

Has Shanaya Kapoor's debut film 'Bedhadak' been shelved?



Those waiting to see Shanaya Kapoor on the big screen may have to wait a tad longer it seems. After much hype around her Bollywood debut in the film 'Bedhadak' opposite Lakshya and Gurfateh Pirzada, reports now claim that the film has been shelved. Although there aren't too many details on the same or even a confirmation from producer Karan Johar, it is rumoured that the Dharma Productions film has been 'indefinitely postponed' states a report on Zoom.

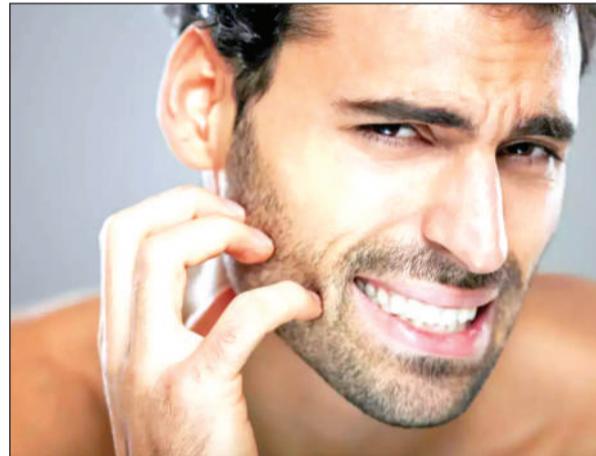
Shanaya's Bollywood debut became the talk of the town early this year when KJo surprised all by sharing the first posters of his cast for the upcoming film. "I am extremely grateful and humbled to join the Dharma Family with #Bedhadak - directed by the brilliant Shashank Khaitan. I can't wait to kickstart this journey, I need all your blessings and love," Kapoor said in a social media post.

The aspiring actress was also seen making a glitzy appearance at KJo's birthday bash last month and even partying it up with her hunky costars.

If the rumours are true, then it remains to be seen whether the newcomers will sign another Dharma film for their Bollywood entry or if they will wait this one out.

Meanwhile, this will be the second film starring Lakshya that will be shelved. The actor was set to make his big screen debut opposite Janhvi Kapoor in the highly anticipated 'Dostana 2'. However, the project went off the rails after Kartik Aaryan's abrupt exit from the film.

How to stop beard itch in monsoon



keep your beard hair naturally oily.

Do a patch test when using a new beard oil or conditioner, as some products are comedogenic and may lead to acne breakouts.

Each time you shave or trim your beard, use a natural aftershave wash or lotion, such as one containing tea tree oil or aloe vera. Avoid products that contain too many harsh, synthetic chemicals.

When you first grow out a beard, if possible, try to avoid shaving or trimming to give your hair time to grow out beyond the follicles, which can prevent irritation and skin or follicle damage.

Medications

Depending on your skin condition, your doctor might use medicated ointments, creams, or lotions. Common medications include:

Ointment or cream containing lactic acid and urea. This will help to treat dry skin.

Mupirocin (Bactroban) to fight bacterial infections.

Antifungal cream if the cause is noninfectious.

Hydrocortisone, clobetasol (Cormax), or desonide (Desonate) can be prescribed to treat seborrheic eczema if the inflammation is noninfectious.

Ketoconazole (Nizoral) if the cause of seborrheic eczema is a fungal infection.

Glycolic acid (Neo-Strata) to treat pseudofolliculitis barbae. Oral antifungal treatment, such as itraconazole or terbinafine, is also useful.

You can also take certain types of medications orally. Treatment options will depend on what your doctor feels is the best therapy for your specific condition.

If you have ever tried to grow a beard, you have experienced beard itch. Some have itchier beards than others. The question is, why do beards itch in the beginning? And what can I do to reduce the irritation and itch? Beard itch can have many causes including poor hygiene, dry skin, ingrown hairs, acne breakouts and excessive grooming of the beards using soaps and other products, which can irritate the skin. Sometimes beard itch can even be a sign of a much deeper issue, such as a fungal or bacterial infection.

Keep your face and beard clean to prevent oil, dirt, and bacteria buildup. Try the following to keep your beard from itching:

Bathe or shower at least once a day or wash your beard with warm water every day.

Use a face or beard wash that's specifically meant for beard care. Use beard conditioner with jojoba or argan oil to

Devi Sri Prasad teases 'something unexpected' in song with Yo Yo Honey Singh for Salman Khan's 'Bhajaan'

Devi Sri Prasad has worked his magic and promised fans something 'unexpected' in his upcoming track for the Salman Khan starrer 'Bhajaan', which was originally titled 'Kabhi Eid Kabi Diwali'. Amidst the reports that the musician and Salman parted ways after the actor was allegedly left unhappy with his work, the music composer put the rumours to rest by assuring he was not the sole Music Director for the film. In an interview with pinkvilla.com, the musician revealed that he was approached for the film after work had already begun. He added that on request of Sajid Nadiadwala, he sat with the director of the upcoming film to work on the 'important song'. Salman, who collaborated with Prasad on the 'Dhinka Chika' song in the film 'Ready', also joined in the discussions. "Salman sir and I share a great rapport... he would call me asking to give an existing song like the one we did Setti Maar and I respect him a lot. Our journey started with 'Dhinka Chika' and as a person also he is very lovable so I never say him no. I'm always thankful and grateful for the trust he has," he told the portal.

