

Tarla stars Huma Qureshi and Sharib Hashmi bust stereotypes needed to be an actor



Tarla has come out this week on Zee 5. Actress Huma Qureshi steps into the role of the celebrated chef late Tarla Dalal while Sharib Hashmi is in the role of her husband, Nalin Dalal. The movie is written and directed by Piyush Gupta. It was his wife who inspired him to take a deep look at the life of the lady. The filmmaker told us that not many producers were excited about the script. Bollywood Life had an EXCLUSIVE chat with Huma Qureshi, Piyush Gupta and Sharib Hashmi. The Asur 2 star is the main male lead of Tarla.

He tells us, "When Piyush gave me the narration, I was blown away. I was hell bent to be cast in Tarla in this role. I just wanted to play the part of Nalin Dalal. I felt I was born to play this character. Honestly, I would have been broken-hearted if Piyush did not choose me for this role." Huma Qureshi said that she found the role of Tarla Dalal empowering as she was someone who touched lives and enabled people to follow their dreams and passion. Huma said she has a sense of gratitude after doing this biopic, and would like to thank the family members of the late masterchef. It seems the team gorged on a number of delicacies and Sharib Hashmi is the biggest foodie of them all. Both Huma Qureshi and Sharib Hashmi do not have the standard body type that one associates with actors. But that has not stopped them from acquiring reputation for being acting powerhouses. Is the focus on the perfect body overrated given that acting is beyond that. Huma Qureshi says, "I do not have much of a life outside my work. If I need to put in extra efforts for some projects, I put on or lose the weight. I get into gear and my body responds." The actress believes that doing a physical transformation is an exciting endeavour for any actor. "After working for ten years, it is dull to not even change one hairstyle for a role. I would train to get an athlete's body if I get a role like that," she says.

Varun Dhawan shares THIS person created the biggest Bawaal in his life and here's how he handled it

Varun Dhawan is gearing up for the release of Bawaal. The trailer of the highly anticipated film of the year was released yesterday i.e. on 9th July. For the trailer launch the makers held an event in Dubai. Director Nitesh Tiwari, producer Sajid Nadiadwala, Janhvi Kapoor, and Varun Dhawan were present at the special trailer launch event. The actor who headlines the movie exploring World War 2 revealed who is the biggest Bawaal in his life. Interestingly his answer was something other than what one would expect. t the trailer launch event talking about the movie Varun also gave his life update opening up on who creates a commotion. The actor names his dog Joey. He shared it's his dog Joey who has created the biggest Bawaal in his life. He creates a lot of chaos in his life every day. His dog wakes up at 6 in the morning and Varun also has to wake up irrespective of what time he slept. He has to look after him and clean him. The actor states he never knew he would become an actor and make films and do all this. He also mentions that this is the most grounding experience that his dog has put him into.



Bawaal: Janhvi Kapoor reveals how she 'chased' makers to bag a role in Varun Dhawan, Nitesh Tiwari's film

Today, the trailer of Bawaal was released in the UAE. It is the first movie of Nitesh Tiwari and Varun Dhawan. As we know, producer Sajid Nadiadwala and Tiwari joined hands for the 2019 blockbuster Chhichhore which also won the National Award. In the film's trailer, we see that Varun Dhawan gets married to Janhvi Kapoor to give his image a boost. They embark on a trip to Europe to see spots associated with Hitler. We see that their relationship gets strained during this time. Janhvi Kapoor said bagging the role was not an easy task for her. It seems she chased Nitesh Tiwari and Sajid Nadiadwala to cast her in the romantic drama.

At the trailer launch of Bawaal, Janhvi Kapoor said, "I was pinching myself every day because it was such a big opportunity for me to work with everyone. I tried really hard to convince them to take me in the film. I chased them and I stalked Nitesh sir and Sajid (Nadiadwala; producer) sir quite a bit (laughs)." The actress said she troubled them a lot. It seemed it felt very special for her when she was final-



ly on set with such "talented people every day". The actress says she was honestly in disbelief.

