

Fighter: Hrithik Roshan looks action-ready in new still from film, fans say, 'Aur sabar nahi hota'



Hrithik Roshan's upcoming film, *Fighter*, has us all excited. Not only is the action entertainer helmed by Pathaan director Siddharth Anand, but it also stars Deepika Padukone as the female lead. Fans are already waiting with bated breaths to watch the aerial actioner unfold on the silver screens in January 2024. And it seems like Hrithik is also quite pumped up, counting the days to *Fighter's* release. Today, on June 26, the Bollywood actor dropped a still from *Fighter*, on Instagram, reminding fans that they need to wait just 7 months longer before the film hits the theatres.

Ditching a fancy caption, Hrithik Roshan expressed his emotions, simply through hashtags. He wrote, "#Fighter, #25Jan2024, #7MonthsToFighter." The picture captured Hrithik's silhouette, his back turned away from the camera. But it was easy to make out that he was donning a flight suit, wearing gloves, and standing in the middle of two jet engines, geared up for action. The picture created an aura of mystery, embedded with a ray of hope as Hrithik was seen touching the aircraft, staring at the illuminated skyline.

Moments after uploading the picture, Hrithik's admirers as well as members of the film fraternity reacted to it. While an enthusiastic Anil Kapoor, who is a part of *Fighter* dropped a raised fist emoji, filmmaker Zoya Akhtar, added a heart emoji. "Is this going to be Patty's (Hrithik's) entry shot?" guessed one user. Another individual found that the picture was giving Tom Cruise's "Top Gun: Maverick" vibes. "Aur sabar nahi hota. Diwali tak release kardo (Can't wait for any longer sir. Release it by Diwali)" requested a third fan.

Shah Rukh Khan and Suhana Khan to collaborate professionally for a Siddharth Anand film?

It is a blockbuster year for Shah Rukh Khan, after the success of *Pathaan* he is gearing up for two upcoming movies titled *Jawan* and *Dunki*. *Jawan* shoot is wrapped and fans are eagerly waiting for the teaser release of the most awaited film of the year. Other than this fans are wanting more from the superstar and it is reported that he will collaborate with his daughter Suhana Khan for one of his upcoming projects. The actor has already professionally worked with his son Aryan Khan on a commercial ad for his clothing brand D'Yavol X. He is now excited to join hands with his young girl for a movie.

According to Pinkvilla reports the newbie Suhana Khan has bagged her second film but her first theatrical outing. Her debut movie *The Archies* will be an out an out OTT release and her big screen release will be with her father. The father and daughter movie remains untitled now. The said film will also be a reunion of Shah Rukh Khan and director Siddharth Anand who helmed *Pathaan*. It will be produced under the actor's home production company Red Chillies Entertainment and Marflix Pictures.



Ranbir Kapoor has no PR? Netizens in disbelief after Bollywood paparazzi's AMA session goes viral

Ranbir Kapoor is one of the top stars of Bollywood. The heartthrob is one of the hottest properties in the industry. Ranbir Kapoor is known not to have any kind of PR. The only time the handsome star gives interviews is when he is promoting his film. Besides that, he does only a few selected interviews in a year. Ranbir Kapoor's interviews tend to go viral as people see and hear so less from him. The star has said before that while he appreciates the kind of business that social media brings in, he feels it creates a dent in stardom. Ranbir Kapoor said that he would want people to be always curious about him instead of feeling bored.

Now, a leading paparazzi has confirmed that Ranbir Kapoor does not have any PR indeed. One of the famous Bollywood paps, Manav Manglani has done a AMA session on Reddit where he took a number of questions. Manav Manglani replied, "That's True, never interacted with any PR related to RK, it's always around his movie promotion that we tend to catch up frequently, rest is pretty organic as



and when we spot his car at the airport."

