

Meena Kumari biopic: The tragic love stories that defined her on-screen image



Early last year there were talks about Hansal Mehta making a biopic on Meena Kumari with Kriti Sanon in the lead. While that couldn't materialize, now there are fresh reports of celebrity fashion designer Manish Malhotra making his directorial debut with Meena Kumari biopic. Meena Kumari's on-screen presence and her ability to portray tragic love stories with authenticity and intensity have made her an unforgettable figure in Indian cinema. These films not only showcase her acting prowess but also define her image as the 'Tragedy Queen,' leaving an indelible mark on the hearts and minds of audiences.

Sahib Bibi Aur Ghulam (1962): Meena Kumari's portrayal of Chhoti Bahu in this film is widely regarded as one of her most iconic performances. The tragic love story between Chhoti Bahu and Bhoothnath beautifully captures the complexities of relationships and the desperation for love.

Pakeezah (1972): Meena Kumari's role as the courtesan Sahibjaan in this film is etched into the memories of cinephiles. The film showcases a heart-wrenching love story filled with societal barriers, unrequited love, and the quest for redemption.

Dil Apna Aur Preet Parai (1960): Meena Kumari delivers a powerful performance as Karuna, a woman torn between duty and love. The film explores themes of sacrifice, heartbreak, and societal expectations, leaving a lasting impact on audiences.

Chitralekha (1964): This film features Meena Kumari as Chitra, who finds herself torn between her love for Shekhar and her commitment to her husband. The tragic love triangle unfolds against a backdrop of moral dilemmas and societal norms, showcasing Meena Kumari's ability to portray complex emotions.

Alia Bhatt joins Katrina Kaif and Deepika Padukone; enters YRF spy universe for a never seen before action avatar?

Alia Bhatt will be seen as an action queen in Aditya Chopra's YRF Spy Universe, and she will soon begin shooting for the same. It is reported that this is Aditya's 8th full-fledged film in the YRF spy universe, with Alia Bhatt leading as an action heroine. Well, it is not that Alia will be a leading lady in any YRF spy universe along with Shah Rukh Khan, Salman Khan, or Hrithik Roshan, but she herself will be playing a super spy agent in the 8th YRF spy universe.

As per reports in Pinkvilla, Alia will be the face of Aditya Chopra's epic female-led spy film. And Alia, who is known to be a crowd puller and carry solely a film on her shoulder and has proven it time and again to be the most bankable actress right now, is leaving no stone unturned to bring the audience to the theatres in this spy universe segment, and this time he is going to go all out. It is said that the film budget of Alia Bhatt's film is mega and Aditya is ready to splurge as much it is required because he is very much aware about the audience of YRF Spy Universe and Alia Bhatt too.



Priyanka Chopra's Heads of State shoot halts, actress barred from shooting in any part of the world

Priyanka Chopra's upcoming film, Heads of State, has come under scrutiny after the screen actors guild went on strike. It is reported that amid this strike, none of the Hollywood actors can continue to work and will not be allowed to do any kind of shoot. The strike was announced by the Screen Actors Guild after it failed to reach a new labour agreement with the Alliance of Motion Picture and Television Producers, which represents studios including Walt Disney Co. and Netflix Inc. Meanwhile, talking about Priyanka Chopra, who is also a member of SAG-AFTRA, she will not be able to film for any movie or TV project in any part of the world until a new deal between SAG-AFTRA and the AMPTP can be reached and the actors strike might end. Heads of State also casts John Cena in a leading role. There is a prediction that the strike might continue until the end of September. It is also said that the walkout by the actors would stop all production of the film and scripted television shows in the United States, except for independent productions that are not covered by labour contracts with unions.



Recipes

Chicken Seekh Kebab



Ingredients

250 gm minced chicken
1 teaspoon garlic paste
10 sprigs coriander leaves
1 teaspoon garam masala powder
1/2 teaspoon green cardamom salt as required
2 tablespoon bread crumbs
1 teaspoon ginger paste
1 red onion
1 teaspoon red chilli powder
1 teaspoon coriander powder
50 gm butter
1 tablespoon lemon juice

Method:

Wash the veggies, drain the water and start with blending the finely chopped onions, green chillies and coriander leaves in a blender. Make a thick paste.