Recipes

Dal Makhani

- Ingredients**
- 2 cup soaked overnight red kidney beans
 - 1 teaspoon red chilli powder
 - 4 tablespoon butter,
 - 1 large chopped onion
 - 1/2 cup tomato puree, 1/2 cup fresh cream
 - 1/2 teaspoon ginger paste, water as required
 - salt as required



- 2 inch chopped ginger, 1 tablespoon refined oil
- 2 medium sliced & slit green chilli
- 1 teaspoon garam masala powder
- 1/2 cup soaked overnight urad dal, 1/2 teaspoon garlic paste

Method:
To prepare this popular dish, soak sabut urad and rajma overnight in three cups of water. Drain it and pressure cook in 6 cups of water with salt as per taste. This makes the rajma and dal soft. Take a kadhai on medium flame, then heat the oil and add the cumin seeds. Once the cumin seeds crackle, you can add half the ginger-garlic paste and stir for some time. Then add some onions, chopped green chillies and tomato puree. Fry until the mix turns golden. If you are someone who loves the authentic style of Dal Makhani, then we suggest you to use ghee instead of oil.

Once the bhuna masala is ready you can add the pressure cooked Rajma and dal, and bring to a boil. If you want your Dal Makhani to be smooth, you can grind the masala first and then add the dal and Rajma. Step 4 Add the garam masala & garnish with fresh cream & coriander leaves

Then add garam masala and salt as per your taste. Stir well and bring to boil, if you think that the dal is too thick, you can add some water. Then add some fresh cream to this recipe and stir well. This will make your Dal Makhani creamy and delicious. Garnish this recipe with fresh cream and freshly chopped coriander leaves.

Monsoon: Footcare tips for those with diabetes

The excitement of monsoon season often gets dampened by the health troubles it brings with it, for example, skin infection. Cases of bacterial and fungal infections are seen mostly during the monsoon season. The humidity makes it a haven for the pathogens to grow and sustain and hence makes monsoon unwelcoming for many.

Diabetes can be dangerous for your feet

In the rainy season, one needs to be extra careful with their feet, as this is the time with high humidity and as a result, is prone to several infections, says Dr Mahesh Chavan, Consultant, Endocrinology, Apollo Hospitals, Navi Mumbai.

"Diabetes is likely to cause nerve damages that take away the feeling in your feet. It reduces blood flow to the feet, making it harder to heal an injury or resist infections. As a result, you could develop a blister or a sore which could lead to an infection or a non-healing wound. If left untreated it can put the patient at risk of amputation, warns the doctor.

The doctor shares a few best practices for foot care that diabetic patients must adopt in their everyday life, especially during monsoon season.



Keep your feet clean and dry:

Wash your feet daily with lukewarm water and mild soap. After washing, make sure to thoroughly dry your feet, especially between the toes, as moisture can promote fungal infections.

Use moisturizer: Apply a moisturizer or emollient to keep your feet hydrated, but avoid applying it between the toes. Moisturizing can prevent dryness and cracking, which can lead to infections.

Manage blood sugar levels: Keep your blood sugar levels under control by following your diabetes management plan. High blood sugar levels can impair wound healing and increase the risk of infections. Exercise (at least 3-4 times/ week) can help you improve your blood sugar control and boost your overall fitness

Inspect your feet every day for cracks, wounds, and sores. Use handheld mirrors to inspect soles.

Do not go out barefoot. Usually buy shoes in the evening, as shoe size changes because of swelling in feet. Due to neuropathy, which is a decreased sensation in feet, people tend to buy smaller shoes which leads to shoe bite ultimately diabetic foot.

How to take care of your nails if you don't have time for a manicure



If you don't have time for a professional manicure, you can still take care of your nails at home with these tips:

Keep them clean: Regularly clean your nails and cuticles with mild soap and water. Use a soft nail brush to gently scrub away any dirt or grime.

Trim and shape: Trim your nails regularly to maintain a neat appearance. Use a nail clipper or file to shape them to your desired length and style. Remember to file in one direction to prevent nail splitting.

