

Bhool Bhulaiyaa 3: Kartik Aaryan praises Triptii Dimri; shares his experience of working with her



Kartik Aaryan has been one of the top Bollywood stars. He has done some amazing movies and has a crazy fan following. He is all set to entertain the audience with his amazing upcoming movies. He is all set for the release of Chandu Champion. The film will release on June 14 and Kartik has been through some big changes for the film. The trailer and the songs of the film have received all the love. Kartik spoke to BollywoodLife exclusively about the preparations he did for the film. During the same conversation, he spoke about Bhool Bhulaiyaa 3. He will be paired opposite Triptii Dimri in the film and has another movie with her.

Kartik Aaryan was asked if this will be the new hit on-screen jodi. Kartik laughed and said, "Pehli toh aane do." He further said, "I hope so and I feel so that this will be the new hit jodi. I am just working on Bhool Bhulaiyaa 3 and it has been a really nice journey working with her. She is a really talented actress. We have done few scenes until now and it is nice to work with someone who knows her craft well."

Earlier, it was reported that Kartik and Triptii Dimri will be collaborating on Anurag Basu's Aashiqui 3 but T-Series honcho Bhusan Kumar clarified that Aashiqui 3 is not in the works at the moment. Hence, they will be seen together in another film directed by Anurag Basu only.

Talking about Bhool Bhulaiyaa 3, the film also stars Vidya Balan, Rajpal Yadav, Madhuri Dixit and is slated for a Diwali release. Triptii, on the other hand, will be seen in Bad Newz with Vicky Kaushal and Anmy Virk. The film, directed by Anand Tiwari and produced by Karan Johar, is scheduled for release on July 19, 2024.

Ramayana: Yash becomes the highest-paid Bollywood actor by charging THIS whopping amount for the Ranbir Kapoor starrer?

Ramayana: Nitesh Tiwari's directorial, starring Ranbir Kapoor, Sai Pallavi, and others, is the most talked-about film. Right from its inception to the star cast to the story, everything about the film is said to be larger than life. However, the new update regarding the film is definitely going to blow your mind. As per recent reports, KGF fame Yash is going to be the highest-paid actor in Bollywood. Yes, if speculations are to be believed, the South actor is apparently charging more than superstar Shah Rukh Khan.

KGF fame Yash is apparently charging a whopping amount of 200 crores for the Ranbir Kapoor and Sai Pallavi starrer. Yes, you read it right. Yash will essay the character of Ravan in Nitish Tiwari's film. It also won't be wrong to say that his presence in the film will give the film a pan-India appeal, as Yash is a massive name in the South industry. In fact, Yash was one of the most popular demands by the makers of Ramayana. It was earlier reported that Yash was charging around 150 crores for the film. However, as



per recent reports, the actor has hiked his fees, and now he would be charging around 200 crores.

Bajrangi Bhaijaan 2 starring Salman Khan on cards? Director Kabir Khan breaks silence

Bajrangi Bhaijaan is one of the best films of Salman Khan. There have been lots of reports about the sequel of the super hit film. And now finally there is some information straight from the horse's mouth and it's filmmaker Kabir Khan. Kabir Khan has given game changer films to all his actors and is gearing up for his next release Chandu Champion starring Kartik Aaryan. In his latest interview, the filmmaker was quizzed about his plans to make the sequel of his super hit film Bajrangi Bhaijaan along with Salman Khan.

Kabir Khan said, "If you ask me abhi kuch hai script k level pe toh nahi. Ideas hai and there are many interesting ways of taking Bajrangi forward." He further added the possibility that the story can grow on for the sequel of Bajrangi Bhaijaan." It could be Adventures of Bajrangi and Chand Nawab, so many ways of taking it forward lekin as of now at a script level hamare pass kuch nahi hai." Bajrangi Bhaijaan is a film based on interfaith in two different religions and it was shown beautifully. Talking about the same Kabir Khan said, "I wanted to discuss the Hindu-



Muslim issue and in order to bring it all out in the mainstream consciousness, I needed Salman's superstardom. He also feels strongly about secularism and instantly agreed with the film".

