

Here's what Salman Khan and Akshay Kumar feel about not being part of No Entry 2 and Bhool Bhulaiyaa 3



Bollywood biggies Salman Khan and Akshay Kumar are among the most bankable actors. The duo have delivered many hits and have been ruling the box office for the past few decades. However, times are changing and sometimes, due to scripts or changing demands, one has to take a step back and pave the way for others. Akshay Kumar starrer Bhool Bhulaiyaa and Salman Khan's No Entry were both huge box office successes, hence when the installments of both the films were announced without their presence, it shocked their ardent fans. Instead of Akshay Kumar, Bhool Bhulaiyaa 2 and Bhool Bhulaiyaa 3 starred Kartik Aryan, and No Entry 2 will feature actors like Arjun Kapoor, Varun Dhawan, and Diljit Dosanjh. While one may think that the duo are miffed or such things bother them, director Anees Bazmee who is directing both Bhool Bhulaiyaa 3 and No Entry 2, reveals what the truth is.

In an interview with Lehren Retro, Anees Bazmee stated that he is very fond of Akshay Kumar. He mentioned that his life's two most important and beautiful films are with Akshay, which are Singh is King and Welcome. He then mentions that he always wanted to have Akshay in the Bhool Bhulaiyaa franchise; however, the producers were keen to cast someone else. He then mentioned that Akshay is a very big star and such a thing doesn't bother him, and not casting him in a film is the filmmaker's and his team's loss, not the actor's loss.

Anees believes that if Salman had any issues with his absence from No Entry 2, he would have definitely had a word with him, but the fact that he hasn't said anything till now means the actor isn't bothered about his absence from the second installment.

Aditya Roy Kapur talks about keeping his life private amid breakup rumours with Ananya Panday

Aditya Roy Kapur has always kept his personal life away from the media glare, but for quite a time his personal life has been discussed a lot due to his alleged relationship with Bollywood actress Ananya Panday. Lately, there has been a strong buzz that Aditya and Ananya have parted ways, and amid the breakup rumours Ananya who is right now in Italy attending Anant Ambani and Radhika Merchant's pre-wedding bash mentioned that she has posted her soul and this video shared by Orry went viral on the social media.

And now Aditya Roy Kapur has spoken about his personal life safeguarded from the media and revealed why. In a conversation with Lifestyle Asia India, he said, "I guess I've always been quiet about my personal life. That's the way I like it. I've never really found the need or the urge or the want to have people know all about me and my personal life. So maybe that's why I keep stuff to myself rather than, you know, put it all out there." Aditya further added, "I feel like, why let it in? Why do I have to spend time processing some rubbish that I don't need to? It's not helping me. It's almost become a sport now where people know that their opinions



can be out there and find it necessary to have opinions. They just want to say something about everything."

King: Shah Rukh Khan is shooting for his next in Spain? Leaked picture goes viral

After smashing blockbusters like Jawan and Pathaan, Shah Rukh Khan is all set for his next film King reportedly. The superstar has signed the film helmed by Sujoy Ghosh and amid all the anticipation the picture of the Jawan actor is going viral on the internet. Shah Rukh Khan is sitting in a suit around men on a Maharaja-like chair. The superstar look is impressive and the fans have been going gaga ever since it was claimed that the picture was leaked from the sets of King and right now Shah Rukh Khan is shooting in Spain reportedly.

One user claimed that Shah Rukh Khan is shooting in Spain and this is the leaked picture of him from the sets of King, "First leak pic from the sets of #KING. SRK is currently shooting in Spain for the film". Suhana Khan who made her debut with The Archies that was released on OTT Netflix will be featuring in King along with her father Shah Rukh Khan. The King is based on a Hollywood film reportedly and the actor will reportedly be seen playing the role of a gangster.



Recipes

Whole Wheat Momos



Ingredients
1 cup whole wheat flour
1/4 cup chopped beansprouts
1 teaspoon minced garlic
sugar as required
salt as required
1/2 cup blanched, chopped broccoli
1/4 teaspoon ginger paste
1 teaspoon crushed to paste green chilli
1/4 cup chopped cabbage
black pepper as required

Method:
In a bowl, add whole wheat flour and salt (a pinch). Mix everything well. Using water, knead the ingredients into a dough form. Keep it aside for a while.

