Sunday July 16, 2023

Kick 2: Sajid Nadiadwala opens up on the release of Salman Khan film



Requels, Kick 2. The first part, Kick, was released in 2014 and starred Salman Khan and Jacqueline Fernandez in the lead roles. The film turned out to be a huge success at the box office. Now, $\,$ after nine years, the director of the film, Sajid Nadiadwala, has given an important update about the second part of the film. Sajid Nadiadwala's debut film as a director was Salman Khan's

Kick, which wreaked havoc at the box office. In an interview with a media channel, Sajid Nadiadwala confirmed that work on Kick 2 is going on. He said, "Now, I promise that there will be an extension to 'Kick'. The subject is there on paper, it's completely written but needs time. We need a bigger scale and a better time for its release. We need to have cinema consumption back in fashion for us to make Kick. Once we are back to normal, I will be ready to take 'Kick 2' on floors. Salman has also heard it, and now I just need the excitement of the audience to come back, and then we can plan Kick 2 accordingly." Earlier in 2019, the makers announced that the film would be $\,$ releasing on Christmas in 2019. However, it couldn't materialise, and the film didn't go on floors. Later, it was expected that the film would be releasing on Eid 2020 after Salman Khan tweeted, "Itna reveals why... mat sochna mere baare mein, Dil mein aata hoon aur samajh mein bhi." Currently, Salman Khan has a long line-up of films. He was last seen in Kisi Ka Bhai Kisi Ki Jaan; however, the film couldn't impress the audience or the critics. He will next be seen in Tiger 3 alongside Katrina Kaif. Apart from that, it is speculated that Salman will once again be collaborating with Sooraj Barjatya for Prem Ki Shaadi. However, there has been no official confirmation regarding the project.

Rohit Shetty takes blame of failure of Ranveer Singh's Cirkus, 'no point shying away...'

ENTERTAINMENT

ohit Shetty is the director who can be hailed as the king of humour and action. While his hilariously Crafted Golman franchise has our hearts, the filmmaker's action entertainers have a separate fanbase. However, not all films click with the audience. The same happened with his latest release Cirkus, starring Ranveer Singh as the lead. The comedy-drama proved to be a disaster at the box office. But Rohit Shetty, quite graciously, shouldered the responsibility for the film's underperformance, without putting the blame on anyone else. In a media interaction, the filmmaker opined that there was no "shying away" from failures. Rohit Shetty, while promoting his much-loved stunt television show Kahtraon Ke Khiladi season 13, spoke about Cirkus' failure. He claimed that being surrounded by honest people, made him learn to take both success and failure in his stride. "I make sure to surround myself with people who are honest with me. So, when a film doesn't do well, I know it. Hence, I have always believed that both my successes and failures are mine. There is no point shying away from it," he said.



Vijay Varma reveals why he does not talk about his relationship with Tamannaah Bhatia

→ijay Varma and Tamannaah Bhatia have been the talk of the town for their professional life as well as personal life. Vijay and Tamannaah recently surprised everyone with their fantastic acting chops in web series released in the last couple of months. And adding to the same were their relationship rumours which they confirmed before Lust Stories 2, their first outing as co-stars came out on Netflix. For many months it was just speculation and the love birds have been spotted in and around the city too. However, apart from promotions, they did not much speak about their relationship. And now, Vijay Varma

In a chat with an online entertainment news portal, the Dahaad actor was asked why he doesn't talk much about Tamannaah and his relationship. In his defence, Vijay says that he has never spoken about his relationships throughout his career so far. And adds, that he would like to maintain it that way. But Vijay Varma does add that there's a time and space for everything and when it comes, he will talk about his relationship with Tamannaah Bhatia.