Add in the minced chicken and blend until all the ingredients are well combined. Take this out in a bowl, add all the spices and mix.

Now add in the melted butter, lemon juice and bread crumbs. Combine all these well and let it rest for 30 minutes. Apply some butter on your hands and start sticking the minced chicken mix on the skewers.

Now, you can either put it in an oven or heat a tawa and apply some butter to it. Now take each skewer and roast it for 3-5 minutes on the tawa. Now that your kebabs are ready, serve them with green chutney and sliced onions.

Mistakes you are making while doing ab exercises



Are you working out regularly to get toned abs or build six-pack abs but see no results? Even though it can take a while for results to reflect, sometimes the reason for lack of results could be due to some mistakes in your workout routine. Here are some common mistakes you could be making:

You're not engaging your core properly: Along with what exercises you do, your technique plays an important role in the effectiveness of your ab routine. Make sure you engage your core consciously while doing the exercises and feel the impact on your abs. Make sure you do exercises that engage both your rectus abdominis as well as your transverse abdominis, which is located in the deep abdomen.

You're not changing your exercises: It is important to keep challenging your body with different kinds of exercising. Repeating only the ones you have already mastered can slow down your process. If you workout with a trainer, ask them to keep experimenting with your ab routine.

You're not giving rest to your abs: Excess of everything is



bad, and this golden mantra also applies to your workout routine. Your muscles need rest to perform, grow and rebuild. Instead of doing abs every day, do it once a week or if you need to focus, do it every alternate day. Rest is essential to promote blood flow, decrease inflammation, increase muscle growth, prevent burnout and decrease your risk of injury.

You could be letting your hip flexors take over: A number of ab exercises involve a significant degree of hip flexion. It's common for the hip flexors to absorb some of that pressure during the workout. However, you have to consciously avoid or reduce this as it can lead to imbalance between the hip flexors and ab strength, which can cause back pain later on.

You are completing reps too fast: Another abs workout mistake you need to avoid is completing your reps too fast. While doing abs, especially at a beginners level, less is more. Which means it is important to do each rep properly rather than rushing through your routine and doing many, half-baked reps. If you rush through your routine, you are likely to hold your breath, which won't yield the best results.

Step by step guide to a perfect hair massage



A hair massage can be a relaxing and rejuvenating experience. Here's a step-by-step guide to giving yourself or someone else a perfect hair massage:

Prepare the environment: Find a comfortable space where you can relax. Ensure the area is clean and free from distractions. You may want to dim the lights or play soft music to create a calming atmosphere.

Choose a suitable oil (optional): Applying oil to the scalp can enhance the massage experience. Select a natural oil such as coconut oil, almond oil, or jojoba oil. Warm the oil slightly by placing the bottle in warm water for a few minutes.

Position yourself or the person receiving the massage: Sit in a relaxed position, with your back supported if possible. The person receiving the massage can sit in a chair or lie down

comfortably. Start with gentle strokes: Begin by using your fingertips to gently stroke the scalp from the forehead to the back of the head. Apply light pressure and use slow, smooth movements. This helps to relax the person and prepare the scalp for the massage.

Use circular motions: With your fingertips, make circular motions on the scalp using gentle pressure. Start from the front hairline and gradually move towards the back of the head. Cover the entire scalp, including the sides and the back, using small, circular movements.

Pay attention to pressure points: During the massage, focus on pressure points to release tension. Apply slightly more pressure with your fingertips and use circular motions on specific areas, such as the temples, the base of the skull, and the back of the neck.

Vary your techniques: To provide a more comprehensive massage experience, incorporate different techniques. You can use your fingertips, your palms, or even your knuckles to knead, rub, or tap the scalp gently. Alternate between these techniques to keep the massage stimulating and enjoyable.

Massage the hair strands: Extend the massage to the hair strands by gently running your fingers through the hair from the roots to the tips. This promotes blood circulation to the hair follicles and stimulates the scalp.