Recipes

Mutton Misal Pav



Ingredients

- 250 gm mutton, 3 medium onion
 - 25 gm coconut, 10 gm ginger
 - 2 medium tomato
 - 1 tablespoon spice chili powder
 - 1 tablespoon garam masala powder
 - 6 tablespoon refined oil
 - 6 pav, 3 medium green chilli
 - 25 gm coriander leaves, 10 gm garlic
 - water as required
 - 1 gm turmeric, salt as required
- For Garnishing**
- 1 slice lemon, 100 gm namkeen

Method:

In a blender add roasted coconut, ginger, chopped garlic, green chilies, browned onion slices and coriander leaves. Blend the ingredients well to form a fine paste.

Now, place a pan over medium flame and add finely chopped tomatoes and saute well. After a minute or two add red chili powder onto the tomatoes and mix well.

Add the coconut paste into the tomato mixture and saute well for a while over medium flame.

Combine the minced mutton into the mixture and cook until it becomes tender. Meanwhile heat a cup of water in a microwave and add it to the pan along with turmeric powder, garam masala powder and salt.

Once the mutton appears cooked, garnish with some crunchy namkeen, chopped onion, coriander leaves and a slice of lemon.

Serve hot with pavs or any tangy chutney and enjoy!

6 benefits of running for just 10 minutes daily



Many of us have different preferences for a daily cardio session. It can be walking, running, jogging or even cycling. On Global Running Day 2024, let's learn and celebrate the joy and benefits of running. While marathons and long-distance running often steal the spotlight, running for just 10 minutes a day can significantly impact your health and well-being. Here's why dedicating a mere 10 minutes to running daily can transform your life.

It gives a boost to heart health

Running is a fantastic way to enhance your heart health. Even a brief 10-minute run can get your heart pumping, increasing blood circulation and lowering blood pressure. According to a study published in the Journal of the American College of Cardiology, short bursts of running can reduce the risk of cardiovascular diseases, including heart attacks and strokes.

A better space for mental well-being

If you're feeling stressed or anxious, a quick run might be just what you need. Running releases endorphins, often referred to as the "feel-good"

hormones. These chemicals interact with receptors in your brain, reducing your perception of pain and triggering a positive feeling. Research published in JAMA Psychiatry indicates that even short bouts of exercise can improve mood and decrease symptoms of depression. The study highlighted that individuals who engaged in just 10 minutes of physical activity showed significant improvements in their mental health.

A helping hand in the weight loss journey

Adding a 10-minute run into your daily routine can help with weight management. While it might not seem like much, these short runs add up over time. Running at a moderate pace burns approximately 100 calories in 10 minutes for a person weighing 155 pounds. Consistent calorie burning, even in small amounts, can contribute to weight loss and help maintain a healthy weight.

Helps in getting proper and quality sleep

Struggling with sleep? Running could be the answer. Physical activity, including running, helps regulate your sleep patterns and improve the quality of your sleep. The research suggests that just 10 minutes of running can help you fall asleep faster and enjoy deeper sleep.

Gives additional strength to bone and muscle

Running isn't just about cardiovascular benefits; it also strengthens your muscles and joints. Regular running can enhance the strength and endurance of the muscles in your legs and core. Running stimulates the production of growth hormone, which helps repair and build muscle tissue. Running can also improve bone density and joint health, reducing the risk of osteoporosis and arthritis as you age.

A happy and longer life

If you're looking for a simple way to extend your lifespan, running for 10 minutes a day might be the key. Runners tend to live longer than non-runners. The study found that running, even at slow speeds and for short durations, is associated with a 3-year increase in life expectancy. The cumulative benefits of running, including improved cardiovascular health, mental well-being, and weight management, contribute to this increased longevity.

Side effects of applying foundation on your face regularly



Regularly applying foundation to your face can have various effects, both positive and negative, depending on factors such as skin type, the quality of the product used, and individual sensitivities. While foundation is a staple in many makeup routines, it's essential to be aware of potential side effects and take steps to minimise them for healthy, radiant skin.

One of the most common side effects of using foundation regularly is clogged pores and acne breakouts. Foundation, especially if not removed properly at the end of the day, can trap dirt, oil, and dead skin cells on the skin's surface, leading to the formation of blackheads, whiteheads, and pimples. To prevent this, it's crucial to cleanse the skin thoroughly before and after applying foundation and opt for non-comedogenic formulas that won't clog pores.

