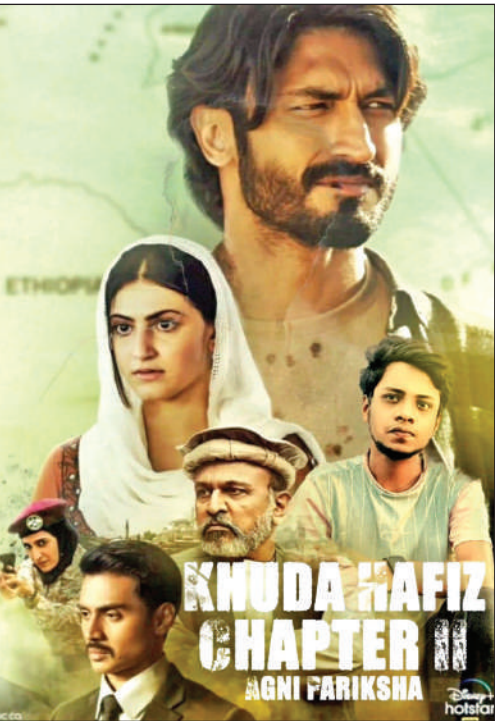


Khuda Haafiz: Chapter 2 Agni Pariksha



Back to Lucknow from Noman, where she was abducted and gan-graped, Nargis and her husband Sameer unsuccessfully try to pick up the pieces. They find momentary happiness as they adopt Nandini, an orphaned child. When Nandini becomes a victim of a heinous crime, Sameer seeks revenge and hunts the culprits down.

Review: The sequel to 2020 action thriller, Khuda Haafiz, begins with Sameer (Vidut Jammwal) and Nargis (Shivaleeka Oberoi) struggling to heal from the trauma of the latter's abduction and gangrape in a fictional country called Noman. Nargis is still emotionally scarred and embittered but after a therapy session, she agrees to adopt Sameer's friend's five-year-old orphaned niece, Nandini. However, their happiness is short-lived as Nandini is taken and becomes a victim of a heinous crime.

What follows is the standard trope of a Bollywood revenge drama — power play by the rich spoilt boy's grandmother (a ubiquitous evil Thakur played by Sheeba Chaddha), getting rid of the prime witness, a corrupt cop and the bloodthirsty hero going after the perpetrators, vigilante style.

Even though the premise is anything but novel and the treatment suffers from sensationalism in a number of instances, the movie is top-notch cinematically. As a director, Faruk Kabir handles the reins of the film well, as Jitan Harmeet Singh provides him able support as a cinematographer. Unsurprisingly, though, the action is outstanding — especially when Sameer takes on a jail bully, Jaiswal, who's given a contract to kill him. It's easily one of the most memorable scenes. The chase in the climax is just as thrilling.

Vidut delivers a fine performance as a hero, showcasing raw action skills , with plenty of hand-to-hand combat. Shivaleeka's Nargis is convincing as she bitterly tells her husband off when he says to the therapist (Rukhsar) that things are fine or admits that she is not ready for the responsibility of looking after a child. However, one cannot digest how quickly she comes around and things are back to normal. The subplot of Thakurji exploiting her daughter-in-law also seems a bit of a stretch. Those who cannot digest too much blood and gore may find some scenes graphic and disturbing.

Varun Dhawan remembers Sidharth Shukla as 'Humpty Sharma Ki Dulhania' clocks 8 years: He was kind-hearted and always passionate about work



Actor Varun Dhawan, who is currently busy shooting for 'Bawaal' in Poland, has shared a heartfelt post as his hit film 'Humpty Sharma Ki Dulhania' clocked 8 years. Directed by Shashank Khaitan, the film also starred Alia Bhatt and the late actor Sidharth Shukla in lead roles. Back then, the audience showered the film with lots of love and it also performed well at the box office.

On this special occasion, Varun took to social media and penned a note remembering Sidharth. In his post, he went on to call Sidharth 'kind-hearted' and 'passionate'.

