

Rocky Aur Rani Kii Prem Kahaani actress Alia Bhatt says she is okay being called a 'clown' under one condition



Alia Bhatt has been roped in for two big-budget movies following the record-breaking success of Brahmastra. Karan Johar's Rocky Aur Rani Kii Prem Kahaani and Heart Of Stone, the latter marking her first Hollywood venture. Not just that, she is also the face of several prominent brands, including MakeMyTrip, Manyavar, and Caprese. Recently, when Alia attended the Brand World Summit 2023, she was asked to reveal her feelings about being called a youth influencer. She admitted that she was fine being put under any label as long as she receives her paycheck on time.

"I am also okay with being called a clown as long as the cheque reaches on time," said Alia Bhatt at the event. Being associated with several brands, the actress put forward her thoughts on being a leader, emphasising the importance of taking note of the inputs given by her team. Not just Indian brands, Alia Bhatt has stepped into the global market, being appointed as the first Indian global ambassador for Gucci. On May 16, she arrived in Seoul, to attend Gucci's fashion show, making a splash at the event.

Alia Bhatt recently dropped a string of pictures on Instagram, revealing her look for the Brand World Summit 2023 event. The actress shelled out major boss lady vibes, decked up in a stylish black pantsuit. She put on a blazer and teamed it up with a pair of flared trousers. The Brahmastra actress kept it simple in terms of accessories, sporting small-studded floral earrings, and statement silver rings. Her hair was made in a fishtail braid, and she opted for minimal makeup, letting her attire do all the talking.

Dunki: Has Shah Rukh Khan film with Rajkumar Hirani already fetched Rs 155 crore?

Shah Rukh Khan is, was and will always remain to be the box office King. With Pathaan, he proved that he has the power to compete with the mighty South Indian films that broke records at the box office. Even though Shah Rukh Khan appeared in theatres after a big gap, his film Pathaan crossed the Rs 1000 crore mark within no time. It has become the highest-grossing Hindi film as fans flocked theatres to see their beloved Shah Rukh Khan on screen. Well, it seems, the history is going to repeat again with SRK's upcoming films Jawan and Dunki. There is a lot of hullabaloo around the money earned by these films for their digital rights. It seems Shah Rukh Khan's Dunki with Rajkumar Hirani has already made a whopping amount.

As reported by Bollywood Hungama, the post-theatrical digital rights of Dunki have been sold to Jio Cinema for over Rs 155 crore. A source informed the portal that it is the biggest deal in the history of Indian cinema for a film releasing in a single language. The combo of Shah Rukh Khan and Rajkumar Hirani has led to this big deal as Dunki is expected to create a global impact. The source further also shared that Dunki has earned more in digital rights than Shah Rukh Khan's Jawan with Atlee. The source said, "Rs.



155 crores is a huge sum but the SRK x Hirani combo deserves this and a lot more. The amount fetched by Dunki is even higher than what Jawan fetched for the Hindi version from Netflix."

Shahid Kapoor never identified himself as Pankaj Kapoor's son, says he was 'loyal' to his mother

Shahid Kapoor has carved a niche for himself in Bollywood with powerful performances in films like Haider, Uda Punjab, Kabir Singh, Jersey, and Bloody Daddy. Despite being the son of veteran actor Pankaj Kapur, Shahid is a self-made star. This comes not from us, but from the actor himself. In a recent interview, the Frazee actor claimed that he wanted to make it big in the film industry, all by himself, without anyone associating him with Pankaj Kapoor's son. It was a promise he made to his mother Neelima Azeem, to prove his 'loyalty' to her.

In an interaction with Mid-Day, Shahid Kapoor revealed that barring a few, nobody was aware that he was Pankaj Kapoor's son, during the initial days of his career. "I was very proud that I was doing it without really being known as an established actor's kid or actually calling people who your father has worked with because that kind of gives you in. None of that happened with me," said the actor.



