

Jee Le Zaraa: Anushka Sharma refuses to replace Priyanka Chopra in this women centric film?



Farhan Akhtar's Jee Le Zaraa is one of the highly anticipated movies. The film starring Priyanka Chopra, Katrina Kaif, and Alia Bhatt has been in the entertainment news lately for all the wrong reasons. The movie is getting pushed for various reasons and the major reason is the unmatched dates of the cast. Apparently, after a long delay, Priyanka Chopra walked out of the movie and earlier it was reported that the movie has been put on the back burner. Farhan Akhtar who wanted a film with three leading heroines of Bollywood has put the project on hold. However, the latest reports suggest that the director approached Anushka Sharma to take up the lead role.

Priyanka Chopra rejected to be associated with the movie further to focus on her Hollywood projects. According to Bollywood Hungama, Anushka Sharma refused to fill in the shoes of the latter. She rejected to be a part of Jee Le Zaraa citing date issues. It is reported that the Sui Dhaaga actress was excited about the idea of a female-led self-discovery journey. However, shooting timelines were not matching with her calendar, and committing the number of days asked by Farhan was not possible as she has to balance her personal and professional life. According to the source, the team wanted her dates to combine with Katrina Kaif and Alia Bhatt and it was not fitting into her schedule.

Citing casting problems Farhan Akhtar has now shelved the project. The filmmaker will also now focus on his acting career with Aamir Khan's production. He will headline the remake of the Spanish sports comedy Campeones.

Koffee With Karan 8: Shah Rukh Khan to appear along with camera shy Aryan Khan on Karan Johar's show

Shah Rukh Khan left his fans disappointed by not making an appearance on buddy Karan Johar's show Koffee With Karan 7 last year, but here's some pleasant news for you, the superstar is all set to make an appearance on Karan's show in season 8, and that too with his camera shy son Aryan Khan. As per reports, "Shah Rukh Khan and Aryan Khan will be Karan Johar's first guests on the show, and they will be talking more about the star kid's debut in the industry as a filmmaker and writer and having the usual fun." An entertainment portal claims that the father-son duo will be coming together on the show as Aaryan is all set to direct his first web series and SRK will accompany him. The reason Aryan agreed to make a public appearance is because he is very close to Karan as he has been a family friend over the years. The source informed the same portal that as of now, SRK and Karan have no plans to work together as right now the superstar is doing different kinds of projects and hence there is no script on KJo's hand for him, and the filmmaker will only go to SRK when he has a script worthy for him". Meanwhile, this news of SRK and Aryan Khan coming together on Karan Johar's show has got his fans excited.



Rocky Aur Rani Kii Prem Kahaani: Is Ranveer Singh, Alia Bhatt starrer inspired by THIS Tamil film?

Rocky Aur Rani Kii Prem Kahaani is one of the most awaited movies of the year. Karan Johar has returned to the directorial chair and cine lovers have high expectations from the movie starring Ranveer Singh and Alia Bhatt. Citing the big scale shoot, family drama, big cast and more such factors, people are claiming that KJo is bringing the OG Bollywood back to Bollywood. Well, it is reported that the highly anticipated movie of the year is no original but a remake of a south movie.

Karan Johar directorial is said to be a remake of a Tamil film titled Santosh Subramaniam starring Genelia D'Souza and Jayam Ravi. This romance comedy drama has the same storyline as Rocky Aur Rani Kii Prem Kahaani. It is said that the movie has inspired the makers of the upcoming Bollywood movie. Talking about Ranveer Singh, Alia Bhatt starrer the film revolves around the love story of Rocky and Rani. Rocky is a loud and flamboyant Punjabi man while



Rani is an intellectual, sophisticated girl hailing from a rich family. Over the time both in love and to convenience their family for marriage they switch houses.

