

Deepika Padukone thanks Farah Khan for believing in her when nobody did; calls the filmmaker 'Ma'



Deepika Padukone - one of the leading actresses in Bollywood has come a long way to achieve this astounding success. There was a time when she struggled hard to get that one break, and nobody believed in her when she was trying to make it in the industry. But there was one person who spotted her and gave her the chance that she longed for and she is Farah Khan. The filmmaker gave Deepika Padukone the biggest break of her career Om Shanti Om opposite Shah Rukh Khan, and boy, she kept you hooked with her first presence in the film and till date she has that magic in her.

While Deepika is going international, everyone is proud of her along with her first filmmaker Farah Khan who spotted her on the international hoardings for her advertisements in Louis Vuitton. She shared the Padmaavat actress's picture on her Instagram story and wrote, "Proud of you baby". Deepika shared the same story of the filmmaker and thanked her, "Thank you Ma! YOU had faith in me when no one else did", with a heart emoticon. This is so endearing. Deepika Padukone has been in the industry for over a decade now and the girl is unstoppable. Her fan following is immense and millions aspire to become like her. Deepika Padukone who became the muse of Sanjay Leela Bhansali was recently supported by her fans when Alia Bhatt on Koffee With Karan 7 said that SLB promised her 4 films because he did 3 with DP. Alia faced a lot of flak for these statements and DP fans called the Gangubai Kathiawadi actress insecure of her. Deepika Padukone's fans claim that Alia is jealous of her as she always tries to copy her from fashion to now films. On the professional front, Deepika will be seen next in Pathaan along with Shah Rukh Khan and Project K with Prabhas.

Are these immunity-boosting foods a part of your monsoon diet?

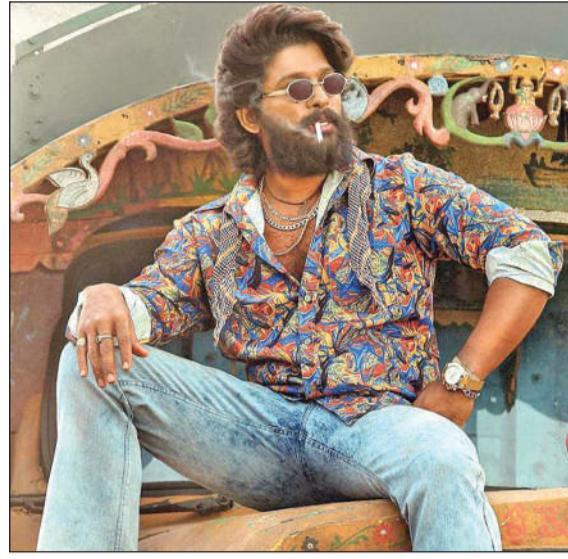


Rain is a great way to get rid of the scorching heat and humidity, but it also increases the chances of getting sick due to the moisture in the air, causing coughs, colds, skin problems, and rashes, among others. As per Ayurveda, it is imperative to boost immunity during the monsoon months and the best way to do so is by consuming certain types of fruits and vegetables that can increase the metabolism of the body. Take a look at these foods that you can eat during the monsoon to boost immunity.

Beetroot
Beetroot is loaded with different vitamins and is a rich source of nutrients like potassium and other minerals. It lowers blood pressure, maintains a healthy weight, prevents seasonal infections, boosts immunity, and even prevents cancer, according to experts.

Orange
Besides improving immunity, oranges also increase collagen production and protect cells from damage. It is a helpful source for a healthy body and skin. It also increases the absorption of iron into

Pushpa 2: Allu Arjun-Rashmika Mandanna film to be made on THIS budget?



Allu Arjun proved his pan-India stardom with Pushpa. Now, all eyes are on Pushpa 2. The success of the movie means that the lead players have hiked their fees. Allu Arjun and Sukumar have already quoted a higher fee as reported by Great Andhra. All the big OTT platforms are also vying with each other for the digital rights of the movie. It seems many Bollywood film studios are also keen to come on board for Pushpa 2. Allu Arjun has apparently asked for Rs 90 crore as remuneration, and a stake in the profits too. This means he will easily make Rs 100 crore from the project.

Filmmaker Sukumar is also getting a sizeable hike. He made the first part for Rs 18 crore but he will charge Rs 40 crore for the second part. As we can see, the duo has made up for a great part of the film's budget. Another 50 to 75 crore is being accounted for the payment of other actors and technicians. Great Andhra reported that the budget of Pushpa 2 is Rs 350 crores. The team will begin the shoot in August 2022. It will reportedly start from the third week of August.

Shabaash Mithu star Taapsee Pannu REVEALS once a girl had hit on her in Goa; says, 'Felt nice about it...'