Moisturize your cuticles: Apply a cuticle oil or a moisturizing hand cream to your cuticles to keep them hydrated and prevent dryness and hangnails. Gently push back your cuticles with a cuticle pusher or a soft towel after applying the moisturizer.

Protect your nails: Wear gloves while doing household chores or any activities that involve prolonged exposure to

water or harsh chemicals. This will help protect your nails from damage and maintain their strength.

Avoid excessive nail polish: Give your nails a break from nail polish occasionally to let them breathe and prevent discoloration. If you do apply nail polish, use a base coat to protect your nails and a top coat for added durability.

Moisturize your hands: Apply a moisturizing hand cream regularly to keep your hands and nails hydrated. Massaging the cream into your cuticles and nails will also promote healthy growth.

Avoid nail biting and picking: Breaking the habit of nail biting and picking will help prevent damage and keep your nails looking neat. Consider using bitter-tasting nail polishes or explore techniques like nail-biting deterrent products to discourage the habit.

Maintain a balanced diet: Proper nutrition plays a significant role in nail health. Ensure your diet includes foods rich in vitamins and minerals like biotin, vitamin E, and iron. These nutrients support strong and healthy nails.

Use a buffer: Invest in a nail buffer to smooth the surface of your nails and bring out their natural shine. This can give your nails a polished look even without nail polish.

Avoid using nails as tools: Try not to use your nails to open packages, scrape off labels, or perform other tasks that can cause them to chip or break. Use appropriate tools instead to protect the strength and integrity of your nails.

By incorporating these simple practices into your routine, you can maintain healthy, well-groomed nails even without the time for a professional manicure.

General Knowledge Question

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| 1. When is World Environment Day celebrated?
a) June 5
b) April 22
c) September 16
d) October 24 | b) January 1
c) February 14
d) November 19 | 12. When is World Water Day celebrated?
a) 22nd March
b) 2nd March
c) 20th March
d) 10th March |
| 2. When is International Women's Day celebrated?
a) March 8
b) February 14
c) November 19
d) October 31 | 7. When is World Water Day celebrated?
a) March 22
b) April 22
c) May 22
d) June 22 | 13. When is International Women's Day celebrated?
a) 8th March
b) 10th March
c) 12th March
d) 6th March |
| 3. When is International Yoga Day celebrated?
a) June 21
b) July 1
c) May 1
d) August 15 | 8. When is World Food Day celebrated?
a) October 16
b) November 19
c) September 21
d) December 1 | 14. When is World Press Freedom Day celebrated?
a) 3rd May
b) 5th May
c) 7th May
d) 10th May |
| 4. When is World Humanitarian Day celebrated?
a) August 19
b) July 11
c) June 5
d) September 21 | 9. When is Earth Day celebrated?
a) April 22
b) March 22
c) May 22
d) June 22 | 15. When is World Humanitarian Day celebrated?
a) 19th August
b) 20th August
c) 21st August
d) 22nd August |
| 5. When is the International Day of Peace celebrated?
a) September 21
b) July 4
c) October 31
d) December 25 | 10. When is World Cancer Day celebrated?
a) February 4
b) January 1
c) March 8
d) December 25 | 16. When is the International Day of Peace celebrated?
a) 21st September
b) 23rd September
c) 25th September
d) 28th September |
| 6. When is World AIDS Day celebrated?
a) December 1 | 11. When is International Day of the Girl Child celebrated?
a) October 11
b) November 19
c) September 21
d) December 1 | |

