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



he 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 big-budget projects like Bhool Bhulaiyaa 2 and JugJugg 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

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 Shroff. Now, the Kabir Singh actress has finally broken her am very excited for that. We have worked with the same stunt team—silence on being part of War 2, but without revealing much. 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 Companion Front Row where she spoke about her casting in new season of her web series is coming, and her first look will be sur-

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 with all the people you have mentioned, I cannot speak fursaid. Tibba also stars Sonali Kulkarni and Darsheel Safary. The actress has done an international project as well but refuses to divulge details. "I do not wish to speak anything till the promo would really love to on many other projects I stay tightcomes. It will be more fun," she says.

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

**ENTERTAINMENT** 

ditya Roy Kapur and Ananya Panday are the new lovebirds in tinsel town, and right now their vaca-A lovebirds in tinser town, and right non-condition 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

or 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 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

Kiara Advani recently attended an interview with Film 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 ther on any other movie," she said. Until a production house announces what's next, I can't speak on it. Though I lipped for now," continued Kiara Advani.





# 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

1tablespoon 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

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 1/4 Th tsp and 1/2 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



ry 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 seaFoods 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 excel-

lent 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 erucial role in preventing micro-inflammatory injuri 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?



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 process-



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

- a) Internet Explorer
- b) Safari c) Mozilla Firefox
- d) Microsoft Edge
- 3. Which scientist proposed the theory of relativ-
- a) Isaac Newton
- b) Albert Einstein c) Galileo Galilei
- d) Stephen Hawking

#### 4. What is the smallest unit of matter?

- 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 renew able 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

d) Neon

c) Carbon dioxide



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 MAR 21 - APR 20 care not to get involved if negativity begins to circulate your sphere



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 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 sur

enters Gemini and your house of transforma-

tion. Use this energy to make important decisions 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.

Get ready for lots of love and plenty of flirting, as



The sun enters Gemini and your solar third 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 care not to get involved if negativity begins to circulate

Happy birthday, dearest Gemini! The sun offi-

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

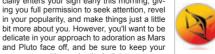
ways to improve your overall happiness while acknowledging what you cannot control. A sweetness will wash over you this evening

message positive and attitude light.

when the moon enters your sign.



cially enters your sign early this morning, giving you full permission to seek attention, revel in your popularity, and make things just a little





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



CANCER

Get ready for good times ahead, dear Leo, as the sun enters Gemini and the sector of your chart that governs community. Though you'll be busy shaking hands and kissing babies throughout the coming weeks, a desire to do something good will also come into play. Be sure to acknowledge the humanitarian that lives within. Just be sure to carve out some alone time this evening when the



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

love life as Mars and Pluto face off in our skies

The sun enters Gemini and your solar sixth

house asking you to recommit to your health



moon migrates into Cancer 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 occupa-

tional goals, but relationships will be important

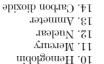
gy as motivation to get a head start



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



8. Photosynthesis 6. Alexander Graham Bell

9. Respiration

7. Skin 5. Python

moth .4 3. Albert Einstein 2. Mozilla Firefox 1. Wireless Fidelity :ST9W8ffA: