, maintain a regular skincare routine and stay hydrated for optimal skin health and softness.

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 | 6. Who is the author of "1984"? A) George Orwell B) Aldous Huxley C) Ray Bradbury D) Margaret Atwood | 11. Who is the author of "The Hobbit"? A) J.K. Rowling B) Stephen King C) George R.R. Martin D) J.R.R. Tolkien |
| 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 | 7. Who wrote "The Diary of a Young Girl"? A) Anne Frank B) Elie Wiesel C) Primo Levi D) Viktor Frankl | 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 |
| 3. Who wrote the novel "The Great Gatsby"? A) F. Scott Fitzgerald B) Ernest Hemingway C) Harper Lee D) Jane Austen | 8. Which author wrote "Pride and Prejudice"? A) F. Scott Fitzgerald B) Ernest Hemingway C) Jane Austen D) Virginia Woolf | 13. Who is the author of the novel "Wuthering Heights"? a) Charlotte Bronte b) Emily Bronte c) Jane Austen d) Virginia Woolf |
| 4. Who is the author of "The Catcher in the Rye"? A) J.D. Salinger B) Ernest Hemingway C) Harper Lee D) Jane Austen | 9. Who is the author of "The Hobbit"? A) J.K. Rowling B) J.R.R. Tolkien C) C.S. Lewis D) Roald Dahl | 14. Who is the author of "The Color Purple"? a) Toni Morrison b) Alice Walker c) Maya Angelou d) Zora Neale Hurston |
| 5. Which author wrote "The Chronicles of Narnia"? A) J.K. Rowling B) J.R.R. Tolkien C) C.S. Lewis (Answer) D) Roald Dahl | 10. Which author wrote "The Picture of Dorian Gray"? A) Oscar Wilde B) Virginia Woolf C) James Joyce D) T.S. Eliot | 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 |

ASTRO SPEAK

- | | |
|--|---|
| ARIES MAR 21 - APR 20 The sun enters Gemini and your solar third house marking the last stretch of spring and a chance for you to expand your mind. These vibes are perfect for nurturing your curious nature, though your social side will need some attention too. You'll want to be on guard for drama within your network of peers, taking care not to get involved if negativity begins to circulate your sphere. | LIBRA SEP 24 - OCT 22 The sun enters Gemini and your house of spirituality this morning, elevating your spirits and intuition throughout the next month. Lean into the mystic that lives within, and you'll soon find a universe alive with magic and synchronicity. Unfortunately, a tense opposition between Mars and Pluto could temporarily rain on your parade, especially if your friends try to pull you into their drama. |
| TAURUS APR 21 - MAY 20 The sun enters Gemini and your solar third house marking the last stretch of spring and a chance for you to expand your mind. These vibes are perfect for nurturing your curious nature, though your social side will need some attention too. You'll want to be on guard for drama within your network of peers, taking care not to get involved if negativity begins to circulate your sphere. | SCORPIO OCT 23 - NOV 22 You'll be thinking heavily about ways to evolve throughout the coming weeks, as the sun enters Gemini and your house of transformation. Use this energy to make important decisions that will lead you to a higher path, even if doing so requires a few "goodbyes." Keep tabs on your emotions as Mars and Pluto face off overhead, taking care to set boundaries and nurture your needs if you feel overly stressed. |
| GEMINI MAY 21 - JUN 20 Happy birthday, dearest Gemini! The sun officially enters your sign early this morning, giving you full permission to seek attention, revel in your popularity, and make things just a little bit more about you. However, you'll want to be delicate in your approach to adoration as Mars and Pluto face off, and be sure to keep your message positive and attitude light. | SAGITTARIUS NOV 23 - DEC 22 Get ready for lots of love and plenty of flirting, as the sun migrates into Gemini and your solar seventh house. This luminary placement will heighten your charisma and natural wits, providing you with all tools necessary to enchant your latest crush. However, you should focus on maintaining a sense of balance on your own, making time to support your mind, body, and soul in the pursuit of harmony. |
| CANCER JUN 22 - JUL 23 Your mind will be a busy place throughout the coming weeks, dearest Cancer, as the sun enters Gemini and the sector of your chart that governs introspection. This solar placement will ask you to take stock of your life, meditating on ways to improve your overall happiness while acknowledging what you cannot control. A sweetness will wash over you this evening when the moon enters your sign. | CAPRICORN DEC 23 - JUL 20 The sun enters Gemini and your solar sixth house asking you to recommit to your health and wellness goals. These vibes are perfect for recommitting to consistent bedtimes, workout regimes, and overall organization, so be sure to direct your focus accordingly throughout the coming month. You'll feel a shift this evening when the moon enters Cancer, helping you reclaim a sense of balance and harmony. |
| LEO JUL 24 - AUG 23 Get ready for good times ahead, dear Leo, as the sun enters Gemini and the sector of your chart that governs community. Though you'll be busy shaking hands and kissing babies throughout the coming weeks, a desire to do something good will also come into play. Be sure to acknowledge the humanitarian that lives within. Just be sure to carve out some alone time this evening when the moon migrates into Cancer. | AQUARIUS JAN 21 - FEB 23 A rush of playful and creative energy will wash over you as the sun enters Gemini and your solar fifth house. This luminary placement will reignite your spirits, especially when you devote more time to the pursuit of fun or the arts. Unfortunately, tensions could mound within your love life as Mars and Pluto face off in our skies, but try not to let small arguments spiral into something bigger. |
| VIRGO AUG 24 - SEP 23 Take extra steps to nurture your professional network throughout the coming weeks, dearest Virgo, as the sun enters Gemini and your solar tenth house. This luminary placement can assist in making headway within your occupational goals, but relationships will be important as you inch your way to the top. Use this energy as motivation to get a head start. | PISCES FEB 20 - MAR 20 Your home will feel elevated and bustling when you awaken as the sun migrates into Gemini and the sector of your chart that governs domestic affairs. Use this energy to get organized within your space throughout the coming month, and be sure to host plenty of social gatherings. You may want to lay low for now, as Mars and Pluto face off overhead, which could put you in a private and irritable mood. |