Recipes

Peshwari Naan



Ingredients
1 cup all purpose flour, 1 teaspoon ghee
1/3 cup water, salt as required
For Filling
1 tablespoon pistachios
1 tablespoon raisins
1 tablespoon grated coconut
For Dough
1/2 tablespoon yoghurt (curd)
1/2 teaspoon dry yeast
Method:

The first step is to prepare the dough for the naan. Mix the all-purpose flour, yeast and salt in a large bowl. Add in the yogurt and enough water to make a soft dough. Knead the dough on a lightly-floured plain surface until it becomes almost elastic for about 5 minutes. Then place the dough in the bowl and cover it with a kitchen towel. Set the bowl aside in a warm place for about 2 hours, until the dough has doubled in size. Next, prepare the filling of the naan by grinding together the coconut flakes, pistachios and raisins together in a food processor to get a coarse paste.

Now, divide the doubled-up dough into six parts and roll each of the smaller dough into circles. Put a spoonful of the filling in the centre of each circle. Seal the circles by pulling the edges of them to enclose the filling in between. Shape them once again as balls, and roll them again in oval shapes.

Place the naans on a baking tray, in a preheated 220 degree Celsius oven. Bake for about 8-10 minutes, until the naans are puffed up and have brown spots on them. Brush them with ghee before serving.

Best and worst snacks when you are hungry at midnight



You have had your dinner and now it is time to go to bed. But what, you want to eat again? There are many reasons why people eat after dinner. It could be because you are watching your favorite show and want to snack on something, or maybe because you have some cravings, stress or simply hunger.

So is it ok to eat at midnight? Technically, you should stop eating meals or high calorie foods after sunset. But if you feel hungry at midnight, you should eat something. The right kinds of food won't slow down your metabolism or promote weight gain. Here are some good food options for midnight snacking.

Walnuts
Walnuts make a perfect late-night snack as they naturally contain melatonin, a compound that supports healthy sleep. Walnuts are also rich in magnesium which helps to calm nerve

activity and promote healthy sleep. This will put both your mind and stomach to good rest.

Greek Yogurt
Greek yogurt is another healthy option for late night snacking. It contains gut-friendly probiotics and protein to keep you full and stabilize blood sugar. You can eat it with some cherries or berries, based on what is available in your refrigerator.

Popcorn
A fun snack for midnight is popcorn. The catch here is to not use butter and salt loaded packaged popcorns. Instead, buy unsalted popcorn kernels and prepare them using little oil and herbs. Popcorn is rich in fiber and will keep you feeling satisfied until the morning. Here are some of the worst snacks for midnight.

Pizza
Eating pizza late at night can cause stomach ache, uneasiness and bloating. Cheese is loaded with high-fat cheese, acidic sauce and refined flour, which can together lead to weight gain.

Cereals
You may think there is no harm in eating this breakfast option late at night. However, most of these crunchy cereals are loaded with sugar, consuming which right before bed can cause a spike in your blood sugar and increase insulin levels.

Chips
We cannot talk about the worst midnight snacks and miss out on chips. This go-to snacking option is high on salt and carbs. Did you know that there are about the same calories in 3 cups of popcorn as in 12 chips? Avoid stocking chips in your kitchen as you may end up eating a packet or two during your late night binge.

Monsoon skincare: How to take care of your skin in monsoon



Taking care of your skin during the monsoon season is important because the increased humidity and moisture can lead to various skin problems. Here are some tips to help you maintain healthy skin during the monsoon:

Cleanse your face regularly: Wash your face twice a day with a gentle cleanser to remove excess oil, dirt, and sweat. Look for a cleanser that suits your skin type and is non-drying.

Exfoliate: Use a mild exfoliator once or twice a week to get rid of dead skin cells and unclog pores. This will help prevent breakouts and keep your skin fresh.

Moisturize adequately: Even though it's humid, don't skip moisturizing your skin. Opt for a lightweight, oil-free moisturizer that provides hydration without making your skin feel greasy. Focus on areas that tend to get dry, such as cheeks and elbows.

Sunscreen is essential: Don't forget to apply sunscreen even on cloudy days. The sun's harmful rays can penetrate through clouds and cause damage to your skin. Choose a broad-spec-

trum sunscreen with at least SPF 30 and apply it generously on all exposed areas of your body.