Taapsee Pannu is undoubtedly one of the most beautiful and talented actresses we have in the Indian film industry. The actress has some interesting projects lined up and one of them is Shabaash Mithu which is a biopic on cricketer Mithali Raj. Taapsee and Mithali are currently busy with the promotions of the film, and recently in an interview, they opened up about being hit on by the same gender. The actress revealed that an incident happened when she was in Goa and a girl was hitting on her.

While talking to Curly tales, Taapsee Pannu said, "Not colleague or co-actor of the same gender, but (it happened) when I went out in Goa once with my friends and all. I didn't realise it at first. Then my friends told me that she is hitting on you. I think I felt nice about the fact that because you always think a girl will find only faults in other girls. So it was like she finds me nice, oh nice. So I felt nice about it at that point." Mithali stated that she also doesn't realise when someone hits on her but she added, "Maybe in some way, from a different team."



the body and is a must-food item for people suffering from anemia.

Nuts

They are a rich source of essential vitamins and minerals for building immunity. They contain vitamin E, niacin, and riboflavin. Vitamin E is an antioxidant that helps keep cells healthy.

Mushrooms

As a rich source of fibre, proteins, and antioxidants, they are considered an effective immunity booster. They are also low in calories and help with weight loss.

Low-fat Yogurt

It is also an immunity-boosting food item. The prebiotics found in yogurt can ease the severity of the common cold and the protein content helps improve digestive health.

Meat

All types of meat are rich in protein, which help repair tissues, and are also a rich source of Vitamin B, zinc, iron, and even Omega-3. As per experts, 1-2 servings a day helps boost the immune system.

Hair care tips in monsoon



Not just the skin, but even the hair and scalp are the victims of the rains and the pollution. The situation is aggravated by sweat, which further attracts dust particles and other polluted elements. Below listed are some commonly seen problems of hair and scalp and some guidelines for maintaining a lovely mane this monsoon season.

1) Frizzy hair- As hair tends to get wet during this monsoon, the hair gets frizzy and looks untidy. People usually choose to massage oil on the scalp but in my opinion, a massage only improves the circulation and oil will not go into the hair shaft but oiling is good for the outer layer, coating it like a hat. Further on, use anti-frizz serum after you wash and towel dry your hair.

2) UV damage to hair- Besides damage to the shaft of the hair, it alters the natural colour and the texture of

the hair. A special word of caution here to all those who have coloured their hair. The rains and dirt change the colour that has been used on your shaft and also shorten the longevity of the result of hair colour. Please do use shampoos formulated for protecting hair colour. Cover your hair with a nice umbrella while travelling.

3) Excessive dandruff- This probably is the most common scalp problem one comes across. Thorough and frequent shampooing is a good way to rapidly remove the scales. Using a medicated shampoo containing ketoconazole, selenium sulphide or zinc pyrithione once a week helps in removing the scales as well as in decreasing the production of scales.

4) Oiliness or stickiness of scalp and hair- This is due to production of natural scalp oil mixing with rain water. Use a shampoo that is gentle enough for daily use but strong enough to cleanse your scalp. Remember to apply the conditioner only on the ends of the hair. Finally, when shampooing and conditioning the hair, switch from warm water to cool water after you've thoroughly rinsed away the conditioner. The cool water will shrink the opening of the hair follicles and slow down the oil production.

5) Fungal infection of scalp- Maintaining a good hygiene of hair and scalp is the key to keep away fungal infection of the scalp, which also is seen quite frequently during monsoon. Using an antifungal lotion to cleanse the scalp under the guidance of a physician will definitely help.

6) Lost lustre- Due to the hair becoming dry and frizzy, it loses its shine and lustre. Take half a cup of apple cider vinegar and dilute it with a cup full of water. Pour this on your hair after shampooing. It helps to restore the shine to the sun-damaged dry and brittle hair.

General Knowledge Question

1. The headquarter of BSF are at

- A. Chennai
- B. Kolkata
- C. New Delhi
- D. Mumbai

2. The main function of General Assembly of UNO is:

- A. Discusses & makes recommendations on any subject mentioned in the UN charter except those with which the Security Council may be dealing with
- B. It is responsible for international peace and security
- C. It is responsible for admission of new members, suspension and for expulsion of old members
- D. All of the above

