Kajol returns to social media, posts video asking for work and support as Noyonika gears up for The Trial



-ajol will be putting on an advocate's coat for the first time in her upcoming web series The Trial: Pyaar, Kaanoon, ■Dhokha. Recently, Disney+Hotstar dropped a perplexing video of Kajol, where the actress was seen "looking for work", and wanting to revive her career. If you thought the same then you are highly mistaken. The video was a promotional tactic by Disney+Hotstar where Kajol speaks from the perspective of a lawyer, slipping into the shoes of her character Noyonika Sengupta from her OTT debut.

The video opens with a serious-looking Kajol, opening her laptop screen. Breathing life into her character Noyonika, the actress starts by saying, "There's no easy way to say this. But I'm looking for work." Although at first, it might seem like she is actually talking about her personal life, the air is cleared by the closing few seconds of the video. Kajol shares how she took a hiatus from her work commitments while being at the peak of her career. Despite getting called back to work by prominent personalities and "big places" she chose to become a stay-at-home mother, taking care of

Kajol aka Noyonika Sengupta adds that over the years, circumstances have changed, forcing her to "restart" her career. Admitting that she feels jittery, Kajol says, "I won't lie, darr lag raha hai (I am scared), I am nervous, it feels like I have to start everything all over again." At first she "doubts" herself about competing with the Gen-Z, but soon realises that with her "life experiences and new skills" she will be undefeatable at her work. Alleviating your confusion once and for all, Kajol finally reveals, "I am Noyonika Sengupta, I am a lawyer, and I am ready for my

### Jubilee actor Nandish Singh Sandhu on dealing with difficult times and self doubt

**ENTERTAINMENT** 

ightharpoonupandish Singh Sandhu, a talented actor known for his versatile performances, has been basking in the glory of success with his latest endeavour. His recent appearance in Jubilee on Amazon Prime Video has garnered praise from both critics and audiences alike. Nandish recently opened up about the difficult times he faced in his acting career and the decisions he made along

The actor also discussed how he dealt with his feelings and self-doubt along the way. "During my career, I faced doubts about life, future events, and decisions. I believe it is crucial to go through these feelings to find your own answers and find peace. It is important to remember that doubts are a natural part of the journey. I now know that my doubts and questions have been answered through time, experience, and failures", he said. While talking about the lows he faced, Nandish said, "There were times when I doubted my talent and career path but I was lucky to have the right people



### Prithviraj Sukumaran injured on the sets of Vilayath Buddha; here's what we know about the accident



rithviraj Sukumaran is one of the renowned Malayalam star in the Indian cinema. He has impressed the audience with his performance and has Lucifer, Jana Gana Mana and more movies to his credit. He is currently busy filming his upcoming projects and encountered an unfortunate casualty. Recently, Prithviraj met with an accident while shooting for his upcoming movie Vilayath Buddha. He sustained a leg injury while shooting an action

According to reports Prithviraj Sukumaran will have to undergo a keyhole surgery. After the accident on the sets of Vilayath Buddha, he was hospitalized at a private hospital in Kochi. Currently, he is admitted and keyhole surgery is scheduled to be held on 26th June as per reports. The incident led to pausing the shoot of his movie. The actor will take a break of a few months to recover and will resume following strict medical advice. The production work of Vilayath Buddha is temporarily halted. More details of the accident and surgery are not revealed yet. Prithviraj Sukumaran accident has raised concerns among his fans who are wishing for his speedy recovery.

# Recipes

### Banana Bread



#### Ingredients

- 1/2 cup butter, melted
- 1 cup white sugar
- 1 teaspoon vanilla extract
- $1\ 1/2$  cups all-purpose flour 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup sour cream
- 1/2 cup chopped walnuts 2 medium bananas, sliced

#### Method:

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x5 inch loaf pan.

In a large bowl, stir together the melted butter and sugar. Add the eggs and vanilla, mix well.

Combine the flour, baking soda and salt, stir into the butter mixture until smooth.

