Jawan: Shah Rukh Khan turned choreographer for the song Beqarar Karke?



er since Jawan prevue dropped it generated a massive buzz on the internet becoming the most talked about right now. Post the success of Pathaan fans are eagerly waiting to see Shah Rukh Khan's action avatar in the Atlee directorial. The prevue came as a delight for the superstar's fans giving them a sneak peek into the complex storyline, high-octane action scene, unmasking SRK's look, offering glimpses of a huge star cast, and more. The end clip of prevue also sees the actor grooving to the song Begarar Karke. Most interesting fact is that the steps have been choreographed by Shah Rukh Khan himself.

King Khan never disappoints and has once again stunned the audience with action moves in Jawan prevue. That's not it, he has also surprised his fans by shaking a leg on the popular retro song about films and roles with each other being a part of the Begarar Karke being played in the metro. The steps capture the menacing energy of his character in the most brilliant way, adding when Ranbir Kapoor revealed and interesting story about an intriguing layer to the scene. As per the source, it was Shah Rukh Khan who came up with the idea of dance steps in the particular action sequence, where he is fighting in the metro and breaks out

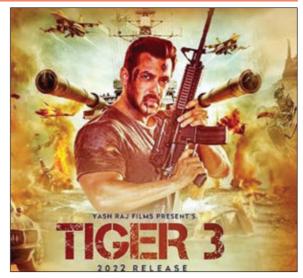
skills too in this movie by introducing the steps himself on the song Beqarar Karke Hume Yun Na Jaiye from the 1962 movie Bees Saal Baad. For the particular scene, he created his own dance moves and as a result, it became more captivating. That scene became favourite among the audience and the dance is going viral on the internet. It has also generated memes on social media. Fans have loved Shah Rukh Khan's bald look and in addition his energetic dance moves. The superstar has also showcased his dance skills by choreographing his own steps in a captivating sequence.

Tiger 3: Salman Khan actioner to beat Pathaan and WAR with mind-boggling stunts; insider info raises expectations

ENTERTAINMENT

ne of the big action films that we are waiting for is Tiger 3. Salman Khan is back as agent Avinash Singh Rathore aka Tiger and Katrina Kaif is ready to kick some butt as Zoya. Aditya Chopra who wants to create the biggest film franchise in the country with the YRF Spy Verse has spared no expense for Tiger 3. We have heard that Shah Rukh Khan's cameo has been extended in the film. The producer has splurged around Rs 30 crores plus for the bike sequence featuring the two Khan's filmed in Mumbai. Now, an insider has revealed that Tiger 3 might be a bigger film than Pathaan and WAR.

Trade expert Nishit Shaw has tweeted that who have seen sneak peek of Tiger 3 cannot stop raving about the level of action. The movie has been shot in foreign locations, and parts of India like Delhi. This should come as great news to all fans of the franchise and Salman Khan fans. While Kisi Ka Bhai Kisi Ki Jaan did reasonably okay at the box office he needs a film like Tiger 3 to come back in a big way. We saw how the audience went crazy seeing Salman Khan and Shah Rukh Khan together in Pathaan.



Was Ranbir Kapoor against Deepika Padukone doing film like Cocktail, but changed his mind later?

anbir Kapoor and Deepika Padukone have had a history together but that's in the past. The two of them are friends now and often share their opinions industry circle. Today, we will have a look back at the time Deepika Padukone starrer Cocktail which will leave you surprised. Ranbir was apparently not in favour of Deepika doing Cocktail. Yes, you read that right.

Cocktail changed everything for Deepika Padukone in The versatile star Shah Rukh Khan showed his choreographing films. The gorgeous beauty played Veronica which is a character that's etched in the minds and hearts of fans forever. Well, however, Ranbir Kapoor advised her as a friend against doing a film like Cocktail. Ranbir knew nothing about the movie and only knew that the script was given by Imtiaz Ali. Homi Adajania served as the director who was known for making different kinds of films. Ranbir reasoned. He asked Deepika why she was picking Cocktail when she had so many good directors waiting to work with her. Ranbir Kapoor adds that despite his opinion, Deepika lis-



tened to her instincts and signed the movie.

Recipes

Coconut Biscuits



Ingredients

 $1/\bar{2}$ cup butter 1/2 cup desiccated coconut

1/2 teaspoon baking powder

1/2 teaspoon vanilla essence

1/2 cup powdered sugar 1 cup refined flour

milk as required

Melt the butter and add it to a bowl.

Now add powdered sugar and use a whisk to mix well. Whisk for 3-4 minutes to form a smooth and creamy mix-

Now add refined flour by sifting it in the bowl.

Add desiccated coconut, baking powder, vanilla essence and mix with your hands.

Mix well and add 2-4 tbsp milk or as per your requirement. Knead well to form a soft dough. Now scoop out small balls from the dough, flatten them a bit

and roll them in coconut powder to coat them gently. Place the coconut biscuits in a baking tray lined with parch-

Bake them in a preheated oven at 170 degrees Celsius for 15 minutes.

