

The Archies Teaser: Suhana Khan, Agastya Nanda, Khushi Kapoor starrer is all about love, heartbreaks and more



The Archies by Zoya Akhtar introduces a new bunch of star kids to Bollywood. Shah Rukh Khan and Gauri Khan's daughter Suhana Khan, Sridevi's daughter Khushi Kapoor, Amitabh Bachchan's grandson Agastya Nanda and more are making their debut with Netflix's film The Archies. The teaser of the same recently made it to the internet and fans are quite surprised with it. The Archies is based on the famous comic that has a gang of friends living their interesting lives in Riverdale.

The teaser of The Archies takes us back to the good olden days with everything being in retro style. From looks to the feel, everything is retro. The story takes us back to 1864 and it is all about love, heartbreaks, dance and protests. Suhana Khan, Khushi Kapoor and all the others look perfect for their parts. Suhana Khan and Agastya Nanda are paired opposite each other in this one. Fans are impressed with the 'wholesome' gang that loves to have fun. The Archies definitely has Entertainment written all over it. Suhana Khan's fashion has especially grabbed a lot of attention. One of the comments on the teaser read, "suhana literally ate 90's fashion and left no crumbs." Another comment on the video read, "extra point for suhana's clothes." Mihir Ahuja, Dot, Yuvraj Menda and Vedang Raina also make up for the cast.

Talking about The Archies, the film will release on Netflix. The release date of the same has not been revealed as yet by the makers. A few days ago, the first look poster of the film was released and like a dozing father, Shah Rukh Khan expressed his excitement for the same. He shared the same on social media and wrote, "I remember when I was young (millions of years ago) would book my Archie's Digest in advance to rent. Nostalgia. I hope Big Moose is also in the film! All the best to the whole cast and love."

Adipurush: Kriti Sanon wasn't the first choice to play Janaki; THESE two actresses were on the list

Prabhas and Kriti Sanon's Adipurush has hit theatres on a grand note all across the country. The mythological drama, which is a retelling of the epic tale of the Ramayana, opened to mixed reviews. But still, the film has managed to create a storm at the box office. According to reports, the film, which was made on an enormous budget of Rs 500 crore, earned a whopping Rs 90 crore in the domestic market. Fans flocked to theatres on day one and even installed a massive 65-foot cut-out of Prabhas in Telangana.

The project, helmed by Om Raut, stars Prabhas as Lord Rama, Kriti Sanon as Janaki, Saif Ali Khan as Ravana, Sunny Singh as Lakshman, and Devdatta Nage as Lord Hanuman. Even though it received a critical reception from film experts, Kriti Sanon's portrayal of Janaki was praised for her acting prowess. However, it has been reported that the Heropanti actress was not the first choice to play the role in the film. The makers went through a lot of searching to find their perfect Janaki. According to reports, the role was initially offered to South Indian actress Keerthy



Suresh, who would have made her Bollywood debut with the role.

Salman Khan reveals the real reason why most people think he is a 'sadu' who is 'always in an angry mood'

Bigg Boss OTT 2 host Salman Khan is all set to begin the show, and this is his first on OTT, but he is a veteran when we talk about Bigg Boss. The fans are super excited to see what Salman Khan will do as a host this season, as it's on OTT and the content here is going to be bold and unfiltered. Will the superstar too go all out with his anger and language that he tries to keep in control during his Bigg Boss TV show hosting? While speaking about Salman Khan being this angry young man who is always in a bad mood. The actor refrains from being the one and claims that this image has been created by his people from the team.

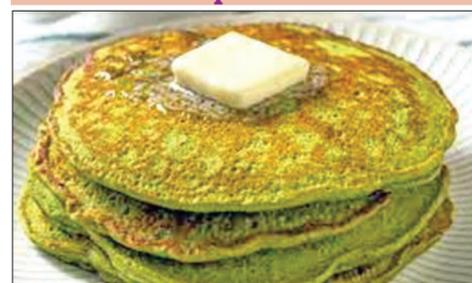
Salman Khan on Kapil Sharma's show that is produced by him once revealed that his team member has created his aura of him being angry and sadu all the time and he is not anything like this. Well, we have met the superstar personally, and we hundred percent agree to his claims that in real life he is a darling and a thorough gentleman. Coming back to this old video that has been going viral, one can be assured that the superstar does not lose his calm, gets



angry, or is upset without any reason, and he is not always sad but in jovial moods too.