Bharwan Aloo Tilnaaz



Ingredients

4 medium potato 60 gm peas 30 gm paneer 30 gm sesame seeds 5 gm garam masala powder 30 gm ghee 100 gm khoya

60 gm cashews 5 gm cumin powder 5 gm red chilli powder salt as required

300 ml vegetable oil Method:

Take 4 oval potatoes, peel them and slice the upper layer. Then scoop them out from the centre and soak in some water. Meanwhile, put a kadhai over medium flame and heat oil in it. When the oil is hot enough, add the scooped potatoes and deep fry them in hot oil until it becomes golden yellow in colour.

To make stuffing for potatoes – take a pan, add some ghee and let it heat. Now add khoya, cottage cheese, green peas, crushed cashew nuts, salt, red chilli powder, cumin powder and garam masala. Give a good mix and cook for about 4-5 minutes. Your stuffing is now ready.

Now, take the deep-fried potatoes and stuff them with this mixture. Halve them, and put in the hot tandoor for 10 minutes. Now smear them a bit with ghee and roll them in toasted sesame seeds. Serve the Bharwan Aloo Tilnaaz with mint chutney or tomato ketchup and enjoy!

High in calcium food options for 30+ women to improve bone health



rith aging bone health goes for a rollercoaster ride towards a downslide, keeping a check on nutrition intake is a crucial part to safeguard our body, especially for women. Ignorance of women's health is common in our society so keeping a check on the nutrition below is important:

Leafy Greens to be the powerhouse

Spinach: Dr. Rohini Patil, Certified Nutritionist says, "Spinach is rich in calcium, along with other essential nutrients like iron and vitamins A and C. It can be consumed raw in salads or cooked

Kale: Kale is another excellent source of calcium, as well as vitanins K. A. and C. It can be enjoyed like in salads, sautéed, or added to smoothies as well.Mustard Greens: Mustard greens provide calcium, iron, and vitamins A, C, and K. They can be cooked as a side dish or added to soups and stews.

Fenugreek Leaves (Methi): Methi leaves offer calcium, iron, and

fiber. They are commonly used in Indian cuisine and can be added to curries, stir-fries, or made into parathas.

Amaranth Leaves (Chaulai): Amaranth leaves contain calcium, iron, and vitamins A and C. They can be cooked similarly to spinach or added to soups and dals.

Legumes and Pulses to give you strength

Chickpeas (Chana): Chickpeas are a great source of calcium, protein, and fiber. They can be used in salads, soups, stews, or Lentils (Dal): Lentils provide calcium, protein, and iron. They

are very versatile and traditionally can be used in a variety of dishes, such as soups, stews, salads, and Indian dals. Black-eyed Peas (Lobia): Black-eyed peas offer calcium, pro-

tein, and fiber. They are commonly used in salads, and soups, or can be cooked with spices as a side dish.

Moong Beans (Green Gram): Moong beans are rich in calcium, protein, and fiber. They can be sprouted and added to salads or cooked as a curry or soup.

Nuts and Seeds to never be compromised

Almonds: Almonds are not only a good source of calcium but also provide healthy fats, protein, and vitamin E. They can be enjoyed as a snack as it is easy to munch on or added to various dishes in many formats.

Chia Seeds: "Chia seeds are packed with calcium, fiber, and omega-3 fatty acids. They can be added to smoothies, yoghurt, and oatmeal, or used as an egg substitute in baking.

Flaxseeds (Alsi): Flaxseeds offer calcium, omega-3 fatty acids, and fiber. They can be ground and added to smoothies, baked goods, or sprinkled on cereals and salads.

Poppy Seeds (Khus-Khus): Poppy seeds contain calcium, iron, and healthy fats. They are commonly used as a garnish in baked goods, and salads, or ground into a paste for curries.

Detan your feet in 10 steps



our feet are as important as your face. Having feet that they consider beautiful can boost your confidence and contribute to your overall self-esteem. And, in case your fed up of tanned here, here are 10 simple steps to detan them. Prepare a foot soak: Fill a basin with warm water and

add a few drops of mild liquid soap or a foot soak product. **Soak your feet:** Place your feet in the foot soak and relax prepare it for exfoliation.

or an exfoliating scrub to gently massage your feet. Pay attention to areas with tan or darker patches.

reas, gently scrub them with a pumice stone to remove dead skin cells and promote smoothness.