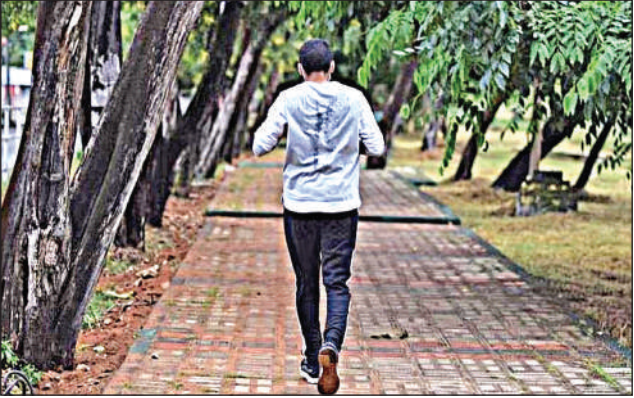
Now, add cabbage, bean sprouts, broccoli, ginger paste, garlic, green chili paste, salt, pepper, and a pinch of sugar in a bowl. Mix everything well.

Divide the whole wheat dough into 12 parts and then roll the individual doughs into a 3" diameter circle. For rolling, using wheat flour if required.

Now, add 1 tbsp of the filling in the centre of the circle prepared from the whole wheat dough. Make a semi-circle by folding it over. Seal it using your fingers by pressing the edges gently. Now, fold the semi-circle again and seal it using your fingers.

Repeat the above step for the rest momos and then put all of them in a steamer for about 10-15 mins. Check if they are soft and cooked. Your Whole Wheat momos are ready. Serve it alongside a mayo or schewzan dip. Enjoy.

Walking the way to wellness: Unlock the power of a daily walk



Almost every health expert is talking about the benefits of walking today. From brisk walking to walking for 30 minutes, the benefits of walking are so promising that it is being recommended by experts and individuals are encouraged to walk daily, if they can't go to gym or exercise regularly.

Walking can indeed be considered a substitute for a workout, particularly for those looking to incorporate physical activity into their daily routine without the intensity or complexity of more vigorous exercise forms. It offers a practical and accessible way to stay active, but it's important to understand which muscles are engaged and how it compares to other types of workouts.

While walking does engage multiple muscle groups and can be a comprehensive form of exercise, its intensity is generally lower compared to other workout forms such as running, weightlifting, or high-intensity interval training (HIIT). This makes walking an excellent choice for beginners, older adults, or those recovering

from injuries, as it poses a lower risk of injury and is less demanding on the joints.

While walking primarily improves cardiovascular endurance and stamina, it may not be as effective as strength training for building muscle mass or increasing flexibility. To address this, combining walking with strength training exercises and stretching routines can provide a more balanced fitness regimen.

Walking is highly sustainable and easy to integrate into daily life. It doesn't require special equipment or gym memberships, making it an accessible option for maintaining physical activity. It can be done almost anywhere, at any time, and can be easily adjusted to fit personal schedules and fitness levels.

How does your body respond to regular walking?
Regular walking elicits a range of positive responses from your body, enhancing both physical and mental health. As a low-impact aerobic exercise, walking boosts cardiovascular health by increasing heart rate and improving blood circulation, which helps lower blood pressure and reduces the risk of heart disease and stroke.

Your muscles, particularly in the legs, hips, and core, become stronger and more toned with regular walking. This not only improves physical strength but also enhances balance and stability, reducing the risk of falls and injuries. Walking also aids in weight management by burning calories and boosting metabolism, which can help maintain or achieve a healthy weight.

Joint health benefits significantly from regular walking. It helps keep joints flexible and lubricated, which is crucial for people with arthritis. The repetitive motion can improve the range of motion and reduce stiffness.

Regular walking fosters a holistic improvement in health, making it a highly effective and accessible form of exercise for people of all ages and fitness levels.

Skincare morning routine to attain Korean glass skin

If you're a huge fan of Korean dramas and the K-pop world, you have seen and heard about the 'Korean Glass Skin' which is every girl's dream skin texture. To get naturally glowing and shiny goddess-like impeccable porcelain skin, there must be some things that are required to be done to get the type of skin one just dreams of. However, it cannot be done simply by doing a basic skincare routine, you should have a separate morning and night routine which should be followed sacredly with an active and healthy diet.