3. The headquarter of Lalit Kala Academy are at

- A. New Delhi
- B. Chandigarh
- C. Pune
- D. Kolkata

4. The headquarter of Army are situated at

- A. New Delhi
- B. Mumbai
- C. Kolkata
- D. Chennai

5. The headquarter of the International Court of

- A. The Hague
- B. New York
- C. Geneva
- D. London

Justice are at

- A. Geneva
- B. The Hague
- C. Rome
- D. Vienna

6. The highest rank in Army is that of

- A. Brigadier
- B. General
- C. Lieutenant General
- D. Major General

7. The headquarter of Asian Development Bank is located in which of the following cities

- A. Jakarta
- B. Singapore
- C. Bangkok
- D. Manila

8. The Melghat Tiger reserve is in

- A. Assam
- B. Maharashtra
- C. Karnataka
- D. Orissa

9. The legislature of Sikkim is

- A. Unicameral
- B. Bicameral
- C. Polycameral
- D. None of the above

10. The lower limit of perpetual snow in moun-

tains such as the Himalayas is termed as the

- A. tree line
- B. timber line
- C. snow line
- D. boundary line

11. The instrument used to measure electric current is

- A. ammeter
- B. electrometer
- C. galvanometer
- D. spectrometer

12. The helicopter fleet of Air Force consists of

- A. Chetak
- B. Cheetah
- C. MI-8s, MI-17s, MI-26
- D. All of the above

13. The Infantry school (Army) is situated at

- A. Mhow
- B. Deolali
- C. Bareilly
- D. Pune

14. The headquarter of a few agencies related to the UN are located in Vienna, which is in

- A. Austria
- B. Belgium
- C. Denmark
- D. Sweden

ANSWERS:

1. New Delhi
2. It discusses & makes recommendations on any subject mentioned in the UN charter except those which are dealt with within the Security Council
3. New Delhi
4. Geneva
5. The Hague
6. Geneva
7. Mhow
8. Mazarashtra
9. Unicameral
10. snow line
11. annular
12. All of the above
13. Mhow
14. Austria

ASTRO SPEAK

ARIES



MAR 21 - APR 20

The Capricorn full moon manifests just before noon today, dear Aries, bringing shifts to your professional and home life. The energy right now will be unpredictable, thanks to a connection to wildcard Uranus. Luckily, new opportunities may be on the table, though you'll likely need to let go of certain areas of your life in order to make room for such changes.

TAURUS



APR 21 - MAY 20

There will be plenty of mystical energy for you to play in today, dear Taurus, as the Capricorn full moon illuminates the sector of your chart that governs spirituality. This is a great time for reconnecting with your zodiac side, even if the vibe is charged. Try not to take it personally if your loved ones feel closed off, as everyone will internalize this cosmic climate differently.

GEMINI



MAY 21 - JUN 20

Foundations may crumble for you today, dear Gemini, as the Capricorn full moon activates your solar eighth house. This luminary placement will act as a giant bulldozer, pummeling through any people or situations that are no longer serving your best interests. Try not to hold onto toxic people or environments that leave you feeling depleted, and direct your focus toward positive influences.

CANCER



JUN 22 - JUL 23

New pathways could open up within your love life today, dear Cancer, as the Capricorn full moon activates the sector of your chart that governs matters of the heart. A flirtatious text exchange could easily evolve into something bigger right now, so make sure you're using discernment around who you're showing affection. Luckily, a helping hand from Saturn can bring you back to earth, as long as you don't allow yourself to be carried away by fantasy.

LEO



JUL 24 - AUG 23

Your body will feel the effects of your lifestyle choices today, darling Leo, as the Capricorn full moon illuminates your solar sixth house. Use the energy of this powerful luminary event to finally cut ties with unhealthy habits, especially if your energy levels have been suffering. Meanwhile, a flirtatious energy can help elevate your mood, thanks to a sweet connection between Venus and Saturn.

VIRGO



AUG 24 - SEP 23

You'll rely on your friends for emotional fulfillment and support as the Capricorn full moon activates the sector of your chart that governs friends, flings, and fun. Use the momentum of this cosmic climate to indulge your whims as the stars give you permission to blow off some steam. Unfortunately, relinquishing control may feel a bit unnatural.

LIBRA



SEP 24 - OCT 23

The temptation to hole up at home will be real today, sweet Libra, as the Capricorn full moon activates your solar fourth house. Emotional overstimulation and low energy levels could come into play for you right now, especially if you've been dealing with elevated stress levels or perusal drama recently. Knowing who you are at a core level can help you escape any intense vibes lingering in the air right now, and creative outlets will feel particularly healing.

SCORPIO



OCT 23 - NOV 22

You'll have an opportunity to open up about your past as the Capricorn full moon illuminates the sector of your chart that governs communication. These vibes are perfect for lowering your guard with someone special, especially if you're hoping to bring more depth to your connection. This cosmic climate will provide a unique environment, allowing you to reveal your emotions in a controlled manner.

SAGITTARIUS



NOV 23 - DEC 22

Don't be afraid to collect on old debts or favors today, dear Archer, as the Capricorn full moon activates your solar second house. A connection to the south node implies that it's time to tie up loose ends, especially regarding money or business exchanges. Luckily, speaking firmly yet compassionately will come more easily right now,