Lemon juice and sugar scrub: Mix equal parts of lemon juice and granulated sugar to create a natural scrub. Rub this mixture onto your feet, focusing on tanned areas. The



lemon juice acts as a natural bleaching agent.

Apply a tan-removing mask: Create a homemade mask using ingredients like yogurt, honey, and lemon juice. Apply this mask to your feet and leave it on for 15-20 min-

dark patches on your feet, you can apply a skin lightening cream specifically designed for the feet. Follow the instructions on the product and use it as directed.

Moisturize your feet: After removing the tan, it's important to moisturize your feet to keep them soft and hydrated. Use a rich foot cream or a moisturizer that suits your

our newly treated feet, apply a broad-spectrum s with a high SPF to shield your skin from harmful UV rays.

Repeat the process regularly: For effective results, repeat this foot detanning routine at least once a week or as needed, depending on your skin's response.

General Knowledge Question Answers

1. Who is the author of "To Kill a Mockingbird"?

- A) F. Scott Fitzgerald B) Ernest Hemingway
- C) Harper Lee
- D) Jane Austen

2. Which author wrote the Harry Potter series?

- A) J.K. Rowling B) Stephen King
- C) George R.R. Martin
- D) J.R.R. Tolkien

3. Who wrote the novel "The Great Gatsby"?

- A) F. Scott Fitzgerald
- B) Ernest Hemingway C) Harper Lee
- D) Jane Austen
- 4. Who is the author of "The Catcher in the
- A) J.D. Salinger
- B) Ernest Hemingway C) Harper Lee
- D) Jane Austen

5. Which author wrote "The Chronicles of

- A) J.K. Rowling B) J.R.R. Tolkien
- C) C.S. Lewis (Answer) D) Roald Dahl

- A) George Orwell

- D) Margaret Atwood

- A) Anne Frank
- C) Primo Levi
- D) Viktor Frankl
- 8. Which author wrote "Pride and Prejudice"?
- B) Ernest Hemingway
- D) Virginia Woolf
- 9. Who is the author of "The Hobbit"?
- B) J.R.R. Tolkien
- C) C.S. Lewis
- D) Roald Dahl
- Gray"
- A) Oscar Wilde
- B) Virginia Woolf C) James Joyce
- D) T.S. Eliot

Solitude"?

- A) Gabriel Garcia Marquez
- B) Pablo Neruda
- C) Jorge Luis Borges D) Octavio Paz
- 12. Who is the author of the novel "The God of Small Things"?
- a) Arundhati Roy b) Salman Rushdie
- c) Vikram Seth
- d) Kiran Desai

13. Who is the author of the novel "Wuthering

- a) Charlotte Bronte b) Emily Bronte
- d) Virginia Woolf

14. Who is the author of "The Color Purple"?

- a) Toni Morrison
- d) Zora Neale Hurston

15. Who is the author of "The Lord of the Rings'

- a) J.K. Rowling b) J.R.R. Tolkien (Answer)
- c) C.S. Lewis d) Roald Dahl



for about 15-20 minutes. This will help soften the skin and Scrub with a foot scrub: After soaking, use a foot scrub

Use a pumice stone: If your feet have rough or calloused

utes. Rinse it off with lukewarm water. Use a skin lightening cream: If you have stubborn tan or

Wear sunscreen: To prevent further tanning and protect

- 6. Who is the author of "1984"?
- B) Aldous Huxley
- C) Ray Bradbury

7. Who wrote "The Diary of a Young Girl"?

- B) Elie Wiesel
- A) F. Scott Fitzgerald

C) Jane Austen

- A) J.K. Rowling
- 10. Which author wrote "The Picture of Dorian
- 11. Who is the author of "One Hundred Years of