Varun also shared pictures from the promotions and wrote, "8 years of #humptysharmakidulhania a very special film but today I remember it for the time I got to spend with sid on the film. He was kind hearted, protective and always passionate about work and friends. Soon after he shared the post, fans were also seen remembering Sidharth. One of the fans wrote, "The way you remember each and every person associated with team, you are a gem ??". Another fan wrote, "Thank you for the kind words for our dear Sid ?? 8YRS OF SID AS ANGAD #SidharthShukla." Sidharth passed away last year after suffering a heart attack. His untimely demise left his fans, friends and family shocked and devastated. On the work front, Varun is shooting for 'Bawaal' with Janhvi Kapoor. He also has 'Bhediya' with Kriti Sanon.

Athiya Shetty to marry beau KL Rahul in the next three months



Suniel Shetty's daughter Athiya Shetty recently returned from Germany with her beau KL Rahul after he underwent successful surgery. Reportedly, KL Rahul suffered a groin injury during a training session on June 8. According to the latest report, the couple is expected to tie the knot in three months.

They have been seeing each other for more than three years. The report suggests that the duo recently visited their new house with their families to see the progress. ETimes was FIRST to bring you news that KL Rahul and Athiya were house hunting and due to move in together. Read that report below.

According to India Today, Athiya and KL Rahul's wedding is expected to take place in the next three months in Mumbai. It is also being said that it will be a grand affair for both the families and every detail of the big day is being looked after by Athiya herself. Meanwhile, KL Rahul shared a note for his fans and informed that he is 'healing and recovering well'. He wrote, "Tello everyone. It's been a tough couple of weeks but the surgery was successful. I'm healing and recovering well. My road to recovery has begun. Thank you for your messages and prayers. See you soon." Athiya also shared his picture on her Instagram story and shared it with a smiling emoji.

Athiya and KL Rahul made their relationship official last year on social media. The duo made their first public appearance together at Ahan Shetty's 'Tadap' screening.

5 myths related to eyesight



comes from behind your back it creates glare and makes it difficult to read.

Myth 2: Have carrots to improve your eyesight.

Truth: It is true that carrots are good for eyes because they are packed with vitamin A, but green leafy vegetables and fresh fruits are better. They are a rich source of vitamins and other essential nutrients, which can protect your eyes from problems like cataract. However, they cannot prevent or repair vision-related problems.

Myth 3: Do not wear glasses or contact lenses all the time.

Truth: If your ophthalmologist has prescribed glasses for reading, then use them. Reading without glasses will put lots of strain on your eyes and will make them tired easily. Using glasses will not weaken your vision.

Myth 4: Do not stare at a computer screen all day, it is harmful.

Truth: Staring at the screen for a very long time can strain your eyes, but it will not harm them. Make sure that the place where you are working has proper lighting. Take a break of 10 minutes after 2-3 hours. This will give some rest to your eyes.

Myth 5: If you cross your eyes, they will stick that way

Truth: Nope, this is completely incorrect. Our eyes muscle allow us to move them in all directions. Bringing both the eyes at the center will not force them to stick to that particular position.

These 5 zodiac signs have the weakest immunity and here is what they can do about it

These 5 zodiac signs have the weakest immunity and here is what they can do about it. The coronavirus pandemic has already resulted in 8,74,635 positive cases and more than 43,431 deaths globally. All the impacted nations worldwide have gone under a complete lockdown to prevent further spread of the COVID-19 (also known as the novel coronavirus). With no immediate vaccine in sight, it has become all the more crucial to stay on the top of our health and keep our immune system up and running. Here are five zodiac signs that may have a weak immune system.

Taurus: Yes, the tough as nails bull is the first zodiac on our list and we will tell you why. While this Earth sign is well known for its grit and stamina, they often take the same for granted. Yes, even though you are inherently blessed with great physique and health, you do not exercise as frequently as you should and don't exactly have healthy eating habits.

Your stubborn attitude ensures that you don't quite take advice from people who want you to take care of yourself since you think that you know better than them. According to Pandit Manav Jaitly, Venus has just shifted its planetary position, leaving you more susceptible to sickness. Make sure that you include plenty of Vitamin C-rich fruits in your daily diet and remain hydrated.