Recipes

Broccoli Spinach Cheela



Ingredients

- 1 cup broccoli
- 1 cup gram flour (besan)
- 2 green chilli
- 1/4 teaspoon black pepper
- gm salt
- 1 cup spinach
- 5 cloves garlic
- 1 teaspoon cumin powder
- 1/4 teaspoon garam masala powder

Method:

Cut the broccoli into florets. Clean the spinach leaves and cut the stems.
Add broccoli and spinach leaves to a blender. Also add garlic cloves, green chillies and about 2-3 tbsps water. Blend to form a thick paste.
Take out the green paste in a bowl. Add besan, cumin powder, garam masala, black pepper powder and salt.
Add water in batches and mix well to form a lump-free batter. The consistency of the batter should be medium- neither too thick nor too thin.
Now drizzle a few drops of oil on a non-stick tawa. Pour two ladleful of batter on it and spread in circular motions to make a round cheela.
Cook from one side until golden patches appear. Flip towards the other side and cook until a bit crispy.
Serve the cheela with a chutney or dip of your choice. Enjoy!

Yoga and naturopathy tips to stay cool this summer



As we approach the summer season, we are reminded of the scorching heat that India is known for. Prickly heat, dehydration, and parched throats are just a few examples of the problems that may arise during this time. There are ways to combat the heat through the use of naturopathic therapies and yoga. If you are looking to prepare yourself for the summer, consider implementing these naturopathic and yogic techniques to stay healthy and cool.

Avoid ice and cold drinks

While it may seem like ice is an effective way to cool down, it is not recommended to add it to your drinks. The sudden contrast in temperature can be a shock to the body and may lead to digestive problems in the future. Instead, you can have coconut water or chamomile tea."

Consume foods that keep your body cool

To beat the heat, it is advisable to consume food items that have a cooling effect on the body. Bitter, sweet, and astringent foods are particularly beneficial.

Avoid foods that heat your body



It is best to avoid foods that increase body heat. Spicy foods like hot peppers, chillies, curries, and salsas should be consumed in moderation.

Make yoga a part of your lifestyle

According to Dr. Rajesh, "Yoga offers various asanas that can help regulate body temperature naturally, providing an effective way to cool off during the summer months. Practising these asanas on a daily basis can make a significant difference and help you stay cool and comfortable. Here are some yoga asanas you can try during summer: Simhasana, Tadasana, Sitali Pranayama, Chandra Bhedana Pranayama."

The takeaway

The summer season offers a wealth of activities and longer days to enjoy. It is important to take advantage of all the fun and excitement, but also be mindful of how you are feeling. It is essential to observe how you respond to the heat and high energy levels of the season. Celebrate the season, but also prioritize self-care and make sure to get enough rest. By being mindful of your habits, you can fully enjoy everything summer has to offer.

How to achieve curls at home

Everyone's hair is unique, and it may take some trial and error to find the best method and products that work for your hair type and desired curl pattern. Experiment with different techniques and products until you achieve the natural curls you desire.

Start with freshly washed hair:

Begin by washing your hair with a curl-enhancing shampoo and conditioner. This helps create a good foundation for your curls.

Apply a curl-enhancing product:

While your hair is still damp, apply a curl-enhancing product such as a curl cream, mousse, or gel. This will help define and hold your curls.

Detangle gently:

Use a wide-toothed comb or your fingers to gently detangle your hair, starting from the ends and working your way up. Be careful not to tug or pull on your hair too much, as this can cause frizz.