- Heights"?
- c) Jane Austen

- b) Alice Walker
- c) Maya Angelou
- trilogy?

circulate your sphere



house marking the last stretch of spring and a chance for you to expand your mind. These vibes are perfect for nurturing your curious nature, though your social side will need some attention too. You'll want to be on guard for drama within your network of peers, taking



The sun enters Gemini and your house of spiritu ality this morning, elevating your spirits and intuition throughout the next month. Lean into the mystic that lives within, and you'll soon find a universe alive with magick and synchronicity.
Unfortunately, a tense opposition between Mars and Pluto could temporarily rain on your parade SEP 24 - OCT 22 especially if your friends try to pull you into their

You'll be thinking heavily about ways to evolve

throughout the coming weeks, as the sun enters Gemini and your house of transforma-

tion. Use this energy to make important deci-

sions that will lead you to a higher path, even if doing so requires a few "goodbyes." Keep tabs

on your emotions as Mars and Pluto face off

overhead, taking care to set boundaries and

nurture your needs if you feel overly stressed.



APR 21 - MAY 20

Happy birthday, dearest Gemini! The sun officially enters your sign early this morning, giving you full permission to seek attention, revel in your popularity, and make things just a little bit more about you. However, you'll want to be delicate in your approach to adoration as Mars and Pluto face off, and be sure to keep your

message positive and attitude light.

nature, though your social side will need some attention too. You'll want to be on guard for drama within your network of peers, taking care

not to get involved if negativity begins to circulate



OCT 23 - NOV 22

Get ready for lots of love and plenty of flirting, as the sun migrates into Gemini and your solar seventh house. This luminary placement will heighten your charisma and natural wits, providing you with all tools necessary to enchant your latest crush. However, you should focus on maintaining a sense of balance on your own



Your mind will be a busy place throughout the coming weeks, darling Cancer, as the sun enters Gemini and the sector of your chart that governs introspection. This solar placement will ask you to take stock of your life, meditating on ways to improve your overall happiness while acknowledging what you cannot control. A sweetness will wash over you this evening when the moon enters your sign.

moon migrates into Cancer

gy as motivation to get a head start



The sun enters Gemini and your solar sixth house asking you to recommit to your health and wellness goals. These vibes are perfect for recommitting to consistent bedtimes, workout regimes, and overall organization, so be sure to direct your focus accordingly throughout the coming month. You'll feel a shift this evening when the moon enters Cancer, helping you reclaim a sense of balance and harmony.

A rush of playful and creative energy will wash

over you as the sun enters Gemini and your solar fifth house. This luminary placement will reinvig-

orate your spirits, especially when you devote more time to the pursuit of fun or the arts.

Unfortunately, tensions could mound within your

making time to support your mind, body, and soul in the pursuit of harmony.



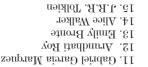
Take extra steps to nurture your professional network throughout the coming weeks, dearest Virgo, as the sun enters Gemini and your solar tenth house. This luminary placement can assist in making headway within your occupational goals, but relationships will be important



love life as Mars and Pluto face off in our skies but try not to let small arguments spiral into something bigger. Your home will feel elevated and bustling when you awaken as the sun migrates into Gemini and the sector of your chart that governs domestic affairs. Use this energy to get organized within your space throughout the coming month, and be sure to host plenty of social gatherings. You may want to lay low

for now, as Mars and Pluto face off overhead, which

could put you in a private and irritable mood.



10. Osear Wilde 9. Ј.К.К. ТЫкіеп 8. Jane Austen 7. Аппе Руапк 6. George Orwell 5. C.S. Lewis (Answer)

4. J.D. Salinger 3. F. Scott Fitzgerald 2. J.K. Rowling 1. Harper Lee :SJ9WSUA-