Another potential side effect of foundation is skin irritation and allergic reactions. Some ingredients commonly found in foundations, such as fragrances, preservatives, and certain pigments, can cause sen-

sitivity or allergic responses in some individuals. Symptoms may include redness, itching, swelling, or a rash. To minimise the risk of irritation, choose foundations labeled as hypoallergenic or formulated for sensitive skin, and perform a patch test before applying the product to your entire face.

Over time, frequent use of foundation can also lead to skin dehydration and dullness. Many foundations contain ingredients like alcohol or matte-finish powders that can absorb excess oil from the skin, resulting in dryness and a lack of radiance. To combat this, look for hydrating foundations enriched with moisturizing ingredients like hyaluronic acid or glycerin, and be sure to moisturize your skin thoroughly before applying foundation to maintain its natural moisture balance.

In addition to these potential side effects, long-term use of foundation may contribute to premature aging of the skin. Some foundations contain ingredients like chemical sunscreens or synthetic fragrances that can cause oxidative stress and damage to the skin cells, leading to the formation of wrinkles, fine lines, and age spots. To protect your skin from premature aging, choose foundations with broad-spectrum SPF protection and antioxidants like vitamin C or green tea extract to shield against environmental aggressors and free radicals.

Finally, it's essential to consider the psychological impact of relying on foundation to achieve a flawless complexion. While makeup can enhance confidence and self-esteem, becoming dependent on foundation to conceal perceived flaws or imperfections can lead to negative body image and self-consciousness.

General Knowlwdge Question Answers

1. Who invented the microscope?

- a) Antonie van Leeuwenhoek
- b) Robert Hooke
- c) Louis Pasteur
- d) Thomas Edison

2. Who invented the battery?

- a) Alessandro Volta
- b) Thomas Edison
- c) Nikola Tesla
- d) Benjamin Franklin

3. Who invented the bicycle?

- a) Karl von Drais
- b) Leonardo da Vinci
- c) Wilbur Wright
- d) Gottlieb Daimler

4. Who invented the refrigerator?

- a) Oliver Evans
- b) Carl von Linde
- c) Thomas Edison
- d) Nikola Tesla

5. Who invented the steamboat?

- a) Robert Fulton
- b) James Watt
- c) Benjamin Franklin
- d) Samuel Morse

6. Who invented the jet engine?

- a) Frank Whittle
- b) Isaac Newton
- c) Galileo Galilei
- d) Nikola Tesla

7. Who invented the helicopter?

- a) Igor Sikorsky
- b) Orville Wright
- c) Wilbur Wright
- d) Glenn Curtiss

8. Who invented the radio?

- a) Guglielmo Marconi
- b) Alexander Graham Bell
- c) Thomas Edison
- d) Nikola Tesla

9. Who invented the television?

- a) Philo Farnsworth
- b) John Logie Baird
- c) Nikola Tesla
- d) Thomas Edison

10. Who invented the microwave oven?

- a) Percy Spencer
- b) James Watt
- c) Nikola Tesla
- d) Samuel Morse

11. Who invented the pacemaker?

- a) Wilson Greatbatch
- b) Nikola Tesla
- c) Thomas Edison
- d) Benjamin Franklin

12. Who invented the GPS?

- a) Roger L. Easton
- b) Nikola Tesla
- c) Thomas Edison
- d) James Watt

13. Who invented the X-ray?

- a) Wilhelm Conrad Roentgen
- b) Thomas Edison
- c) Nikola Tesla
- d) Benjamin Franklin

14. Who invented the ATM?

- a) John Shepherd-Barron
- b) Nikola Tesla
- c) Thomas Edison
- d) James Watt

15. Who invented the digital camera?

- a) Steven Sasson
- b) Thomas Edison
- c) Nikola Tesla
- d) James Clerk Maxwell

- 1. Antonie van Leeuwenhoek
- 2. Alessandro Volta
- 3. Karl von Drais
- 4. Carl von Linde
- 5. Robert Fulton
- 6. Frank Whittle
- 7. Igor Sikorsky
- 8. Guglielmo Marconi
- 9. Philo Farnsworth
- 10. Percy Spencer
- 11. Wilson Greatbatch

ASTRO SPEAK

ARIES



MAR 21 - APR 20

You may feel slightly fatigued as the Gemini moon aligns with Mars and Neptune this morning, dearest Aries, bringing a restless and hazy energy. Try not to be hard on yourself if you feel slightly off your game, opting to nurture yourself once the moon migrates into Cancer and your solar fourth house Forgo rowdy nights on the town for a quiet Friday at home with close companions or your favorite movie.