Scorpio: The mighty Scorpio usually remains in the pink of its health but is a little susceptible to cold and flu. While you are generally not the one to fall sick at the drop of the hat, the astrological universe wants you to take precautionary measures and focus on your well being.

The combination of Mars and Saturn in your zodiac right now isn't doing



you a whole lot of good either. Make it a point to drink enough water throughout the day (lukewarm water would be ideal) and eat a well-balanced diet. If you really need to go outside, make sure to take a shower immediately after coming home and toss the clothes in the washer.

Gemini: The twin sign might be susceptible to low immunity owing to unfavourable changes in its planetary positions. Rahu is in transit in Gemini's house right now, which is why they need to be cautious right now and take charge of their health.

Include lots of Vitamin C rich fruits and vegetables in your diet and focus on catching enough shuteye. Also, it seems like the astrological universe is asking you to put a little pause to your racing thoughts and practice some meditation. Remember everything else can wait, your health should always be your number one priority.

Sagittarius: The free-spirited Sagittarius may have to reign its adventurous soul for a bit and understand the importance of staying home and boosting its immune system. There is no dearth of interesting hobbies and lessons which can be taken online and will keep your thirst for learning something new satisfied. Make it a point to completely stop the consumption of packaged and tinned products.

Pisces: This water sign is well known for absorbing toxic emotions floating all around it, which wreaks havoc on its immune system. Dear Pisces, while staying informed and updated is a good habit, we suggest taking a pause from the non-stop consumption of coronavirus media.

Your advice would be to take extra precautionary measures to boost your immunity. If the lockdown has left you feeling down and out, we suggest video calling some friends and connecting with the people you love. You can also spend some time whipping out healthy meals for yourself. Trust us, it is therapeutic.

Biology Question Answers

1. Which one of the following parts of the pitcher plant becomes modified into a pitcher?

- A. Stem
- B. leaf
- C. stipule
- D. petiole

- C. Glutamic acid
- D. Linoleic acid

- A. Cholera
- B. Chickenpox
- C. Hepatitis
- D. Measles

2. In which one of the following animals is respiration done by skin?

- A. Flying fish
- B. Sea horse
- C. Frog
- D. Chameleon

6. Which one of the following is responsible for converting milk into curd?

- A. Fungi
- B. Bacteria
- C. Virus
- D. None of these

11. To which one of the following types of organisms do mushrooms belong?

- A. Algae
- B. Ferns
- C. Fungi
- D. Lichens

3. Which one of the following bacteria helps in improving the soil fertility?

- A. Clostridium
- B. Rhizobium
- C. Salmonella
- D. Staphylococcus

7. In which one of the following animals is skin a respiratory organ?

- A. Cockroach
- B. Frog
- C. shark
- D. Whale

12. Food wrapped in newspaper is likely to get contaminated with

- A. Lead
- B. Aluminium
- C. Iron
- D. Magnesium

4. Which chamber of human heart pumps fully oxygenated blood to aorta and hence to the body?

- A. Right Auricle
- B. Left Auricle
- C. Right Ventricle
- D. Left Ventricle

8. A typical human ribcage consists of how many ribs?

- A. 12
- B. 14
- C. 16
- D. 24

13. Which one of the following produces seeds but no flowers?

- A. Cashew nut
- B. Coffee
- C. Ground nut
- D. Pine

5. Which one of the following is a vitamin?

- A. Citric acid
- B. Folic acid

9. What is the pH level of blood of a normal person?

- A. 4.0 – 4.5
- B. 6.45 – 65.5
- C. 7.35 – 7.45
- D. 8.25 – 8.35

14. Which one of the following paints is used for green manuring in India?

- A. Wheat
- B. Sunhemp
- C. Cotton
- D. Rice

- 12. Lead
- 13. Ground nut
- 14. Sunhemp

- 6. Bacteria
- 7. Frog
- 8. 24
- 9. 7.35 – 7.45
- 10. Cholera
- 11. Fungi

- Answers:
- 1. leaf
- 2. Frog
- 3. Rhizobium
- 4. Left Ventricle
- 5. Folic acid

ASTRO SPEAK

ARIES



MAR 21 - APR 20

The actions of other people could be very unpredictable today, so you need to be prepared for anything. And while this day may test your flexibility and patience, it will still be quite enjoyable. You like it when things are interesting, and unpredictability is part of the price you pay for "interesting." One of your friends might have an intriguing opportunity for you, but you need to have them explain things in more detail before you say yes.