Speaking about the song, he said that it was his first colab with Yo Yo Honey Singh. Contrary to common belief that the track will be a pop number, Prasad teases, "this will surprise you. I always do things that people don't expect."

He went on to reveal that they experimented with the track and that it will feature other singers as well.



Rajkummar Rao has spoilt me as a filmmaker: 'HIT' helmer Sailesh Kolanu



Director Sailesh Kolanu says working with acclaimed actor Rajkummar Rao in his Hindi directorial debut 'HIT - The First Case' has spoilt him and raised the bar of expectations from his future collaborators.

The upcoming film revolves around Vikram (Rao), a police officer with the fictitious 'Homicide Intervention Team' (HIT). Struggling with Post Traumatic Stress Disorder (PTSD), he is on the trail of a missing woman.

A self-confessed fan of Rao's work, Kolanu said he was amazed to see the commitment of the actor towards every single shot in the film.

"We all know what Raj is capable of. I don't think there is any character he won't be able to play. As a person, to be in this industry for this long, he is still so passionate about every single shot. It ignites passion in me as well."

"I felt many a time he was hurting himself but he was acting. He was shaken up for a few seconds and he was back to doing masti after the shot was over. He has spoilt me, now if I go back (to the South), I will be expecting people to be like Raj. I don't know how many actors I will find like that," the director told in an interview. The process of watching Rao seamlessly transform into his character, Kolanu said, was "magical".

"He brings his own spin to the whole scene and sometimes it is way better than what I conceived. I was surprised," he added.

As a person, the director said, Rao is a grounded and humble man, who oozes positive energy.

How to make potatoes healthy and weight loss friendly



With an increasing consciousness towards maintaining a healthy lifestyle, consumption of potatoes has decreased gradually, but considerably. Given the high glycemic index in the root vegetable, many have started to eliminate it from their diet, switching towards a low carb diet consisting of leafy vegetables and foods packed with protein. Potatoes contain carbohydrates which are essential for keeping the body energized and for strengthening your brain, kidneys, heart muscles and the central nervous system. However, the excess carbs in potatoes can be harmful for health. But experts have found a way to make potatoes healthy and weight-loss friendly. Let's have a look at an experiment which was conducted to prove this carb reduction process.

A detailed study was conducted on 13 healthy subjects as per medium.com, four meals were presented before them which consisted of freshly boiled potatoes, boiled or cold stored potatoes, boiled and cold stored potatoes with vinegar or white wheat bread, fresh boiled potatoes and boiled and cold stored potatoes.

These differently cooked potatoes comprised of 20 carbohydrates and were given for breakfast followed by an overnight fasting. Blood samples were taken at different time intervals, the resistance of cold-stored potatoes was increased from 3.3% to 5.2%. Whereas the resistance of cold potatoes with added vinegar got reduced by 43% and 31%. A difference of 28% was seen in the cold stored potatoes as compared to the fresh boiled ones.

Potatoes also play a salient role in our plates

A healthy and nutritious eating is a rule which everyone must adhere to but bringing some alterations in diet is also much needed. Sweet potatoes are considered as healthier alternatives having more nutritional value.

Potato has never been considered as "healthy" or "fat free" but it is a vital ingredient especially in Indian cuisines. Potatoes can be relished in any form, they can be baked, mashed, boiled or even air fried. Using air fryers is the latest trend in cooking which has been added in almost everyone's kitchen.

In which form should potatoes be consumed?

Potatoes can be broadly divided into two categories- waxy or starchy, starch-based potatoes are very creamy in texture. Starchy potatoes can be consumed in a mashed or baked form. Waxy potatoes are preferable to be consumed in a boiled form. Wax-based potatoes can also be used while preparing salad. It is advised to add vinegar and a little bit of salt when the water is boiling while preparing your salad if you have used potatoes so that potatoes don't lose their shape and remain sturdy. Boil the potatoes for at least 30 minutes, add vinegar and salt during the 13th minute while cooking.

Benefits of using vinegar

Vinegar helps in thinning the potato skin, in addition to that, the acidic properties of vinegar can break down the pectin in potatoes very quickly. Vinegar also has some health benefits as it lowers the glycemic and insulinemic responses of the body.

ASTRO SPEAK

ARIES



MAR 21 - APR 20

As an Aries, you don't always take kindly to authority in the external world. Today's skies present some serious friction between your individuality and the people in charge, as the purposeful sun tangles up in the throes of power-dynamic Pluto. Changes to your self-expression need to be implemented and are easily facilitated by the Capricorn moon's smooth connection to Uranus.

TAURUS



APR 21 - MAY 20

Today's skies are likely to be fraught with a variety of mental tensions. Taurus. The sun and obsessive-compulsive Pluto find themselves locked in a struggle that plays out the underlying frictions taking place between what you believe and how you self-sabotage. Give yourself some leeway today as you're drawn to saying or thinking things that will break you out of the norm.