Coconut cookies are now ready to be served.

Store the leftover in an airtight jar. Enjoy with tea or coffee.

Yoga practices for boosting immunity during monsoons



f you wish to maintain good health and fitness during the rainy season, it's essential to take steps to improve your Limmunity. A strong immune system reduces the risk of gastrointestinal problems and other ailments commonly associated with the monsoon. Having a weak immune system can make your body vulnerable to waterborne infections that are prevalent during this time. Yoga offers an excellent way to bolster your immunity and keep it at optimal levels.

To avoid gaining excess weight and enhance your immunity, consider incorporating the following yogic practices into your $\,$

Mandukasana (Frog Pose)

Start in the Vajrasana (Thunderbolt Pose).

Make a fist with your thumb tucked inside your four fingers. Place your fists on either side of your navel

Exhale and draw your abdomen inward. Slowly bend forward and press your navel with your fists.

Keep your back straight and gaze forward while in the bending position. Inhale as you lift up and relax.

Matsyasana (Fish Pose)

Lie down on your back. Use your elbows and forearms to push against the ground and lift your head and shoulders up. Alternatively, reverse your palms and push to raise your head and chest. Rest the top of your head or crown of your head on the floor. Keep your legs straight or bend your knees

for comfort. Allow your arms to rest beside your body. Halasana (Plough Pose)

Lie down on your back with your arms beside you.

Fold both legs and bring your feet close to your pelvis or lift both legs straight up to a 90-degree angle.

Support your back with your palms and lift your legs to lower your toes behind you.

Your middle and lower back should be off the floor to touch your toes to the floor behind you.

If you have a good sense of balance, interlace your fingers and place your palms on the floor with straight elbows.

Paschimottanasana (Seated Forward Bend) Start in Dandasana (Staff Pose).

Keep your knees slightly bent while stretching your legs forward. Extend your arms upward and keep your spine erect.

Exhale and empty your stomach of air. Bend forward at the hips and place your upper body on your

lower body. Lower your arms and grip your big toes with your fingers. Try to touch your knees with your nose.

Pranayama (Breathing Techniques)

Anulom Vilom (Alternate Nostril Breathing) Sit in a comfortable position such as Sukhasana (Easy

Pose), Ardha Padmasana (Half Lotus Pose), Vair (Diamond Pose), or Poorna Padmasana (Full Lotus Pose). Maintain a straight back, relaxed shoulders, and close your

eyes to focus on your breath. Place your palms on your knees facing upward in Prapthi Mudra.

How to reduce wrinkles naturally



educing wrinkles naturally involves adopting a holistic approach to skincare, lifestyle, and dietary choices. While it's important to remember that natural remedies may not eliminate wrinkles completely, they can help minimize their appearance and promote healthy, youthful-looking

Protect Your Skin from the Sun: Sun exposure is one of the leading causes of premature aging and wrinkles. Always wear sunscreen with broad-spectrum protection (SPF 30 or higher) when going outside, even on cloudy days.

Use Antioxidant-Rich Skincare Products: Antioxidants like vitamins C and E can help protect your skin from free radicals, which contribute to aging. Look for natural skincare products containing these antioxidants.

Moisturize Regularly: Apply a good-quality moisturizer to your face and neck twice a day to lock in moisture and keep vour skin supple. Facial Exercises: Some facial exercises may help tone facial

muscles and reduce the appearance of wrinkles. Gentle facial massages can also stimulate blood circulation and promote collagen production. Get Adequate Sleep: Ensure you get enough restful sleep

every night, as sleep is crucial for skin rejuvenation and repair. Reduce Stress: Chronic stress can accelerate aging and contribute to wrinkles. Practice stress-reducing techniques like

meditation, yoga, or spending time in nature. Healthy Diet: Consume a balanced diet rich in fruits, vegetables, whole grains, and lean proteins. Foods high in antioxidants and omega-3 fatty acids may be beneficial for your

Quit Smoking: Smoking accelerates the aging process and contributes to wrinkles. Quitting smoking can have signifi-

cant benefits for your skin's health. Avoid Harsh Chemicals: Limit the use of harsh chemicalbased skincare products that can irritate your skin and con-

tribute to premature aging. Adequate Sleep: Get enough sleep each night as it helps with

skin rejuvenation and repair.

Hydration: Drink plenty of water throughout the day to keep your skin hydrated and maintain its elasticity.

Gentle Cleansing: Use a gentle cleanser to clean your face and avoid over-washing, which can strip the skin of natural

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 Rye"?

- 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

6. Who is the author of "1984"? A) George Orwell

- B) Aldous Huxley
- C) Ray Bradbury
- D) Margaret Atwood

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

8. Which author wrote "Pride and Prejudice"?

9. Who is the author of "The Hobbit"?

- A) Anne Frank
- B) Elie Wiesel C) Primo Levi
- D) Viktor Frankl
- A) F. Scott Fitzgerald
- B) Ernest Hemingway C) Jane Austen
- D) Virginia Woolf
- A) J.K. Rowling
- B) J.R.R. Tolkiens C) C.S. Lewis
- D) Roald Dahl

10. Which author wrote "The Picture of Dorian Gray"

- A) Oscar Wilde
- B) Virginia Woolf C) James Joyce
- D) T.S. Eliot
- 11. Who is the author of "One Hundred Years of

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 Heights"?