Control excessive oiliness: If you have oily skin, you may notice an increase in oil production during the monsoon. Use oil-absorbing face wipes or blotting papers to keep your skin matte throughout the day. Avoid heavy, oil-based cosmetics and opt for water-based or powder-based products instead.

Keep your skin hydrated: Drink plenty of water to keep your skin hydrated from within. It helps flush out toxins and maintains skin health. You can also include hydrating foods like watermelon, cucumber, and coconut water in your diet.

Avoid touching your face: Your hands come into contact with various surfaces and can harbor germs and bacteria. Avoid touching your face frequently to prevent the transfer of these microorganisms, which can lead to breakouts or infections.

Stay away from dampness: Monsoon brings dampness, which can promote the growth of fungi and bacteria. Ensure that your living space is well-ventilated and free from excess moisture. Also, dry your clothes and footwear properly to avoid fungal infections.

Take care of your feet: Due to the increased humidity, your feet are prone to fungal infections and bad odor. Keep your feet clean and dry, wear open-toe shoes or sandals that allow airflow, and use antifungal powders or sprays if necessary.

Stay consistent with your skincare routine: Consistency is key when it comes to skincare. Stick to your daily skincare routine and be patient with the results. It may take time for your skin to adjust to the changes in the weather.

Remember, everyone's skin is different, so it's essential to understand your skin type and adjust your skincare routine accordingly.

General Knowledge Question Answers

- Which organ of the human body produces a fluid known as bile?
A. Pancreas
B. Gall Bladder
C. Kidney
D. Liver
- Which of the following is not a function of liver?
A. Regulation of Blood Sugar
B. Storage of Blood
C. Filtering the blood
D. Reproduction
- Heart is made up of:
A. Non-Striated muscle
B. Cardiac muscle
C. Adipose Tissue
D. Striated Muscle
- Where does the digestion of protein starts in our body?
A. Mouth
B. Stomach
C. Duodenum
D. Intestine
- Name an acid which is secreted in the stomach?
A. Sulphuric Acid
B. Hydrochloric Acid
C. Carbonic Acid
D. Nitric Acid
- Nerves from the eyes and ears are connected to the
A. Cerebrum
B. Cerebellum
C. Medulla Oblongata
D. Spinal Cord
- Define Blood Pressure:
A. It is the pressure that blood clot exerts over brain.
B. It is the pressure that blood receives on account of faulty commands from the brain.
C. It is the pressure that fitness or old age exerts on the body's circulatory system.
D. It is the amount of pressure on the blood as a result of the heart's pumping function and the resistance of the arterial walls.
- Name a blood vessel which carries deoxygenated blood?
A. Aorta
B. Pulmonary Artery
C. Hepatic Artery
D. Pulmonary Vein
- Name a hormone which controls the blood pressure in the human body?
A. Oxytocin
B. Estrogen
C. Testosterone
D. Vasopressin
- Name the membranes which are invested by
A. Arachnoid
B. Pleural Membrane
C. Meninges
D. None of the above
- The process of transfer of hereditary character from one generation to another is known as.....?
A. Genes
B. Mutation
C. Variation
D. Genetics
- Who is known as father of genetics?
A. Gregor Mendel
B. Augustinian friar
C. Norman Borlaug
D. M.S Swaminathan
- Who coined the term Mutation?
A. James Watson
B. Herman Joseph Muller
C. Hugo de Vries
D. None of the above
- Which term of genetics represents the potential ability of a plant cell to grow into a complete plant?
A. Pluripotency
B. Totipotency
C. Cloning
D. Variation