TAURUS



APR 21 - MAY 20

Rowdy dreams could put you in a daze before dawn has a chance to break, the Gemini moon aligns with Mars and hazy Neptune. Take time to reset as you awaken and the moon migrates into Cancer, touching base with your physical, emotional, and mental bodies. You'll connect with ease as the hours unfold, though an unbalanced aspect between Luna and Pluto cautions against lowering guards haphazardly.

GEMINI



MAY 21 - JUN 20

The moon takes its final steps through your sign this morning, dearest Gemini, aligning with Mars and Neptune before entering Cancer. It may be necessary to implement social boundaries early in the day, especially if your to-do list is vast. This cosmic climate could also cause you to move more slowly than usual, especially if you're carrying some emotional baggage.

CANCER



JUN 22 - JUL 23

You may struggle to transition from the dream realms to the material world, as the Gemini moon connects with Mars and Neptune early this morning. Luckily, the ambience elevates once Luna enters your sign, heightening your intuition and emotional awareness. Be mindful of how much you give to others when the moon and Pluto form an unbalanced aspect, bringing a sensitive energy to the table.

LEO



JUL 24 - AUG 23

Lean into your faith if you've been struggling with your closest relationships or a path toward personal evolution, as the Gemini moon connects with Mars and Neptune. You may require more time alone once Luna migrates into emotional Cancer, forcing you to tread the deepest waters of the psyche. Don't feel guilty about canceling plans if you'd rather spend your Friday evening at home, choosing restoration over celebration.

VIRGO



AUG 24 - SEP 23

Nobody ever said the path toward transformation would be easy. As the Gemini moon connects with Mars and Neptune this morning, you'll be reminded of just how destabilizing change can be. Luckily, it'll be easy to find emotional support when you need it most once the moon enters Cancer and the sector of your chart that governs community.

LIBRA



SEP 24 - OCT 23

The spirit moves you when the Gemini moon aligns with Mars and Neptune early today, though the waking world could feel hazy if you don't take time to readjust once your morning begins. Luckily, things will fall into place more fluidly once Luna moves into Cancer, bringing a rush of support to the sector of your chart that governs success. Your sense of resiliency and patience increase under these cosmic conditions.

SCORPIO



OCT 23 - NOV 22

Try not to let your dreams take you too far from the present, dearest Scorpio, as the Gemini moon aligns with Mars and Neptune. While this energy has the potential to uplift and inspire, disorganization or unrealistic expectations could lead to downfalls later. Connect with your spirituality before tackling the day once Luna enters Cancer, strengthening your connection with the universe.

SAGITTARIUS



NOV 23 - DEC 22

Try not to let strained emotions or family drama hinder your confidence and drive, as Gemini moon aligns with Mars and hazy Neptune. Luckily, you'll have a chance to let go and emotionally reset once the moon enters Cancer, encouraging release and rebirth. Keep your ideas under wraps when Luna and Pluto form an unbalanced connection, especially if you're still sorting through your own thoughts and emotions.

CAPRICORN



DEC 23 - JAN 20

Give yourself a break from mental and social burdens early this morning, darling Sea-goat, as the Gemini moon aligns with Mars and Neptune. Rather than reaching for your phone first thing, awaken slowly while connecting with the breath. The stars send sweetness in your direction once the moon enters Cancer, offering romance and harmony throughout the next two days.

AQUARIUS



JAN 21 - FEB 23

You may feel slightly disconnected from the present moment early this morning, as the Gemini moon connects with Mars and Neptune. Though creative ideas will be abundant, bridging the gap between imagination and reality could be difficult to navigate. Shift gears once the moon enters Cancer, focusing on what you must do in the present moment. You may encounter resistance when getting others to work on a team.

PISCES



FEB 24 - MAR 20

It may be difficult to stay grounded with strained emotions present, as Gemini moon connects with Mars and Neptune. Though moving slowly might not be an option, do your best to practice self-care as you prepare to meet the day. You'll feel more supported by yourself, especially when you add color to your day through vibrant outfits, creative expression, and a positive outlook.