Continue for an appropriate duration: The duration of the hair massage depends on personal preference and time availability. Aim for at least 5-10 minutes to experience the benefits of relaxation and improved circulation.

Finish with a gentle cool-down: To conclude the hair massage, gradually reduce the pressure and speed of your movements. Use gentle strokes and circular motions to cool down the scalp and relax the person further.

DB directives in petition regarding dearth of staff

STATE TIMES NEWS

JAMMU: In a petition filed by Joginder Singh regarding dearth of staff at various level (i.e.) High Court and District Courts, Pay Anomaly in respect of officers and staff and promotional avenues to Law Graduate Readers of the High Court, a Division Bench of Jammu & Kashmir and Ladakh High Court comprising Justice Tashi Rabstan and Justice Wasim Sadiq Nargal, directed to file affidavit within a period of two weeks in the manner as indicated above, failing which, this Court would be constrained to take coercive measures which may include stoppage of salary of the concerned as already directed by this Court vide order dated 29th May 2023.

When the petition came-up for hearing, Division Bench observed that in compliance to the order dated 8th February, 2023 passed by this Court, Special Secretary to Government, Department of Law, Justice & Parliamentary Affairs has filed the status report and has been placed on record a copy of the Government Order No. 6843-JK(LD) of 2023 dated 25th May 2023 in pursuance to the Administrative Council Decision No. 40/4/2023 dated 22nd May, 2023, which inter-alia indicates that 24 posts in different cadres have been created for the Personal Staff of the Judges of this Court.

DB further observed that since there was no whisper about the compliance of the

directions contained in paragraph Nos. 7, 8 & 9 of the order dated 8th February, 2023, whereby this Court had directed the Chief Secretary of the Union Territory of Jammu and Kashmir to convene a meeting of the Secretary to Government of UT of J&K, Department of Law Justice & Parliamentary Affairs, Secretary to Government of UT of J&K, Department of Finance and Secretary to Government of UT of J&K, General Administration Department in association with the Registrar General of this Court to take a final decision with regard to creation of 334 posts recommended by the High Court in the year 2015. Consequently, Monika Kohli, learned Sr. AAG appearing on behalf of the respondents was granted six weeks' time to file fresh report in terms of order dated 29th May, 2023 in pursuance to the decision taken by the Chief Secretary of UT of J&K, who had agreed in principle for the creation of the staff in various cadres of the High Court of J&K and Ladakh in a phased manner.

The decision taken by the Chief Secretary in principle, finds mention in the copy of the minutes of the meeting held under the Chairmanship of the Chief Justice in the High Court Complex, Srinagar on 25th May, 2023, wherein the agenda item No. 3 was discussed in which the following decision was taken.

DB further observed that from a bare perusal of the minutes of

the meeting mentioned supra, it is manifestly clear that the Chief Secretary had agreed in principle for the creation of staff in the various cadres of the High Court of J&K and Ladakh in a phased manner and consequently, the Chief Secretary by virtue of order dated 29th May, 2023 was directed to file report in this regard indicating as to how he would be going ahead with the creation of the posts as proposed by the High Court for achieving the target. The compliance report in terms of order dated 29th May 2023 has been filed by Kohli, Sr. AAG appearing on behalf of the respondents and the same has been taken on record.

DB further observed that the respondents while filing the compliance report have taken a specific stand that in pursuance to the order passed by this Court dated 29th May 2023, the matter was taken up with the Finance Department vide UO dated 2nd June, 2023 for further course of action and after discussing the matter in detail, it was desired that the matter, as regards to the creation of staff in various cadres of the High Court of J&K and Ladakh in a phased manner in conformity with the direction passed by the Court is examined by the Finance Department keeping in view the various factors including the financial health of UT of J&K.