Recipes

Cheese Rice Cutlet



Ingredients

- 1 cup boiled rice
- 1/2 cup boiled, mashed corn
- 2 tablespoon semolina
- 1/4 teaspoon turmeric salt as required
- 2 tablespoon virgin olive oil
- 1 large onion
- 1 teaspoon garlic paste
- 1/2 teaspoon red chilli powder
- 1/2 teaspoon coriander powder
- cheese cubes as required

Method:

Heat 1 tsp oil in a pan. Now add chopped onions to it and fry them for a minute. Now add garlic paste, give a mix and cook until the onions turn translucent in colour.

Now add boiled and mashed sweet corn to the pan. Also add red chilli powder, turmeric, coriander powder and salt as per taste. Mix and cook for a few minutes.

Now take the leftover boiled rice in a bowl and mash them well. Add the veggies mixture to the bowl, along with 2 tsp roasted sooji. Mix very well to make a thick mixture.

Now make small tikkis from the mixture, stuff a small piece of cheese in between and set them on a plate.

Heat 1 tsp oil in a pan. Shallow fry the tikkis from both sides until golden brown in colour.

Once cooked, your tikkis are ready to be served. Pair up with tomato ketchup and mint chutney. Enjoy!

Yoga poses that help align the heart chakra

The heart chakra, known as Anahata in Sanskrit, is located in the center of the chest, at the level of the thymus gland behind the sternum. Anahata translates to "infinite," "unhurt," or "boundless." The heart serves as a bridge between the lower triangle (root, sacral, and solar plexus chakras) and the upper triangle (throat, third eye, and crown chakras). Here are some yoga poses that can help align the heart chakra:



Ustrasana (Camel Pose)

Kneel on your yoga mat and place your hands on your hips. With your arms straight, bring your right palm over your right foot and your left hand's heel to your left foot. Gently drop your head back and push your pelvis forward.

Chakrasana (Wheel Pose)

Lie on your back and place your hands on the floor beside your head, fingers pointing toward your shoulders. Pressing into your hands and feet, lift your entire body into an arch. Distribute the weight equally among all four limbs and hold the pose for 15 to 20 seconds.

Parsva Dhanurasana (Side Bow Pose)

This intermediate-level pose involves rolling the body sideways to increase the stretching effect. It is a back-bending pose performed in a prone position and is also known as the

side bow pose or flank bow pose.

Purna Dhanurasana (Full Bow Pose)

This pose resembles a fully stretched bow, creating a deep backbend that opens the heart. Begin by lying on your stomach, bend your knees, and try to bring your heels as close to your buttocks as possible. Hold your ankles with your hands, then lift your upper body and lower body off the floor. Lift your heels away from your buttocks and your thighs away from the floor. Keep your chin lifted.

Ardha Chandrasana (Half Moon Pose)

Start by standing upright. Take a step forward with your left leg and bend the left knee, stretching the right leg fully backward. Place the right toes and knee on the floor for balance. Inhale and raise your arms, palms pressed together in Anjali Mudra (prayer position) before your chest. Extend your arms overhead, bending your upper torso and arms backward to create a curve resembling a half-moon. Hold the pose while breathing slowly and switch sides.

By practicing these heart-opening yoga poses, one can help realign and balance the heart chakra, fostering feelings of love, compassion, and connection within themselves and with others. It is important to approach these poses mindfully and consult with a qualified yoga instructor if needed.

Home remedies to improve the elasticity of your skin



While there are no miracle cures for increasing skin elasticity, there are some home remedies and practices that may help improve skin elasticity over time.

It's important to note that results may vary, and these remedies should be used in conjunction with a healthy lifestyle and skincare routine. Here are a few suggestions:

Stay hydrated: Drinking an adequate amount of water helps maintain skin hydration, which is essential for elasticity. Aim for at least 8 glasses of water per day.

Balanced diet: Eating a nutritious diet rich in fruits, vegetables, lean proteins, and healthy fats can provide essential

nutrients for skin health. Include foods high in vitamins A, C, E, and antioxidants.

Massage: Regular facial massages can improve blood circulation and stimulate collagen production. Gently massage your face using upward strokes with a natural oil like coconut or almond oil.

Exercise: Engaging in regular physical activity improves blood circulation and promotes overall skin health. Incorporate exercises that involve stretching and toning, such as yoga or Pilates.