From indulging in facial exercises to taking steam sessions everyday, many girls also eat raw garlic before bed, exfoliate their skin twice a week, and the usage of toners and serums, and more. Let's take a look at the steps one should include in their daily morning routine to obtain a healthy and natural-looking Korean glass skin. Let's dig deep.

Wash your face in super cold water
Always opt for super cold water as it tightens the appearance of your skin making your face look refreshed. It also boosts your blood circulation and thus provides you with a healthy appearance in the morning.

Always use a gentle cleanser
Start your morning with a gentle cleanser that transforms into a translucent lather when it's wet and has the power to deeply cleanse your pores. Do the process twice



in the morning to let your saggy pores remain open to let the other products' formulas seep in. Flood your skin with a moisturiser

After cleansing, our skin becomes instant dry which can be settled down with a moisturizer that has a light base and locks the moisture level for the whole day, not making your makeup or face sweaty or unsettling.

Apply some hydrating essence pads
You can either wear two cotton rounds of hydrating essence pads or even opt for essence face pads which seeps deep into your skin making it look healthy, moisturized, and fresh.

Opt for a serum
There are plenty of serums in the market. Therefore, whichever is suitable according to your skin tone, opt for it drop by drop and tap it on your face rather than massaging it. Let it seep deep into your pores.

Tuck in eye creams
Our skin beneath the eyes is very delicate. Therefore, it should be taken care of whether or not you're having dark circles or not. Thus, opt for a natural under-eye cream that would have an active and decent level of collagen.

Look it with sunscreen
Always stick to a good SPF cream and have a decent amount of sunscreen on your face before heading out in the sun to stay away from tanning, and dirt, and opt for a lightweight sunscreen always.

General Knowledge Question Answers

1. Who invented the microscope?	b) Isaac Newton	d) Benjamin Franklin
a) Antonie van Leeuwenhoek	c) Galileo Galilei	
b) Robert Hooke	d) Nikola Tesla	12. Who invented the GPS?
c) Louis Pasteur		a) Roger L. Easton
d) Thomas Edison		b) Nikola Tesla
2. Who invented the battery?	7. Who invented the helicopter?	c) Thomas Edison
a) Alessandro Volta	a) Igor Sikorsky	d) James Watt
b) Thomas Edison	b) Orville Wright	
c) Nikola Tesla	c) Wilbur Wright	13. Who invented the X-ray?
d) Benjamin Franklin	d) Glenn Curtiss	a) Wilhelm Conrad Roentgen
3. Who invented the bicycle?	8. Who invented the radio?	b) Thomas Edison
a) Karl von Drais	a) Guglielmo Marconi	c) Nikola Tesla
b) Leonardo da Vinci	b) Alexander Graham Bell	d) Benjamin Franklin
c) Wilbur Wright	c) Thomas Edison	
d) Gottlieb Daimler	d) Nikola Tesla	14. Who invented the ATM?
4. Who invented the refrigerator?	9. Who invented the television?	a) John Shepherd-Barron
a) Oliver Evans	a) Philo Farnsworth	b) Nikola Tesla
b) Carl von Linde	b) John Logie Baird	c) Thomas Edison
c) Thomas Edison	c) Nikola Tesla	d) James Watt
d) Nikola Tesla	d) Thomas Edison	
5. Who invented the steamboat?	10. Who invented the microwave oven?	15. Who invented the digital camera?
a) Robert Fulton	a) Percy Spencer	a) Steven Sasson
b) James Watt	b) James Watt	b) Thomas Edison
c) Benjamin Franklin	c) Nikola Tesla	c) Nikola Tesla
d) Samuel Morse	d) Samuel Morse	d) James Clerk Maxwell
6. Who invented the jet engine?	11. Who invented the pacemaker?	16. Who invented the sewing machine?
a) Frank Whittle	a) Wilson Greatbatch	a) Elias Howe
	b) Nikola Tesla	b) Isaac Singer
	c) Thomas Edison	c) James Watt
		d) Samuel Morse