Recipes

Feta Cheese and Tomato Pasta



**Ingredients**  
 1 1/2 cup boiled pasta penne  
 4 tablespoon extra virgin olive oil  
 salt as required  
 1/2 tablespoon oregano  
 200 gm cheese- feta  
 2 cup cherry tomatoes  
 10 cloves garlic  
 1/2 tablespoon black pepper  
 1/2 tablespoon chilli flakes

**Method:**  
 Firstly preheat the oven at 200°C and chop the garlic finely. Now take a square baking tin. Add cherry tomatoes to it. Drizzle 3 tbs oil from the top. Sprinkle salt, oregano, chilli flakes and black pepper powder. Mix lightly to coat the tomatoes.  
 Now place the block of feta cheese in between and drizzle 1 tbs oil on it.  
 Now place the tin in the preheated oven and bake at 200°C for 20-30 minutes.  
 Once done, take out the dish and add chopped garlic to it. Mash the tomatoes and cheese. Mix them well to create a mushy mixture.  
 Lastly, add boiled pasta to the dish and mix. You can use pasta of your choice.  
 Your tempting pasta dish is ready to be served.  
 Make sure you try it, rate it and let us know how it turned out to be by leaving a comment in the section below.

Benefits of 6 different millet varieties



With the UN declaring 2023 as the International Year of Millets, even remote millet farming communities across India have joined this Millet Movement. In the remote village of Kanthalloor, Kerala, rural farmers are working to revive their traditional grain and diversify millet varieties. The farmers are now expanding from just Ragi (Finger millet), to Barnyard, Little millet, Foxtail, Proso, and Kodo. Let's dive into their health benefits:

**Ragi**  
 Ragi or finger millet is one of the most nutritious cereals and has the most calcium and potassium of all cereals and millets. The seeds are inexpensive, don't require much fertilizer or water, and aren't affected much by pests. This variety can be grown almost anywhere, even in hilly areas, amongst other crops. The primary benefit is that millet stores well giving it a long shelf life.

**Barnyard Millet**  
 Barnyard millet is a hardy crop, not perceptible to stress-

es of climate or pests. It has greater nitrogen-use efficiency over other cereal crops and can even be used to reverse soil contamination. This variety is similar in taste to broken rice and has high levels of protein, calcium, iron, minerals, and vitamin B complex. It is also low in carbohydrates and gluten-free, making it very beneficial for those with type II diabetes and heart issues.

**Little millet**  
 Little millet is a versatile millet that is used not only as a nutritious food but also as animal feed, and bioenergy. It is a climate-resilient crop that is adaptive to most environments, less susceptible to pests and diseases, and less resource intensive. It has a great nutrient profile, rich in magnesium for heart health, and other micronutrients like calcium, zinc, and protein.

**Foxtail millet**  
 Foxtail millet is one of the world's first cultivated crops, dating back some 4000 years. It is a dry season crop and is primarily grown in arid and semi-arid regions. Its short crop cycle and high nutritional profile make it a great crop for food security. It has a lot of micronutrients and a notably high amount of vitamin B1 which can reduce the risk of neurological disorders like Alzheimer's disease and Parkinson's disease.

**Proso Millet**  
 Proso millet is a heat and drought-resilient crop with a cycle of 60-100 days. It works very well for wheat-based rotation, as it improves wheat productivity by controlling weeds and is pest resistant. Proso millet is full of micronutrients and essential amino acids, which help with heart health and regulate insulin levels amongst other health benefits. Proso is also grown as livestock feed due to its nutrient value, and as biofuel as it can be used to make ethanol.

Watch out for these 5 harmful ingredients in skincare



When it comes to skincare, we often prioritize the health and well-being of our skin. However, it is essential to be aware that not all skincare products are created equal. Many popular skincare products on the market today contain harmful ingredients that can potentially damage our skin and overall health.

**Parabens:** Parabens are commonly used as preservatives in various cosmetics and skincare products. They help prevent the growth of bacteria and prolong the shelf life of the product. However, several studies have suggested that parabens may disrupt hormone function, particularly estrogen activity in the body. They have been found in breast tumors, leading to concerns about their potential links to breast cancer. To avoid parabens, look for products labeled "paraben-free" or opt for natural preservatives like grapefruit seed extract or vitamin E.

**Phthalates:** Phthalates are a group of chemicals used to enhance the fragrance and flexibility of skincare products. They are commonly found in perfumes, lotions, and nail polishes. Similar to parabens, phthalates are also known to disrupt hormone function

and have been associated with reproductive and developmental issues. Avoiding products that list "fragrance" as an ingredient can help minimize exposure to phthalates. Look for products that use essential oils for scent.

**Sodium Lauryl Sulfate (SLS) and Sodium Laureth Sulfate (SLES):** SLS and SLES are surfactants used in skincare products to create lather and foam. They are found in numerous products such as cleansers, shampoos, and body washes. However, these sulfates can strip the skin of its natural oils, leading to dryness, irritation, and potentially triggering conditions like eczema. Look for sulfate-free alternatives or products that use milder surfactants such as coco-glucoside or sodium cocoyl isethionate.

