

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



Kajol 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 her children.

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 comeback.”

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

Nandish 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 way.

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 around me.



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



Prithviraj 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 scene.

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
- 2 eggs
- 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 batter 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.

5 ways to lower your cholesterol naturally



High 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 healthier body.

**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, especially 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

and blood vessels.

**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 overall physical 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

Ageing 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 must. Do not forget your neck!

Toner it down

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 smoothness.

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 need to be scrubbed out. Use an effective exfoliant with extracts 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. Vitamin C serum is known for removing dark spots and patchy skin and providing a 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 as well.

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 sunscreen

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, you must include sunscreen in your 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 below

- [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 Buddhist themes.

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

- [A] Khayal
- [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 scripts?

- [A] Brahmi Script
- [B] Sarada script

[C] Tankari Script

[D] Kushana Script

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

- [A] Kerala
- [B] Tamil nadu
- [C] Karnataka
- [D] Andhra Pradesh

10. Which state Government confers the Basavashree award?

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

11. A Fire temple is a place of worship for \_\_\_\_ ?

- [A] Sikhs
- [B] Zoroastrians
- [C] Buddhists
- [D] Shinto's

12. Bageshwari Qamar is India's first and only (possibly) woman player of which of the following music instruments?

- [A] Ghatam
- [B] Shehnai
- [C] Pakhawaj
- [D] Santoor