ARIES MAR 21 - APR 20	The Capricorn moon connects with Uranus and Neptune throughout the first half of the day, bringing a dreamy yet unpredictable energy to the table. Allow yourself to move freely under these surreal vibes, taking into account any pressing responsibilities that must be handled. You'll feel a shift when Luna enters Aquarius and aspects Jupiter, bringing growth to your social sphere.	LIBRA SEP 24 - OCT 22	The changes you've been nurturing internally and at work will show signs of manifesting, as Capricorn moon aligns with Uranus and Neptune. Shift gears when Luna enters Aquarius and aspects Jupiter, encouraging you to embrace playfulness and spirituality. Creative outlets will offer empowerment this evening when Pluto stirs, while friendships will benefit from intimate conversation or bonding activities.
TAURUS APR 21 - MAY 20	Keep your heart and mind open as the moon moves through Capricorn, forming supportive connections with Uranus and Neptune to stir up interesting developments. Have a little extra faith in yourself, trusting that the universe will assist you when chasing dreams. However, you'll need to get more serious about your end of the deal once Luna enters Aquarius later today, reminding you that goals are met through hard work.	SCORPIO OCT 23 - NOV 22	Give your mind space to explore and enjoy the lighter aspects of life, as Capricorn moon aligns with revolutionary Uranus and inspiring Neptune. This energy could also generate creative or relationship breakthroughs, so be sure to use your voice. The ambiance shifts this afternoon when Luna enters Aquarius and aspects Jupiter, intensifying emotional bonds, especially with those you can evolve alongside.
GEMINI MAY 21 - JUN 20	Change may come quickly as the Capricorn moon aligns with Uranus and Neptune, dear- est Gemini, transforming your structures and perspective. You'll feel inspired later this afternoon when Luna enters Aquarius and aspects Jupiter, bringing an extra dose of intuition, luck, and joy your way. Check in with yourself this evening when Pluto stirs, actively releasing that which is not serving you.	SAGITTARIUS NOV 23 - DEC 22	Your AM routine may require some adjustments as the Capricorn moon aligns with Uranus and Neptune, encouraging you to prioritize well- ness. Luckily, your mind speeds up as afternoon sets in and Luna enters Aquarius, helping you catch up on anything you missed this morning. Find empowerment through creative expression as Jupiter and Pluto stir, unafraid to try new things and alter your artistic techniques.
CANCER JUN 22 - JUL 23	Love emerges in surprising places as the Capricorn moon aligns with Uranus and Neptune, dearest Cancer, bringing a communal and harmonious energy your way. You'll crave deeper connections once Luna enters Aquarius and aspects Jupiter this afternoon, inspiring you to reveal new depths of your psyche with a trusted companion. Opportunities for empowerment emerge this evening when Pluto stirs, though some level of sacrifice may be required.	CAPRICORN DEC 23 - JUL 20	The day gets off to a busy start as Luna continues through your sign. Use this energy to stand tall in your creative and intellectual endeavors, and positive reinforcement will follow. Focus on planting seeds to cultivate a fulfilling work life and secure financial future once afternoon settles in and the moon enters Aquarius, entering a positive aspect to expansive Jupiter. Focus on your health.
LEO JUL 24 - AUG 23	You'll feel aware of the changes that need to be made within your daily routines and long-term goals, dearest Leo, as the Capricorn moon aligns with Uranus and Neptune. Use this energy to make quick lifestyle pivots, releasing cycles that are no longer serving you. Your thoughts drift toward more romantic notions when Luna enters Aquarius and aspects Jupiter this afternoon, putting you in the mood to love and be loved.	AQUARIUS JAN 21 - FEB 23	Gather your strength as the moon moves through Capricorn, darling Aquarius, forming supportive connections with Uranus and Neptune to encourage leisure and self-nurturing. You'll perk up this afternoon when Luna enters your sign and aspects Jupiter, bringing your personality to life. Creative outbursts and fun-filled adventures also go along with this cosmic climate, so be sure to keep an open mind.
VIRGO AUG 24 - SEP 23	Be authentic, outgoing, and true to yourself, as Capricorn moon aligns with Uranus and Neptune. Bring structure to your aspirations when Luna enters Aquarius, forming a supportive connection with Jupiter to expand your motivation to work hard. Pluto stirs this evening, using this energy to focus on stress relief and wellness practices.	PISCES FEB 20 - MAR 20	You'll have a knack for putting others at ease as the Capricorn bringing softness to your aura and wisdom to your words. However, you'll want to pull back socially this afternoon when Luna enters Aquarius and aligns with Jupiter, promoting solitude and self-nurturing. If possible, spend time at home recharging, especially when Pluto activates this evening.