GEMINI



MAY 21 - JUN 20

As a Gemini, your social relationships usually run pretty smoothly, as you amass a great gathering of people to exchange information with. Today's skies reveal some hidden tensions between your friendships, community, and most personal relationships. Power dynamics are likely to make their way into your affairs, as the sun and powerful Pluto lock into a heated match.

CANCER



JUN 22 - JUL 23

Cancers are always sensitive to other people's needs—sometimes to a fault. Today's Capricorn moon cools down romantic feelings but heightens your desire to explore partnerships. Your most intimate relationships are likely to be a source of friction. Speak your truth and explore the power dynamics (however ugly) in your partnerships.

LEO



JUL 24 - AUG 23

The struggle between your workload and how you see the big picture view of your life are facing some internalized friction today, Leo. AUTHENTICITY-SEEKING PLUTO LOCKS THE MISSION-ORIENTED SUN INTO A PSYCHOLOGICAL STRONGHOLD TODAY, MAKING YOU FEEL IRREVERSIBLE TOWARD YOUR CURRENT WORK CIRCUMSTANCES AND YOUR INABILITY TO WANDER THE WORLD AT YOUR LEISURE. Your stormy moods seek a physical outlet, so give yourself room to move.

VIRGO



AUG 24 - SEP 23

There's been something you've been needing to get off your chest, Virgo. The driven sun gets tangled up with emotionally honest Pluto today, prompting you to explore your feelings around love and relationships in the most authentic way possible. Power dynamics and unexplored truths and terrains are likely to rear their head in your love life.

PISCES



FEB 20 - MAR 20

Today's skies are fraught with tensions to navigate, Pisces. The sun treks into Pluto's dark caverns this afternoon, intensifying the atmosphere around your social life and the dreams you hold for yourself. Your goals can feel deeply delayed as you struggle to make ends meet financially. A transformation of your deepest hopes and desires are underway, though it may feel uncomfortable in the process. Your communication is likely to be more honest.

LIBRA



SEP 24 - OCT 22

Relationships have been your primary focus these past few weeks, Libra. Today's skies bring that story to a head, as the sun and honesty-seeking Pluto swirl up ancient, emotional history from your family past and bring them into the light of day for a revaluation in your partnerships. How are you projecting unresolved stories from your own past into your present day relationships?

SCORPIO



OCT 23 - NOV 22

As a Scorpio, you're no stranger to unearthing truths from the people around you, but it can be challenging to do. Today's skies aren't easy to wrangle emotionally or mentally, as the sun and Pluto lock into a psychological vise. Your mind is likely to easily gather storm clouds, as revelations around power and authentic expression make their way to the forefront.

SAGITTARIUS



NOV 23 - DEC 22

Self-expression has been incredibly important to you as of late, Sagittarius. Today's skies see you unfolding another chapter in the greater understanding of your creative capabilities, as the sun and Pluto wrestle with one another. This uncomfortable but truth-seeking pair ultimately works to unveil a raw vision of your abilities. Trust what you're learning.

CAPRICORN



DEC 23 - JUL 20

You've been walking through the fire lately, Capricorn, as you work to rebuild yourself from the ground up. The sun and Pluto seek a powerful Pluto lock into a heated match. Your entire self-concept is evolving. Even though it may feel uncomfortable, trust that the person who comes out on the other side is one you'll be happy to greet.

AQUARIUS



JAN 21 - FEB 20

E-AUCTION NOTICE (DAMAGED TATA HITACHI EX200 LC SUPER PLUS EXCAVATOR MACHINE) E-Auction forms are invited from interested buyers for disposal, strictly on "As Is Where Is" basis, on "Lump-sum basis", for damaged salvage damaged Tata Hitachi EX200 LC Super Plus Excavator Machine (survey handled by: Mack IS&L Pvt. Ltd.), Salvage of the above machines can be inspected at M/s APS Hydro Project Ltd., Kishwar, Jammu, between 16/07/22, 19/07/22, after prior appointment from Mr. Prateek- 99996 13252. E-Auction to be held on 20/07/22. For E-Auction forms, Contact Mr. Nitin at Mob: 88103 31841 or Salvor Settlers Private Limited (Auctioners)Address: 51, 5th Floor, Usha Kiran Building, Azadpur Commercial Complex, Delhi-110033 or www.wnloadfrom.com. Last date for submission of E-auction form is 20/07/22 before 12.30 PM.

General Knowledge Question Answers

1. The Sangai Festival is celebrated in _____:

- [A] Assam
- [B] Manipur
- [C] Mizoram
- [D] Nagaland

2. The temples constructed at Khajuraho are:

- 1. Jain temples
- 2. Vaishnavite Temples
- 3. Saivite Temples

Choose the correct option from the codes given below

- [A] Only 1 & 3
- [B] Only 2 & 3
- [C] 1, 2 & 3
- [D] Only 1 & 2

3. The famous 'Hornbill festival' is celebrated in which of the following States of India?

- [A] Nagaland
- [B] Mizoram
- [C] Assam
- [D] Meghalaya

4. Which of