LIBRA



SEP 24 - OCT 22

You could feel a magnetic pull toward a person you've never met before. Resist the urge to cyber-stalk this person, but do keep an eye on them. There is a reason that they interest you, and if you can't figure out what it is, you need to get more information in order to do so. You've been waiting for someone to show you a better way of being with people.

TAURUS



APR 21 - MAY 20

You could be on a somewhat solid financial footing right now, although it wouldn't hurt to have a few more coins in your coffers. Put a little more effort into conserving more of your funds. The easiest way to do that is to cut out any luxury treats. Drink tea instead some fancy coffee. And don't leave your credit cards near your computer. You'll be less likely to succumb to that must-have item you see online.

SCORPIO



OCT 23 - NOV 22

There's no sense in hurrying to get things done today. It will only result in you wasting your energy. Sometimes it's easy to confuse being busy with getting things accomplished, but you need to keep your focus on what needs to happen today, not on what you would like to have happen tomorrow. Let that take care of itself. Try to work on the social aspect of your life a little bit more intensely. There are goals that you haven't met yet.

GEMINI



MAY 21 - JUN 20

You know some pretty fascinating people, but you may not have seen them in a while. Why not try to figure out a way to get together online? Enjoy a virtual happy hour or meal, sing some tunes, or engage in an impromptu workout and encourage one another. There are lots of ways to stay connected if you use that creative brain of yours!

SAGITTARIUS



NOV 23 - DEC 22

Fire up your laptop and start a spreadsheet, because you need to stay on top of all the details that will be flying at you today! You can't afford to let any numbers, names, or dates fall through the cracks. Take nothing for granted. Avoid the gray areas and the maybes. Make people commit to yes or no. Your life needs to be all about black-and-white facts right now. This will enable you to get more focused and reduce the drama in your life.

CANCER



JUN 22 - JUL 23

No one sees things quite like you do, and more and more people are starting to enjoy your take on the world. Some of your ideas might leak out in an unconscious act on your part, and it might make you nervous. But even if you aren't quite ready for people to know about them, you could be pleasantly surprised by the fact that these people really dig your ideas! Get used to getting more attention.

CAPRICORN



DEC 23 - JUL 20

Even if you don't have a sweetheart right now, this day could be full of romance for you! If you're not going to be falling in love with another person all over again, you'll be falling in love with yourself all over again, which might feel ten times as sweet. You're a wonderful person, and even if there's no one in your life right now to remind you of that fact, you can remind yourself. It's a nice, powerful feeling to tell yourself how special you are.

LEO



JUL 24 - AUG 23

It's time to get social! You put lots of effort into your professional life, and now you need to start putting just as much effort into your personal life, too. Your mission is to accept any and all invitations you get without hesitation, no matter how unexciting they might sound. You are definitely one of the celebrities in your social circle right now, so you need to take advantage of the spotlight while you have it.

AQUARIUS



JAN 21 - FEB 23

Try to put yourself in a situation where you could be rejected, or at least come out with less than you put in. You shouldn't do anything too silly, like spend your life savings on lottery tickets, but you should do something a little daring. Maybe it's time to call that certain someone, try out a trendy new fashion look, or try your hand at fixing a complicated gourmet dinner.

VIRGO



AUG 24 - SEP 23

Are you looking forward to being able to travel again? You should be! Stay optimistic about the current situation and don't worry about all the details yet. You'll be exposed to a lot of new things that will amuse you, shock you, and, most of all, educate you! So you'll want to take notes and lots of pictures. You'll want to remember your trip for a long time, so start planning it!

PISCES



FEB 20 - MAR 20

Try to use a form of communication that is a little out of the ordinary today. Telephone calls, letters, even e-mails are just so old school! You'll get your message across—whatever it is—a lot more effectively if you use some creativity, especially if you're trying to get your feelings across to a potential new sweetheart. Use beautiful words in a poetic sense to let them see into your heart.