DB asked Counsel appearing on behalf of the respondents while filing the compliance report has also placed on record

Annexure-R1, which indicates the proposal to increase the staff in the High Court keeping in view the enhancement of the strength of the Judges of this Court from 14 to 17 and also the creation of additional posts in the High Court. Since the direction passed by this Court dated 29th May 2023 was specific to the extent of indicating as to how the Chief Secretary would be going ahead with the creation of posts in a phased manner indicating clearly the timelines for achieving the target but from the perusal of the compliance report filed by the respondents, it reveals that there is no whisper in the compliance report with regard to the creation of 334 posts as proposed by the High Court in a phased manner indicating the timelines for achieving the target. The compliance report is silent on this aspect and the affidavit nowhere indicates the steps taken by the Chief Secretary.

DB took serious note and observed that it is quite astonishing to note that the Government has been sitting over the proposal of the High Court with respect to the creation of 334 posts for the last more than 07 years with impunity and is adopting dilly dally tactics without any justifiable cause. The order passed by this Court dated 29th May 2023 has not been implemented in its letter & spirit wherein a specific direction was issued to Mrs. Kohli, Sr. AAG to file fresh report. The compliance report is silent with respect to the steps

taken in furtherance of the direction passed by this Court dated 29th May 2023 coupled with the decision taken in the minutes of the meeting held on 25th May 2023, nor there is any whisper with regard to the timelines for achieving the aforesaid target as agreed in principle by the Chief Secretary himself.

With a view to proceed further in the matter, this Court deems it appropriate to grant another opportunity of two weeks to the respondents to file better affidavit strictly in conformity with the directions passed by this Court on 29th May, 2023 DB directed let the aforesaid better affidavit be filed within a period of two weeks' in the manner as indicated above, failing which, this Court would be constrained to take coercive measures which may include stoppage of salary of the concerned as already directed by this Court vide order dated 29th May 2023.

Insofar as the issue with respect to the creation of 24 posts is concerned, the same stands implemented by the Department of Law, Justice and Parliamentary Affairs by the issuance of Government Order No. 6843-JK(LD) of 2023 dated 25th May, 2023 in pursuance to the Administrative Council Decision No. 40/4/2023 dated 22nd May, 2023. DB directed the Registrar General of this Court to initiate the process of filling the aforesaid 24 posts expeditiously and Registrar General is further directed to file compliance report in this regard on or before the next date of hearing.

AHD Jammu launches Phase-III of NADCP for foot, mouth disease



Director AHD Jammu, Dr. Shubhra Sharma launching third phase of NADCP for Foot and Mouth Disease FMD.

STATE TIMES NEWS

JAMMU: Director Animal Husbandry Department Jammu, Dr. Shubhra Sharma on Friday launched the third phase of National Animal Diseases Control Programme (NADCP) for Foot and Mouth Disease (FMD) on Friday here at the Directorate of Animal Husbandry Complex, Talab Tillo Jammu through online mode. The programme aims to control FMD disease in cattle and buffaloes by 2025 and complete eradication by 2030. Speaking on the occasion, the Director conveyed that NADCP for Foot and Mouth Disease envisages 100% vaccination of cattle and buffaloes along with the ear tagging and registration of vaccinated animals on Bharat Pashudhan-National Digital Livestock Mission (NDLM) portal in order to enhance the traceability, monitoring and control of the disease. She further stated that the FMD is a highly contagious viral disease of cloven-hoofed animals such as cattle, buffaloes, sheep, goats and pigs which leads to reduction in milk yield, decreased growth

rate, infertility and reduced working capacity in bullocks and control of this disease can certainly be achieved by mass vaccinations of susceptible livestock populations repeatedly at regular intervals. Director stated that the entire vaccination campaign shall last 45 days commencing from today and shall cover around 17 lakh cattle and buffalo population. She further instructed the field officers and other staff to go for Lumpy Skin Disease vaccinations also wherever required so that livestock is safeguarded against dreaded diseases well in time and urged the staff to commit themselves fully for the important exercise while following all the required SOPs in letter and spirit especially maintenance of cold chain throughout. The events marking the launch of this vaccination programme were held across all the districts of Jammu division.

The event among others was attended by CEO, Livestock Development Board Jammu, Dr Raman Kumar Gupta and officers from the Directorate complex.