Divide your hair into sections:

Divide your hair into smaller sections, depending on the thickness and length of your hair. This will make it easier to work with and ensure that each curl is properly defined.

Choose your curling method:

Option 1: Finger Coiling: Take a small section of hair



and wrap it around your finger, starting from the root and working your way down. Slide your finger out, leaving the coiled curl intact. Repeat this process for all the sections of your hair.

Option 2: Twist Out:

Take a small section of hair and twist it tightly from the root to the ends. Repeat this process for all the sections of your hair.

Option 3: Bantu Knots:

Take a small section of hair and twist it tightly, then coil it into a small knot close to your scalp. Secure the knot with a hair elastic or bobby pin. Repeat this process for all the sections of your hair.

Let your hair dry: Allow your hair to air dry completely or use a diffuser attachment on your hairdryer to gently dry your curls. Avoid touching or manipulating your curls while they dry to prevent frizz.

Set the curls: Once your hair is dry, you can lightly scrunch your curls to break up any stiffness. You can also use a light-hold hairspray or a curl-refreshing spray to set the curls and add extra definition.

Avoid over-touching: Once your curls are set, try to avoid excessive touching or brushing, as this can disrupt the curl pattern and create frizz. Instead, embrace the natural texture of your curls.

General Knowledge Question Answers

Q.1 When was Ambedkar Jayanti celebrated in India?

- (A) 14th April
- (B) 15th April
- (C) 16th April
- (D) 17th April

- (B) India
- (C) China
- (D) South Korea

Q.2 First Heli-Taxi Service launched at where in India?

- (A) Bengaluru Kempegowda International Airport
- (B) Jaipur Sanganer Airport
- (C) Delhi Palam Airport
- (D) Mumbai Shivaji Airport

Q. 6 Which bank signed pacts with the Union Cabinet under BRICS Mechanism?

- (A) Exim Bank
- (B) Axis Bank
- (C) ICICI Bank
- (D) HDFC Bank

Q.3 Who is the First Lady of the United States Now?

- (A) Melania Trump
- (B) Maria Trump
- (C) Hillary Clinton
- (D) Roma Joseph

Q.7 When PSLV-C31/IRNSS-1E was launched by ISRO?

- (A) On Jan 20, 2016
- (B) On Jan 30, 2016
- (C) On Jan 26, 2016
- (D) On Jan 14, 2016

Q. 4 Where is the Changbaishan Volcano (Tianchi Volcano) in the world?

- (A) NE China-North Korea border
- (B) South Korea border
- (C) Indian China border
- (D) India Pakistan border

Q.8 Which country has announced to set up a Center of Excellence in Information Technology (CEIT) at Al Azhar University, Egypt?

- (A) India
- (B) Pakistan
- (C) China
- (D) South Korea

Q.5 Magnitude of 7.9 earthquakes faced by which country on 22 January 2017?

- (A) Papua New Guinea

Q.9 Where is Imperial Towers in India?

- (A) Mumbai
- (B) Jaipur
- (C) Kanpur
- (D) Kolkatta

Q.10 Where is 'Jeddah Tower' (The future tallest tower in the world) under construction since 2013?

Q.11 On which date the 'World Sports Journalists Day' is celebrated?

- (A) At Jeddah, Saudi Arabia
- (B) At London, England
- (C) At Kolkatta, India
- (D) At Paris, France

Q.12 Who is the Chief Executive Officer of Bharti Airtel?

- (A) July 2nd
- (B) June 1st
- (C) August 15th
- (D) November 30th

Q.13 Who is the 'David Cameron' in the world?

- (A) Gopal Vittal
- (B) Narendra Barman
- (C) Mukesh Ambani
- (D) Anil Ambani
- (A) Former Prime Minister of United Kingdom
- (B) Prime Minister of United Kingdom
- (C) Former Prime Minister of USA
- (D) President of USA

Q.14 Which country is standing on the second country in the world according to most roads?