Finally, fold in the sour cream, walnuts and bananas. Mix all the ingredients well. Spread evenly into the prepared pan. Look for any air bubbles in the batter.

Bake at 350 degrees F (175 degrees C) for 60 minutes, or until a toothpick inserted into the center of the loaf comes out clean.

Cool loaf in the pan for 10 minutes before removing to a wire rack to cool completely.

Cut in even pieces and serve.

## ways to lower your cholesterol naturally



igh cholesterol is when you have too much cholesterol in your blood. High cholesterol often doesn't show signs, and remains a hidden danger that affects millions of lives.

Cholesterol includes good cholesterol called high-density lipoprotein (HDL), bad cholesterol called low-density lipoprotein (LDL), and triglycerides which is a fatty substance similar to bad cholesterol.

A blood test can identify if your cholesterol levels are too high. Consult your doctor as untreated high cholesterol can lead to health issues like heart disease, stroke, and diabetes. Here are some lifestyle changes that can help to naturally lower your cholesterol levels for a

Eat a healthy diet: It's definitely easy to say and hard to follow, but then the hard work is worth it, and in case of high cholesterol - essential. There are plenty of natural foods which can help to reduce your cholesterol levels. Along with these, cut down all processed foods cially those with too much salt and sugar. Soluble fiber found in oatmeal, kidney beans, apples, and Brussels sprouts reduces cholesterol absorption in the blood. Whey protein from dairy products can lower LDL and total cholesterol. Food rich in omega-3 fatty acids, such as salmon, walnuts and flaxseed are also great for healthy heart tissue

Reduce alcohol consumption: Yes, it looks cool to drink alcohol and probably all your friends drink it. Especially if you are going to a party, is there even a party possible without booze? But, you have got to rise above what looks good and what truly is good. You need to choose what really matters – your health or peer pressure?

Lose weight: This is essential if you are overweight or obese. Carrying extra weight, especially around the abdomen, increases your ratio of visceral fat which can affect even your liver. If you are overweight, your cholesterol levels will be higher which can negatively affect your arteries and blood vessels. Extra weight can be lost by not going on a crash diet, but committing to a healthy diet consisting of home cooked meals from natural food items. Eat lots of fruits, vegetables, nuts, seeds, whole grains and exercise regularly to lose weight in a healthy manner. Also ensure to drink plenty of water.

Quit smoking: Smoking increases the pressure on your heart and your heart rate, compounding the adverse effects of the buildup of cholesterol in and on the artery walls. Researchers have found that quitting tobacco improves HDL cholesterol levels by improving blood circulation and lung function. The good news is that a year after quitting smoking, heart disease risk is cut in half for most ex-smokers. You can start by cutting down on the number of cigarettes you smoke and seek help from friends and family to support you. You can also seek a health professional for guidance.

Increase activity and exercise: It's great that you have the luxury to sit for a long time whenever you want. Or maybe it's your work that requires long periods of sitting. Whatever the reason may be, you have to find a way to cut down on your sitting time and increase your overphysical activity throughout the day. Exercise is also extremely important to help reduce your cholesterol levels and you can choose your favourite activities like walking, swimming, cycling, dancing etc. However, it's important that you do not spend the majority of your day on the couch or on a chair. Keep standing and moving every now

and then to get the much-needed physical activity.

### Anti-aging skincare guide for the most youthful face and neck

ging is a tale as old as time and a bitter-sweet part of life. As you grow older and your skin inevitably starts showing signs of aging, it becomes essential to take care of your skin in the most holistic way. The face and neck are two regions that require extra care and precautions as they are made up of finer and more delicate tissues, and are most susceptible to signs of aging. Let us take meaningful steps to

keep the skin of your face and neck ever youthful and combat the different signs of aging like wrinkles, fine

#### lines, and patchy skin. Cleansing is crucial

The skin goes through a rollercoaster every day. Dust, oil and grease tend to accumulate on your skin and deep in your pores making them susceptible to blackheads, pimples, open pores and much more. Cleansing twice a day and refreshing the skin is a

