

The Kerala Story actress Adah Sharma spills the beans on Commando 4; reveals doing stunt with the team of THIS international superstar



The Kerala Story has been a game-changer for Adah Sharma. She tells us that she has a much wider pool of projects to choose from now. Adah Sharma is cool about whatever criticism the film has received. She says that people who saw it understood that it was about radicalized terrorism, and not against a particular religion. She says, "If I make any complaints now, I will feel bad as I will feel I am the most ungrateful person on this planet. The Kerala Story has got immense love. You cannot buy that kind of love." The actress says that she has shot for a number of projects, which will get released slowly. Adah Sharma says she is open to doing all kinds of mediums.

Fans of Adah Sharma love her as Bhavna Reddy in the Commando series. She says, "In Commando 4, the action is at a all-new level. I am very excited for that. We have worked with the same stunt team that has worked with Jackie Chan. I hope people will cheer for the kicks and punches which I will bring on screen." She also said that a new season of her web series is coming, and her first look will be surprising.

Adah Sharma is also going to be seen on in the film Game Of Girgit. "It is based on the Blue Whale app. This cop is different from Bhavna Reddy. Plus, I have Tibba ready for release on OTT," she said. Tibba also stars Sonali Kulkarni and Darshel Safari. The actress has done an international project as well but refuses to divulge details. "I do not wish to speak anything till the promo comes. It will be more fun," she says.

Aditya Roy Kapur, Ananya Panday take a big step to make their relationship stronger?

Aditya Roy Kapur and Ananya Panday are the new lovebirds in tinsel town, and right now their vacation pictures are making headlines and grabbing all the attention. Fans are calling them the most good-looking and adorable couple. While BollywoodLife has learned that Aditya Roy Kapur has taken this big step that will make his relationship even stronger with the Lifer actress, An insider reveals," Aditya has joined DCA (Dharma Cornerstone agency) talent management that already handles Ananya Panday, and the team has planned for them to promote as a power couple as they are aware of the craze for them. On a personal level, Aditya and Ananya are very fond of each other, and the liking is very much there".

The insider further adds," Ananya and Aditya may become the next power couple like Ranveer Singh and Deepika Padukone, and their talent management has planned endorsements and a few projects for them together to increase their market value, and this is going to be huge for them on a professional level as well".



War 2: Kiara Advani to star with Hrithik Roshan and Jr NTR? Actress reacts to reports

For Kiara Advani, 2023 started on a good note with Satyaprem Ki Katha enjoying its dream run at the box office. Even last year, she was associated with big-budget projects like Bhool Bhulaiyaa 2 and Jug-Jugg Jeeyo which fared well in the theaters. So it was not a surprise when speculations went rife that she was roped in for Ayan Mukherji's War 2, the sequel of Pathaan director, Siddharth Anand's War, starring Hrithik Roshan and Tiger Shroff. Now, the Kabir Singh actress has finally broken her silence on being part of War 2, but without revealing much.

Kiara Advani recently attended an interview with Film Companion Front Row where she spoke about her casting in War 2. She wished on being a part of an action film but refused to acknowledge her association with any such movie until a production company issues an official confirmation. "While I would love to do an action film, I would love to work with all the people you have mentioned, I cannot speak further on any other movie," she said. Until a production house announces what's next, I can't speak on it. Though I would really love to on many other projects I stay tight-lipped for now," continued Kiara Advani.



Recipes

Ghugni Chaat



**Ingredients**  
2 cup peas, 2 medium tomato  
1 teaspoon Red chilli powder  
1/2 tablespoon ginger paste, 1/2 teaspoon turmeric  
1 teaspoon sugar, 2 medium onion  
1 tablespoon coriander powder, 1/2 teaspoon cumin seeds  
1/2 pounds garlic paste, 3 salt as required  
1 tablespoon mustard oil

**For Garnishing**  
1 small onion, 1 handful coriander leaves  
1 tablespoon chaat masala, 1 teaspoon green chutney  
1 small green chilli, 1 teaspoon lemon juice

**Method:**  
To make this tangy chaat, in a cooker add water sufficient to boil the soaked yellow peas, bring the water to a rolling boil and add the soaked yellow peas, along with some salt, turmeric powder ¼ Th tsp and ½ tsp oil, close the cooker lid and put on the weight, cook for 2 whistles or till just cooked but not mushy, switch off the flame. Grind together the onions and tomatoes to a paste. Then, Heat 2 to 3 tsp oil in a pressure cooker. Fry the cumin seeds for 30 seconds.

Add the onion-tomato paste and saute for a minute. Add the peas, red chilli powder, coriander powder, ginger garlic paste, and sugar. Stir well and cook until the oil starts to separate. Pour enough water and cook for a few minutes. When it starts to thicken and the peas is cooked, remove and transfer to a serving bowl. Garnish with chopped onions and green chillies. Pour tamarind chutney and green chutney. Sprinkle coriander leaves and chaat masala powder. Finally add the lemon juice and serve at once.

Boosting Eye health in monsoon: Superfoods that hydrate eyes



Dry eye syndrome has emerged as a prevalent issue in recent times, impacting the eye health of countless individuals. With the advent of the COVID-19 pandemic and the subsequent surge in screen time, the incidence of dry eye disease has soared. The modern lifestyle, characterized by extensive technology usage, necessitates ongoing adjustments to preserve ocular well-being. One highly effective approach to safeguarding tear formation and preventing dry eyes is the inclusion of hydrating foods in our daily diet.