- (A) India
- (B) China
- (C) Afganistan
- (D) South Korea

ASTRO SPEAK

ARIES



The moon creeps into watery Cancer early this morning, dearest Aries, creating the perfect ambiance for a laid-back Sunday at home. Meanwhile, the Nodes of Fate become active overhead, asking you to consider your financial goals while finding gratitude for what you already have. Just be sure to wrap up the party at a reasonable hour, as the sun and Neptune square off tonight, creating a sleepy vibe.

LIBRA



You should feel grounded in your emotions when you awaken this morning, dearest Libra, as the Cancer moon activates your solar tenth house. Meanwhile, the Nodes of Fate become active overhead, bringing a cleansing energy to the table that's perfect for moving forward. You may also feel called to tidy up while getting organized for the week ahead, so try not to let your domestic to-do list become Monday's problem.

TAURUS



The moon migrates into Cancer early this morning, dearest Taurus, putting you in a poetic and sensitive mood as you awaken. Give yourself permission to embrace leisure and love when you awaken as the Nodes of Fate beckon you to nurture yourself and your companions. Just be sure to pull back when the sun and Neptune square off tonight, giving yourself space to recharge before another work week begins.

SCORPIO



The stars will sprinkle some extra good vibes on you this morning, dearest Scorpio, as Luna migrates into Cancer and your house of spirituality. Meanwhile, the Nodes of Fate become active overhead, asking you to release negativity while embracing love in all its forms. Romance could also come into play right now, though an evening of self-care will also be on brand for this cosmic climate.

GEMINI



The moon drifts out of your sign and into Cancer this morning, dear Gemini, asking you to slow down as the busy weekend comes to a close. Solitude can open new pathways in your mind when you awaken, thanks to a helping hand from the Nodes of Fate, so be sure to meditate on your current situation and what's to come.

SAGITTARIUS



Take a moment to feel truly present as you awaken as the Cancer moon beckons you to touch base with yourself as a means for release. These vibes are perfect for sorting through your psyche, taking what serves you, and leaving behind what does not. Meanwhile, the Nodes of Fate become active in our skies, asking you to stay busy with any weekend chores that still need tending to.

CANCER



The moon drifts into your sign early this morning, ushering you sweetly from the dream world back into reality. Meanwhile, the Nodes of Fate will be active, marking the perfect environment for nurturing new friendships or inviting a new face into your circle of besties. These vibes will also remind you that boundaries are important to keep your spirit safe, so don't hold back if you need to draw lines gracefully.

CAPRICORN



The moon migrates into Cancer and the sector of your chart that governs love this morning, dearest Sea-Goat, helping you find harmony on this latest of Sundays. Meanwhile, the Nodes of Fate become active overhead, bringing a playful energy to the table that's perfect for connecting with your nearest and dearest. Sweetness will continue to flow this evening.

LEO



Privacy will be important to you today, dear Leo, as the moon migrates into Cancer and your solar twelfth house. These vibes give you full permission to turn off your phone, get cozy at home, and fully recharge before another work week rolls in. Meanwhile, the Nodes of Fate will be active overhead, bringing a responsible energy to your sphere that's perfect for planting seeds for the future.

AQUARIUS



The moon creeps into Cancer early asking you to nurture your body before another work week rolls in. Meanwhile, the Nodes of Fate become active in our skies, which could inspire you to take on a new domestic project. The comforts of home will be particularly alluring, though you may want to tidy up your workspace if you work remotely. A grounding and therapeutic energy will come into play this evening.

VIRGO



Try to get out of the house and explore your community this morning, dear Virgo, as the Cancer moon connects with the Nodes of Fate. These vibes are all about supporting local businesses and expanding your horizons, marking the ideal excuse to try out any new brunch spots that have opened recently. A romantic vibe will take hold this evening.

PISCES



The stars will give you permission to follow your passions and have limitless fun as the moon enters Cancer and your solar fifth house. Meanwhile, the Nodes of Fate will trigger curiosity within, marking the perfect excuse to broaden your horizons by exploring new areas, topics, or friendships. You'll want to give your mind a rest when the sun and Neptune square off tonight.