Cleansing tends to open your pores in order to get all the excess gunk out. Use a pH level balanced toner to help close your pores and secure them. This will help tighten your pores and enhance your skin's overall

#### Scrub, scrub, scrub

Often times cleansing alone does not cut it. As we live our lives and make memories, we acquire foreign

# substances on our skin that Vitamin C serum is known for removing dark spots and patchy skin and providing a

that help exfoliate your face and neck and remove dead skin cells, leaving your skin clear and flawless Serums are the secret Serums are abundant in their potential to restore skin cells.

youthful glow. Anti-aging serums with Vitamin A help increase the collagen production of your skin which can enhance your skin elasticity. While applying, always be careful to pat the serum into your skin and bring it down to your neck

#### Moisturizing is a must

A well-moisturized skin is least likely to fall prey to signs of aging. No matter the weather, your skin always needs added moisture (yes, even if you have oily skin). Find a moisturizer with ingredients to best suit your skin type and moisturize your face and neck by massaging in an upwards direction to help your

#### skin stay tight. Always apply suns

Before stepping out of your house, always lather a layer of sunscreen with an adequate amount of SPF. Even if your day doesn't involve intense sun exposure, vou must include sunscreen in vour AM skincare regime as it has an abundance of benefits.

# General Knowledge Question Answers

#### 1. The Sangai Festival is celebrated in :

- [A] Assam [B] Manipur
- [C] Mizoram
- [D] Nagaland

#### 2. The temples constructed at Khajuraho are:

- 1. Jain temples
- 2. Vaishnavite Temples 3. Saivite Temples
- Choose the correct option from the codes given
- [A] Only 1 & 3 [B] Only 2 & 3
- [C] 1, 2 & 3[D] Only 1 & 2

#### 3. The famous 'Hornbill festival' is celebrated in which of the following States of India?

- [A] Nagaland
- [B] Mizoram
- [C] Assam [D] Meghalaya

#### 4. Which of the following statements about the Gandhara School of Art is NOT correct?

- [A] It displays Greek artistic influence and the concept of the "man-god" was essentially inspired by Greek mythological culture.
- [B] Gandhara School of art enjoyed the liberal patronage of Indo-Greek rulers.
- [C] Artistically, the Gandhara school of sculpture

- is said to have contributed wavy hair, drapery covering both shoulders, shoes and sandals etc.
- [D] The Gandhara art primarily depicted the

#### 5. Gundecha brothers are well known exponents of which among the following styles of Hindustani Classical Music?

- [A] Khaval
- [B] Tharana
- [C] Dhrupad [D] Thumri

#### 6. In which of the following city Elephant festival is celebrated annually?

- [A] Jaipur
- [B] Jodhpur
- [C] Kota [D] Ajmer

#### 7. 'Me-Dam-Me-Phi' festival is a festival of which the communities in North Eastern India?

- [A] Tai-Ahom
- [B] Deori Tribe
- [C] Garo [D] Khasi

#### 8. Today's Gurmukhi, Dogri and Sindhi scripts have developed from which among the following

[A] Brahmi Script [B] Sarada script

[C] Tankari Script [D] Kushana Script

# Governments?

- [B] Tamil nadu
- [C] Karnataka

- [A] Gujarat
- [B] Maharashtra
- [C] Andhra Pradesh [D] Karnataka

#### 11. A Fire temple is a place of worship for

- [C] Buddhists
- [D] Shinto's

# music instruments?

- [A] Ghatam
- [B] Shehnai

#### 9. Ezhuthachan Puraskaram is the highest literary award of which among the following

- [A] Kerala
- [D] Andhra Pradesh

#### 10. Which state Government confers the Basavashree award?

- [B] Zoroastrians
- 12. Bageshwari Qamar is India's first and only (possibly) woman player of which of the following
- [C] Pakhawaj [D] Santoor

### need to be scrubbed out. Use an effective exfoliant with extracts

must. Do not forget your neck! 'Toner' it down



authority in the external world. Today's skies present some serious friction between your individuality and the people in charge, as the purposeful sun tangles up in the throes of power-dynamic Pluto. Changes to your selfexpression need to be implemented and are easily facilitated by the Capricorn moon's

ASTRO SPEAK

smooth connection to Uranus.