- a) Charlotte Bronte
- b) Emily Bronte c) Jane Austen
- d) Virginia Woolf

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

- a) Toni Morrison
- b) Alice Walker c) Maya Angelou
- 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)

trilogy?

c) C.S. Lewis d) Roald Dahl

skin. Here are some tips to help reduce wrinkles naturally:

Stay Hydrated: Drink plenty of water throughout the day to keep your skin hydrated and plump. Proper hydration can help maintain the skin's elasticity.



TAURUS

The Leo moon cozies up with sweet Venus putting you in a playful mood that's perfect for celebrating your relationships. New opportunities may fall in your lap when the Nodes of Fate become active, though your balance may take a temporary hit if you decide to take on more work or goals. You'll sense Luna migrates into Virgo, providing you with the organization needed to thrive around the office. MAR 21 - APR 20

The Leo moon cozies up with your planetary

ruler, Venus, bringing a sense of fullness and peace to your heart. Your home will feel particularly warm and comforting, though these dreamy

vibes could make it difficult to crawl out from

under the covers. Luckily, you'll find the motiva-tion to get moving once Luna migrates into effi-

cient Virgo, putting you in the mood to socialize

ASTRO SPEAK



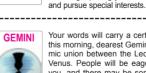
You'll walk with more than your fair share o social graces today, dearest Libra, as the Leo moon and Venus join forces in your solar eleventh house. Lean into these vibes by allowing your charm to shine through, especially when moving through public spaces. A nostalgic energy may take hold when the Nodes of Fate become active, nudging you to revisit pleasant

People will admire your professional yet com-

passionate nature thanks to a cosmic union

between the Leo moon and Venus. These vibes

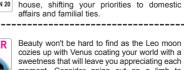
can also help you manifest new levels of suc-



Your words will carry a certain level of poetry this morning, dearest Gemini, thanks to a cos mic union between the Leo moon and sweet Venus. People will be eager to connect with you, and there may be some extra flirting as the hours unfold. You'll feel a shift when Luna migrates into Virgo and your solar fourth



cess, especially when you follow your heart and intuition. You'll sense a shift mid-morning when Luna makes her debut into Virgo pro OCT 23 - NOV 22 moting themes around teamwork while nudging you to reach out to community. You'll be a darling of the universe as the Leo moon and Venus align, dear Sagittarius, supercharging the sector of your chart that governs luck and spirituality. Move with an open and



Beauty won't be hard to find as the Leo moon cozies up with Venus coating your world with a sweetness that will leave you appreciating each moment. Consider going out on a limb to achieve success when the Nodes of Fate become active, promising to open new doors. You'll sense a shift mid-morning when Luna migrates into Virgo, putting you in a more practical and information-driven headspace.



when Luna migrates into Virgo, putting you in a more guarded, work-oriented headspace. Though you're one of the more reserved members of the zodiac, intimacy won't feel so scary thanks to a sweet connection between Leo moon and Venus. These vibes are perfect for letting down guards, especially when it comes to family members or housemates. An auspicious energy will surround you mid-morning when Luna enters Virgo, activating the sector of

your chart that governs spirituality and luck.

generous heart right now, as the universe will

eagerly reward kindness and good deeds

However, your composure will shift mid-morning



forces in your sign, sweet Lion, providing you with heightened intuition and plenty of grace nwhile, the North Node becomes active in your house of spirituality, ushering you into the future with signs and synchronicities. You'll sense a shift mid-morning when Luna enters Virgo, put-

You should wake up with a deep sense of



Love will be on your side as the Leo moon and Venus cozy up, activating your solar seventh house. Be sure to prioritize harmony and relationships above all else, understanding that it's important to find your grace even when life feels busy. You can expect the energy to pick up midmorning when Luna enters Virgo, reminding you of your commitments and to-do lists



peace. Though there may be personal grief that still needs unpacking, this cosmic climate asks you to embrace warmth and love, giving your heart a chance to feel supported. Opportunities for transformation will come to fruition when the Nodes of Fate become active, so try to be open



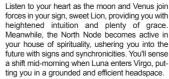
dear Pisces, as the Leo moon joins forces with har monious Venus. This celestial exchange will bring extra grace to your morning routine, helping you float into the office with ease. Your focus may shift to matters of the heart when Luna migrates into Virgo, pushing you to prioritize relationships where you feel the most needed and valued.

15. J.R.R. Tolkien 14. Alice Walker 13. Emily Bronte 12. Arundhati Roy Gabriel Garcia Marquez

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-

CANCER





Give your body some extra love when you wake up,