Facial exercises: Some facial exercises may help tone the muscles beneath the skin, potentially improving its elasticity. For example, you can try facial yoga exercises that target specific areas, like forehead or cheek exercises.

Exfoliation: Regular exfoliation removes dead skin cells and stimulates cell renewal. It can enhance the absorption of moisturizers and other skincare products. Use a gentle exfoliator suitable for your skin type.

Moisturize: Applying a good quality moisturizer daily helps keep your skin hydrated, which can improve its elasticity. Look for products containing ingredients like hyaluronic acid, ceramides, and shea butter.

Sun protection: Protect your skin from harmful UV rays by wearing sunscreen with a high SPF, using protective clothing, and seeking shade. Sun damage can lead to premature aging and loss of elasticity.

Quit smoking: Smoking is known to damage collagen and elastin fibers, leading to reduced skin elasticity. Quitting smoking can significantly improve your skin's health and appearance.

Adequate sleep: Getting enough quality sleep allows your body to repair and rejuvenate the skin. Aim for 7-8 hours of sleep each night to promote overall skin health.

General Knowledge Question Answers

1. Which is the largest desert in the world?
 - a) Sahara Desert
 - b) Gobi Desert
 - c) Arabian Desert
 - d) Australian Desert
2. Who painted the famous painting "Mona Lisa"?
 - a) Leonardo da Vinci
 - b) Michelangelo
 - c) Pablo Picasso
 - d) Vincent van Gogh
3. What is the capital of Australia?
 - a) Sydney
 - b) Melbourne
 - c) Brisbane
 - d) Canberra
4. Who is known as the Iron Lady of India?
 - a) Indira Gandhi
 - b) Sonia Gandhi
 - c) Mamata Banerjee
 - d) Margaret Thatcher
5. What is the national animal of India?
 - a) Lion
 - b) Elephant
 - c) Tiger
 - d) Panther
6. Who wrote the famous play "Hamlet"?
 - a) William Shakespeare
7. Which country is known as the Land of the Midnight Sun?
 - a) Norway
 - b) Sweden
 - c) Finland
 - d) Denmark
8. Which is the largest bird in the world?
 - a) Penguin
 - b) Ostrich
 - c) Eagle
 - d) Albatross
9. What is the capital of South Africa?
 - a) Johannesburg
 - b) Cape Town
 - c) Pretoria
 - d) Durban
10. Who is the author of the Harry Potter series of books?
 - a) J.K. Rowling
 - b) Stephenie Meyer
 - c) Suzanne Collins
 - d) Dan Brown
11. What is the currency of Switzerland?
 - a) Euro
 - b) Swiss Franc
 - c) Pound
12. When is World Environment Day celebrated?
 - a) June 5
 - b) April 22
 - c) September 16
 - d) October 24
13. When is International Women's Day celebrated?
 - a) March 8
 - b) February 14
 - c) November 19
 - d) October 31
14. When is International Yoga Day celebrated?
 - a) June 21
 - b) July 1
 - c) May 1
 - d) August 15
15. When is World Humanitarian Day celebrated?
 - a) August 19
 - b) July 11
 - c) June 5
 - d) September 21
16. When is the International Day of Peace celebrated?
 - a) September 21
 - b) July 4
 - c) October 31
 - d) December 25