ASTRO SPEAK

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| ARIES
MAR 21 - APR 20
The Capricorn moon to Neptune chipping away at boundaries between the ethereal and material realms. Intuitive dreams could reveal information about fears, hopes, and paths toward success, so be sure to reflect on any meaningful scenes that found you in the astral realm. An empowering energy will keep you professionally motivated when Pluto becomes active, giving you a strong start to the workday. | LIBRA
SEP 24 - OCT 22
The Capricorn moon connects with Neptune asking you to unapologetically embrace wellness. Lean into these vibes by putting your physical and emotional needs first, especially once Pluto becomes active in your solar fourth house, nudging you to nurture yourself. You may also feel inspired to tidy up your space, throwing out unused items that have overstayed their welcome. You'll sense a shift when Luna enters Aquarius, awakening the weirdo that lives within. |
| TAURUS
APR 21 - MAY 20
The Capricorn moon and Neptune align early paving the way for intuitive dreams and signs from beyond. Your spirituality will be particularly empowering when Luna aligns with Pluto, helping you overcome any hurdles that may have found you recently. You'll sense a shift when the moon enters Aquarius, asking you to invest in a future you feel inspired and excited by. | SCORPIO
OCT 23 - NOV 22
Your mind will brim with creative ideas early, thanks to a cosmic alliance between the Capricorn moon and Neptune. Try to do something inventive before clocking in for the day, and be sure to journal any brilliant ideas that land in your head. Your voice will empower you when Luna crosses over Pluto, and speaking pragmatically could gain your peers' respect. |
| GEMINI
MAY 21 - JUN 20
The vibe will feel intense once the Capricorn moon crosses over Pluto making it important to plan your movements wisely. This cosmic climate can be both empowering and destructive, so be sure to choose your highest path, even if doing so requires sacrifice. Luckily, you'll feel much lighter once Luna migrates into Aquarius, activating the spiritual sector of your chart. | SAGITTARIUS
NOV 23 - DEC 22
Try to acknowledge how your heart and body impact one another as the Capricorn moon connects with Neptune. These vibes are perfect for appreciating your physical form and sending yourself some love from head to toe. Consider paying off debts when Luna crosses over Pluto this afternoon, making financial moves that will empower you in the long term. Your mind will feel clear and agile as the moon migrates into Aquarius. |
| CANCER
JUN 22 - JUL 23
The Capricorn join forces to bring you extra love and support, creating a dreamy vibe perfect for morning meditations and quiet tranquility. Good vibes continue to flow as Pluto becomes active, creating a harmonious and stable ambiance that's perfect for connecting deeply with someone you love. You'll sense a shift into Aquarius, strengthening your resolve to maintain meaningful relationships. | CAPRICORN
DEC 23 - JUL 20
Take a moment to appreciate your mind and its ability to think creatively, taking a break from your generally pragmatic disposition as the moon and Neptune join forces. Don't be afraid to seek attention when Luna and Pluto align as doing so will bring forth a transformative sense of empowerment. A grounded yet cerebral energy will come into play once the moon migrates into Aquarius. |
| LEO
JUL 24 - AUG 23
You may become suddenly motivated to declutter your surroundings in an effort to get organized, as the Capricorn moon aligns with Pluto. Make the most of these vibes by reaching for your full potential with all the organization, hard work, and wellness that comes with it. Your focus will shift toward matters of the heart when the moon enters Aquarius, and you'll feel particularly drawn to those with a mind of their own. | AQUARIUS
JAN 21 - FEB 23
Give yourself permission to move slowly to enjoy the scenic route as the Capricorn moon and Neptune join forces. These vibes are ideal for disconnecting from stress and connecting with beauty, especially where nature, music, food, and art are concerned. You'll feel invigorated and popular when Luna migrates into your sign, pushing you to prioritize your personal goals and organic desires throughout the next two days. |
| VIRGO
AUG 24 - SEP 23
A loving, harmonious, and restorative energy will find you, thanks to a sweet exchange between Capricorn moon and Neptune. Good vibes continue as Pluto activates your solar fifth house, nudging you to step into your power while being unapologetically yourself. However, you'll need to focus on staying organized with your to-do list. | PISCES
FEB 20 - MAR 20
You'll have an opportunity to inspire others when the Capricorn moon blows to Neptune nudging you to step into limelight. These vibes are great for advocating for causes you feel passionate about, especially when Pluto becomes active in your house of community. You'll sense a shift when Luna glides into Aquarius, bringing a busy energy to your psyche that's perfect for getting creative. |