Relationships have been your primary focus these past few weeks, Libra. Today's skies bring that story to a head, as the sun and honesty from your family past and bring them into the light of day for a revaluation in your partnerships. How are you projecting unresolved stories from your own past into your present day relationships?



Today's skies are likely to be fraught with a variety of mental tensions, Taurus. The sun and obsessive-compulsive Pluto find themselves locked in a struggle that plays out the underlying frictions taking place between what you believe and how you self-sabotage. Give yourself some leeway today as you're drawn to saying or thinking things that will break you out of the norm.



As a Scorpio, you're no stranger to unearthing truths from the people around you, but it can be challenging to do this. Today's skies aren't easy to wrangle emotionally or mentally, as the sun and Pluto lock into a psychological volley. Your mind is likely to easily gather storm clouds, as revelations around power and authentic expression make their way to the forefront.



As a Gemini, your social relationships usually run pretty smoothly, as you amass a great gathering of people to exchange information with. Today's skies reveal some hidden tensions between your friendships, community, and most personal relationships. Power dynamics are likely to make their way into your attention, as the sun and powerful Pluto lock into a heated match.



Self-expression has been incredibly important to you as of late, Sagittarius. Today's skies see you unfolding another chapter in the greater understanding of your creative capabilities, as the sun and Pluto wrestle with one another. This uncomfortable but truth-seeking pair ultimately Trust what you're learning.

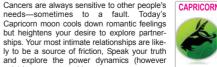


needs—sometimes to a fault. Today's Capricorn moon cools down romantic feelings but heightens your desire to explore partner ships. Your most intimate relationships are likely to be a source of friction, Speak your truth and explore the power dynamics (however

The struggle between your workload and how

seeking Pluto locks the mission-oriented sun into psychological stronghold today, making you

feel irritable toward your current work circum-



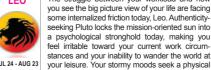
You've been walking through the fire lately Capricorn, as you work to rebuild yourself from the ground up. The sun and psychologicallycharged Pluto enhance this identity narrative today as they lock into a powerful showdown Your entire self-concept is evolving. Even though it may feel uncomfortable, trust that the person who comes out on the other side is one you'll be happy to greet.

Revelations are pouring in from all sides today

Aquarius. Powerful Pluto tangos with the sun this afternoon, highlighting some of your habitually

negative thinking patterns. It's important to sift through what comes up today, however uncomfortable it might be to manage. Your communica-

tion is likely to be more honest and direct than



stances and your inability to wander the world at your leisure. Your stormy moods seek a physical outlet, so give yourself room to move. There's been something you've been needing to get off your chest, Virgo. The driven sun gets tangled up with emotionally honest Pluto today,



usual, but make sure not to go overboard with those closest to you. Today's skies are fraught with tensions to navigate

12. Shehnai 11. Zoroastrians 10. Karnataka 9. Kerala 8. Sarada seript modA-isT .7 6. Jaipur

5. Dhrupad patronage of Indo-Greek rulers.

4. Gandhara School of art enjoyed the liberal 3. Vagaland 2.1,2 &3 1. Manipur



prompting you to explore your feelings around love and relationships in the most authentic way possible. Power dynamics and unexplored truths and terrains are likely to rear their head in



Pisces. The sun treks into Pluto's dark caverns this afternoon, intensifying the atmosphere between your social life and the dreams you hold for yourself Your goals can feel deeply delayed as you struggle to make ends meet financially. A transformation of your deepest hopes and desires are underway, though it may feel uncomfortable in the process.