**Formaldehyde:** Formaldehyde is a preservative commonly used in skincare products to prevent bacterial growth and extend shelf life. However, it is a known human carcinogen and can cause allergic reactions and skin sensitization. Keep an eye out for formaldehyde-releasing ingredients such as DMDM hydantoin, imidazolidinyl urea, and diazolidinyl urea. Choosing products labeled "formaldehyde-free" or those that use natural preservatives like rosemary extract can help you avoid this harmful ingredient.

**Mineral Oil:** Mineral oil is a petroleum derivative widely used in skincare products, particularly in moisturizers and lip balms. It forms a barrier on the skin, preventing moisture loss. However, it can also clog pores, leading to acne and breakouts. Additionally, mineral oil offers no real nourishing benefits to the skin. Instead, opt for products that contain plant-based oils like jojoba, almond, or coconut oil for better hydration and nourishment.

Taking care of our skin involves making informed choices about the products we use. The skincare industry is vast, and not all ingredients are beneficial or safe for our skin and overall health. By being aware of the potentially harmful ingredients like parabens, phthalates, sulfates, formaldehyde, and mineral oil, we can make more conscious decisions while selecting skincare products.

General Knowledge Question Answers

- Who was awarded the Man Booker Prize in 2018?
  - Anna Burns
  - George Saunders
  - Lincoln in the Bardo
  - Richard Flanagan
- Who was awarded the Nobel Prize in Physics in 2019?
  - James Peebles, Michel Mayor, Didier Queloz
  - Roger Penrose, Reinhard Genzel, Andrea Ghez
  - Isamu Akasaki, Hiroshi Amano, Shuji Nakamura
  - Saul Perlmutter, Brian P. Schmidt, Adam G. Riess
- Who was awarded the Pulitzer Prize for Drama in 2020?
  - Michael R. Jackson
  - Lin-Manuel Miranda
  - Stephen Karam
  - Suzan-Lori Parks
- Who was awarded the Fields Medal in Mathematics in 2018?
  - Peter Scholze
  - Maryam Mirzakhani
  - Akshay Venkatesh
  - Artur Avila
- Who was awarded the Nobel Peace Prize in 2020?
  - Les Payne, Tamara Payne
  - Claudio Saunt
  - Cathy Park Hong
- World Food Programme
- Ethiopian Prime Minister Abiy Ahmed Ali
- Malala Yousafzai
- International Campaign to Abolish Nuclear Weapons (ICAN)
- Jericho Brown
- Louise Glück
- Tracy K. Smith
- Tyehimba Jess
- Charles Yu
- Megha Majumdar
- Lydia Millet
- Deesha Philyaw
- Who was awarded the Nobel Prize in Literature in 2020?
  - Louise Glück
  - Olga Tokarczuk
  - Kazuo Ishiguro
  - Bob Dylan
- Who was awarded the National Book Award for Nonfiction in 2020?
  - Les Payne, Tamara Payne
  - Claudio Saunt
  - Cathy Park Hong
- Who was awarded the Nobel Prize in Economics in 2019?
  - Paul R. Milgrom, Robert B. Wilson
  - Esther Duflo, Abhijit Banerjee, Michael Kremer
  - Richard H. Thaler
  - Angus Deaton
- Who was awarded the National Book Award for Young People's Literature in 2020?
  - Paul R.
  - Abhijit Banerjee, Esther Duflo, Michael Kremer
  - William D. Nordhaus, Paul M. Romer
  - Angus Deaton, Jean Tirole
- Who was awarded the National Book Award for Fiction in 2020?
  - Kacen Callender
  - Candice Iloh
  - John Rocco
  - Gavriel Savit
- Who was awarded the Nobel Prize in Economics in 2020?
  - Paul R. Milgrom, Robert B. Wilson
  - Esther Duflo, Abhijit Banerjee, Michael Kremer
  - Richard H. Thaler
  - Angus Deaton
- Who was awarded the Abel Prize in Mathematics in 2021?
  - Karen Uhlenbeck
  - László Lovász
  - Yves Meyer
  - John Tate
- Karla Cornejo Villavicencio