ASTRO SPEAK

<p>ARIES</p> <p>MAR 21 - APR 20</p>	<p>The Taurus moon shares a sweet connection with Saturn helping you stay grounded. Unfortunately, a harsh t-square between Mercury and the Nodes of Fate could cause personalities to clash, though you should be mindful to choose your battles wisely. Mars steps in to lend a helping hand, reminding you that hard work speaks for itself and nudging you to focus on what you need to do.</p>	<p>LIBRA</p> <p>SEP 24 - OCT 22</p>	<p>The Taurus moon blows a kiss to Saturn this morning, asking you to get serious about any personal changes you've been meaning to make. The stars will fully support your mission to evolve and transform, though you'll need to be proactive to attain true growth. Luckily, Luna and Jupiter join forces this afternoon to help you along this journey, and unexpected luck could create new pathways.</p>
<p>TAURUS</p> <p>APR 21 - MAY 20</p>	<p>The moon continues its journey through your sign sharing a supportive connection with Saturn. This celestial exchange is poised to elevate your popularity, especially when it comes to your communities both online and in the material world. Be mindful to keep a positive internal narrative when Mercury squares off with the Nodes of Fate, threatening to trigger moodiness or a conflicted heart.</p>	<p>SCORPIO</p> <p>OCT 23 - NOV 21</p>	<p>The Taurus moon and Saturn share a sweet exchange helping you find stability within your relationships and creative endeavors. A harsh t-square between Mercury and Nodes of Fate may dampen these vibes, threatening to throw you off guard with obstacles or boundaries. Mars steps in to lend a helping hand this afternoon, though you may need to embrace themes around teamwork and community.</p>
<p>GEMINI</p> <p>MAY 21 - JUN 20</p>	<p>You should feel strong both externally and under the surface as the Taurus moon aligns with Saturn. Use this energy to showcase your reliability, responsible nature, and resilience, especially where professional endeavors are concerned. Watch out for miscommunications as Mercury squares off with the Nodes of Fate, and try not to engage with any gossip that might get you into trouble later.</p>	<p>SAGITTARIUS</p> <p>NOV 23 - DEC 21</p>	<p>Your heart and body will work in unison dear Archer, thanks to a helpful connection between the Taurus moon and Saturn. Lean into these vibes with some moving meditations, honoring your emotional and physical needs. Meanwhile, Mercury squares off with the Nodes of Fate, threatening to throw you off track with misguided intuition or aimless daydreaming.</p>
<p>CANCER</p> <p>JUN 22 - JUL 23</p>	<p>Don't be afraid to demand attention this morning, dear Cancer, as the Taurus moon blows a kiss to Saturn. These vibes are perfect for making an impression within your community, especially concerning philosophical or spiritual circles. Unfortunately, a harsh t-square between Mercury and the Nodes of Fate could lead to insecurity, making it important that you trust your own wisdom.</p>	<p>CAPRICORN</p> <p>DEC 23 - JUL 20</p>	<p>Your wits will be sharp and voice logical thanks to a helpful exchange between the Taurus moon and Saturn. These vibes are perfect for getting important points across, though a harsh connection between Mercury and the Nodes of Fate could bring tension to the air, making it important that you find a supportive audience.</p>
<p>LEO</p> <p>JUL 24 - AUG 23</p>	<p>Try to handle professional business early in the morning, dear Leo, as a helpful exchange between the Taurus moon and Saturn brings a stabilizing energy to your career. Unfortunately, a tense t-square between Mercury and the Nodes of Fate could raise conflict, making it important to understand when to speak up or keep silent. Sweeter vibes will flow later in the day when Luna cozies up to Jupiter.</p>	<p>AQUARIUS</p> <p>JAN 21 - FEB 23</p>	<p>Take a moment to fully appreciate your surroundings dear Aquarius, as the Taurus moon aligns with Saturn. These vibes are perfect for grounding in the present, allowing you to approach the day feeling solid and secure. Meanwhile, Mercury enters a harsh t-square with the Nodes of Fate, threatening to drum up issues within your personal, domestic, and professional relationships.</p>
<p>VIRGO</p> <p>AUG 24 - SEP 23</p>	<p>The universe will bring some extra sparkle into your life, as the moon continues its journey through Taurus and your solar ninth house. Lean into these vibes by unapologetically embracing love, but remember to keep safe boundaries with anyone who might take advantage of your kindness. The actions you take now could open the door to major opportunities.</p>	<p>PISCES</p> <p>FEB 20 - MAR 20</p>	<p>You'll radiate strength and dependability to a sweet exchange between the Taurus moon and Saturn. These vibes pair well with using your voice, especially if it's time to set boundaries, self-advocate, or demonstrate seriousness. Unfortunately, not everyone will be in the mood to listen as Mercury squares off with the Nodes of Fate, no matter how valid and organized your points may be.</p>