**The effect of excessive stress on eyes**

As we navigate the technology-driven world, our eyes bear the brunt of prolonged screen exposure and environmental factors. The increasing prevalence of dry eye syndrome calls for proactive measures to counteract its effects. By incorporating specific hydrating foods into our meals, we can provide our eyes with the necessary hydration and nourishment to combat dryness, irritation, and discomfort. Let's explore the transformative potential of these hydrating foods in preserving optimal eye health, particularly during the monsoon season.

**Foods that improve vision**  
Omega-3 fatty acids play a crucial role in maintaining the stability of the tear film on the surface of the eyes. These fatty acids promote the production of sufficient oil by the meibomian glands, which helps prevent tear evaporation. Some food sources rich in omega-3 fatty acids include:

- Seafood and cold-water fish such as salmon, tuna, and cod.
- Eggs, which are not only a great source of protein but also provide omega-3 fatty acids.
- Nuts like walnuts, cashews, almonds, and brazil nuts.
- Seeds like chia seeds and flaxseeds, which can be added to smoothies or sprinkled on salads.

Vitamin A is essential for maintaining healthy eyes and improving the quality of tears. It helps keep the eye surface in a healthy state and ensures proper tear production. Some food sources rich in vitamin A include:

- Sweet potatoes, which are not only delicious but also packed with nutrients.
- Carrots, known for their high vitamin A content, are excellent for eye health.
- Spinach, which is loaded with antioxidants and beneficial vitamins, including vitamin A.
- Pumpkins, which are not only associated with the fall season but are also rich in vitamins and minerals.

**Foods that recude inflammation**

In addition to vitamin A, vitamin C and antioxidants play a crucial role in preventing micro-inflammatory injuries to the eyes and reducing the consequences of dry eye disease. Some food sources rich in vitamin C and antioxidants include:

- Avocados, which are a nutrient-dense fruit known for their high levels of healthy fats and antioxidants.

How often should you apply Vitamin C on the face?



While we all have been applying Vitamin C daily on our face, there are a few dermatologists who suggest not to apply the serum daily because it causes more breakouts. The frequency of applying vitamin C to your face can depend on several factors, including your skin type and the specific product you are using. In general, it is recommended to apply vitamin C topically once or twice a day.

**Morning application:** Many people prefer applying vitamin C in the morning as it can provide antioxidant protection against environmental stressors throughout the day. It can also help brighten the skin and even out skin tone.

**Nighttime application:** Some individuals choose to apply vitamin C at night, as it can work in conjunction with other nighttime skincare products. It may also help promote collagen production and assist in the skin's natural repair processes.



es.

**Gradual introduction:** If you're new to using vitamin C or have sensitive skin, it's advisable to start with a lower concentration and gradually increase the frequency of application. This allows your skin to acclimate to the ingredient and minimize the risk of irritation.

**Follow product instructions:** Always read and follow the instructions provided by the specific vitamin C product you are using. Different products may have varying concentrations and recommendations for application frequency.

**Consider skin sensitivity:** If you notice any signs of irritation or discomfort, such as redness, itching, or excessive dryness, it's important to reduce the frequency of application or discontinue use. Everyone's skin is unique, so adjust your routine based on how your skin responds.

General Knowledge Question Answers

1. What is the full form of Wi-Fi?

a) Wireless Fiber  
b) Wireless Fidelity  
c) Wired Fidelity  
d) Wired Fiber
2. Which of the following is an open-source web browser?

a) Internet Explorer  
b) Safari  
c) Mozilla Firefox  
d) Microsoft Edge
3. Which scientist proposed the theory of relativity?

a) Isaac Newton  
b) Albert Einstein  
c) Galileo Galilei  
d) Stephen Hawking
4. What is the smallest unit of matter?

a) Proton  
b) Atom  
c) Electron  
d) Neutron
5. Which of the following is a programming language?

a) Microsoft Excel  
b) Adobe Photoshop  
c) Python
- d) Microsoft Word
6. Who is credited with inventing the telephone?

a) Alexander Graham Bell  
b) Thomas Edison  
c) Nikola Tesla  
d) Guglielmo Marconi
7. What is the largest organ in the human body?

a) Brain  
b) Liver  
c) Heart  
d) Skin
8. What is the name of the process by which plants convert light into energy?

a) Photosynthesis  
b) Respiration  
c) Fermentation  
d) Combustion
9. What is the name of the process by which organisms break down organic matter to release energy?

a) Photosynthesis  
b) Respiration  
c) Fermentation  
d) Combustion
10. What is the name of the protein that carries oxygen in the blood?

a) Hemoglobin
- b) Insulin  
c) Collagen  
d) Keratin
11. What is the name of the element with the symbol Hg?

a) Helium  
b) Mercury  
c) Hydrogen  
d) Silver
12. Which of the following is not a type of renewable energy?

a) Solar  
b) Wind  
c) Nuclear  
d) Hydroelectric
13. What is the name of the device that measures electric current?

a) Voltmeter  
b) Ammeter  
c) Ohmmeter  
d) Multimeter
14. Which of the following is an example of a greenhouse gas?

a) Nitrogen  
b) Oxygen  
c) Carbon dioxide  
d) Neon

10. Hemoglobin  
11. Mercury  
12. Nuclear  
13. Ammeter  
14. Carbon dioxide

- Answers:  
1. Wireless Fidelity  
2. Mozilla Firefox  
3. Albert Einstein  
4. Atom