ASTRO SPEAK

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| ARIES
MAR 21 - APR 20
Are you ready to move forward on that big project or relationship? Then go! You're capable of making some major strides right now, so take action. You feel strong, which means that you are strong, so focus all of that strength on making the changes you want. Whether it's writing a book, building a table, or getting a date with that amazing certain someone, you can make it happen if you start today. | LIBRA
SEP 24 - OCT 22
You have the ability to be very expressive today, which means it is a great day to make your point and motivate other people. Everyone you speak to is going to be able to understand the subtle nuances you're trying to communicate and most likely even agree with your points. If you're trying to impress some influential people or just trying to get noticed by that cute certain someone, today is the right day to make your move! |
| TAURUS
APR 21 - MAY 20
The outside world doesn't have much to offer you right now, so it's the right time to spend some quiet time by yourself at home. It's not that you aren't interested in having fun. It's just that the energy of other people will likely be more taxing than relaxing for you now. Use this downtime to get philosophical about life and think through some recent challenges in your life. You handled them well, but how could you have done better? | SCORPIO
OCT 23 - NOV 22
For too long you've been hiding from others what you have to offer. Being shy can be cute for a while, but you're building up walls between yourself and the people who want to know you better. You need to take a bigger risk and reveal a little bit more about yourself to someone. Pick one person to tell them a little-known fact about yourself. They'll love that you trust them. |
| GEMINI
MAY 21 - JUN 20
You and another person make great partners, but maybe you haven't been getting along too well lately. If this is a work partnership, talk to the higher-ups and see if you can start collaborating with new people for a while. Tell them that it will help you develop new professional and interpersonal skills and they'll figure something out. | SAGITTARIUS
NOV 23 - DEC 22
You should try to unleash some of your creativity today. It can help you feel more powerful, free, and most importantly, happy. Whether you want to write some poetry, doodle some drawings, make up silly songs, or just get in some more time knitting that scarf, anything you can do to express yourself will help you feel more grounded and centered in who you are. Make time to do the things that don't just add to the bottom line. |
| CANCER
JUN 22 - JUL 23
After a long period of feeling like you have no control over your own schedule, today puts you back in charge of your time. What's the first thing you should do? Schedule some alone time. Set aside at least an hour today when you do something for yourself. Whether it's taking a nap, watching a movie, or just staring out the window, you need to relish the sensation of having no one to report to and no deadlines to worry about. | CAPRICORN
DEC 23 - JUL 20
If you feel that your life lacks some discipline right now, that's a sure sign that it does! It's not such a big deal to have a messy car or bedroom, but the clutter around you is getting a little bit out of hand in other areas of your life and it's starting to bother you too much. Today, spend some time putting order back into your world. Cleaning is a mindless task, but it gives you a chance to let your mind wander and clear itself out too! |
| LEO
JUL 24 - AUG 23
Just when you got all comfortable in your routine, along comes an opportunity for you to go on an interesting adventure. Are you up for it? You might have to give up some of what you've worked for in order to take advantage of this chance, and there are no guarantees this time. If you're ready for a quieter phase of life, you might want to let this opportunity pass you by. But if all you crave is more stimulation, then grab it with both hands! | AQUARIUS
JAN 21 - FEB 23
This day should be full of an outgoing energy, which means that you should also be in a more outgoing mood. It's a great day for reconnecting with long-lost friends. If you've been thinking about someone from your past a lot lately, why not do an online search and see if you can find out where they are now? Believe it or not, they would love to hear from you and it will certainly add some sparkle to your day. |
| VIRGO
AUG 24 - SEP 23
You could be busy seeking out new opportunities to expand your horizons, whether that means finding a new job, getting serious about starting a business, or improving the one you have. The point here is not to give yourself extra work but to find ways to streamline your situation so you feel more comfortable and able to enjoy a better work/life balance. | PISCES
FEB 20 - MAR 20
Your physical appearance isn't always an accurate reflection of your inner self, but if you're feeling that disconnect growing, pay attention to it. Whether you feel like you need to lose weight, gain weight, or just get a different haircut, you should make an effort to start the transformation. You've been putting it off for far too long, and that's why you're feeling a growing dissatisfaction. |

- Answers:**
1. Liver
2. Reproduction
3. Cardiac muscle
4. Stomach
5. Hydrochloric Acid
6. Cerebellum
7. It is the amount of pressure on the blood as a result of the heart's pumping function and the resistance of the arterial walls.
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