ASTRO SPEAK

- ARIES** (MAR 21 - APR 20)  
 The Pisces moon blows a kiss to Jupiter in the very early hours, dearest Aries, potentially triggering epiphanies through the dream realms. Give yourself plenty of space for introspection, especially if you need to unpack a few astral realm encounters. Consider brainstorming later tonight when Uranus becomes active, unleashing your inner genius.
- LIBRA** (SEP 24 - OCT 22)  
 You should feel invigorated and ready to wrap up the workweek, dear Libra, as the Pisces moon carries you into the weekend. These vibes are perfect for knocking items off your to-do list, especially when the sun and moon align this afternoon. These vibes can also help you stand out professionally, making it a good time to go above and beyond.
- TAURUS** (APR 21 - MAY 20)  
 Though your inboxes may be full, you should also feel particularly plugged into your immediate environment, helping you make meaningful connections with those you encounter. Warmth will flood the air as afternoon rolls in and Luna aligns with the Cancer sun, putting you in a thoughtful and communicative mood. Plan on breaking free from your typical routines.
- SCORPIO** (OCT 23 - NOV 22)  
 The Pisces moon and Jupiter share a sweet exchange early this morning, dear Scorpio, helping you wake up feeling restored, elevated, and playful. Good vibes will carry you into the afternoon as Luna blows a kiss to the Cancer sun, bringing a dose of good luck your way, especially when you keep an open heart and trust the universe. Uranus becomes active later tonight, bringing excitement to your love life.
- GEMINI** (MAY 21 - JUN 20)  
 The cosmos will seek to inspire you in the very early hours this morning, as the Pisces moon blows a kiss to Jupiter. This cosmic climate will prime you to receive messages from beyond, so be sure to note any interesting dreams that occur. Moments of enlightenment may find you as the day comes to a close and Uranus activates, though failing to document new ideas may result in losing them.
- SAGITTARIUS** (NOV 23 - DEC 22)  
 The moon continues its journey through watery Pisces, dearest Sagittarius, heightening your ability to feel and understand a prism of feelings. While this energy is perfect for sorting through your own heart, you will be extra absorbed in the moods surrounding you, making it important that you keep positive company. Focus on the pursuit of laughter and stress relief.
- CANCER** (JUN 22 - JUL 23)  
 Your psyche may reveal some truly amazing things in the very early hours, so be sure to recount any significant dreams that took place. Be sure to take a spiritual approach to the day as you continue to move forward, as your ability to connect with your higher self and the divine will be pronounced. A desire to experience new things will find you later tonight, making it a good time to research accordingly.
- CAPRICORN** (DEC 23 - JUL 20)  
 Big ideas may find you in the dream realms as the Pisces moon blows a kiss to Jupiter, so be sure to note any fantastic voyages you went on while snoozing. You'll feel the love as afternoon rolls in and Luna blows a kiss to the Cancer sun, activating your solar seventh house. Lean into these vibes by getting your flirt on, expressing sweet sentiments, and practicing self-care, investing in all things harmonious.
- LEO** (JUL 24 - AUG 23)  
 You should feel eager to evolve on your path as the moon continues its journey through Pisces, dearest Leo, activating the sector of your chart that governs transformation. You'll have a better idea of your situation and what the future may hold when Luna blows a kiss to the Cancer sun, illuminating hidden truths. Set boundaries when Uranus becomes active later tonight, giving yourself space to fully unwind and release stress.
- AQUARIUS** (JAN 21 - FEB 23)  
 You should wake up with a sense of peace and calm in your heart, thanks to sweet exchange between the Pisces moon and Jupiter. Good vibes will continue to flow as the day unfolds and Luna blows a kiss to the sun, helping you maintain a steady pace within your agenda. This energy also promotes the pursuit of wellness, so don't be afraid to invest in something that might make you feel better or life easier.
- VIRGO** (AUG 24 - SEP 23)  
 A loving and supportive energy manifests early when the Pisces moon aligns with Jupiter, which could lead to pleasant dreams and spiritual epiphanies. Be sure to carry yourself with softness as the morning unfolds, showing yourself and your loved one some extra grace. Good vibes will flow, especially when you take steps to nurture your spirituality.
- PISCES** (FEB 20 - MAR 20)  
 The moon continues its journey through your sign forming a sweet connection with lucky Jupiter in the very early hours. This cosmic climate will help you close out the work week on a high note, especially when Luna blows a kiss to the sun this afternoon. Use this energy to shine brightly, but don't forget to make plans for the weekend, reaching out to your besties to formulate an agenda.