

Salman Khan's security to be beefed up further amid fresh death threats from Goldy Brar



Salman Khan is the next target of Goldy Brar. The dreaded gangster has said that after Sidhu Moosewala, the next target is Salman Khan. Goldy Brar said that they will not forgive the actor. He said the enmity is a life-long one, and they will not spare any of their enemies. Lawrence Bishnoi had earlier said that he would forgive the superstar if he sought forgiveness from the Bishnoi community. Goldy Brar said that Lawrence told him that Salman Khan would not apologise. He said that he would show mercy to Salman Khan only when he felt merciful about him.

The open death threat has worried fans of the star. Some months back, Mumbai Police deployed extra security outside Galaxy Apartments when it was revealed that an elaborate plan was made. Salman Khan's team has got extra security for him now. He is accompanied by many people now. The superstar also bought a new bulletproof car.

The new car has B6 or B7 level of security. Mumbai Police is looking into these threats and might amp up security for the star. Salman Khan now has Y level security. The superstar said that he does feel scared seeing so much security around him.

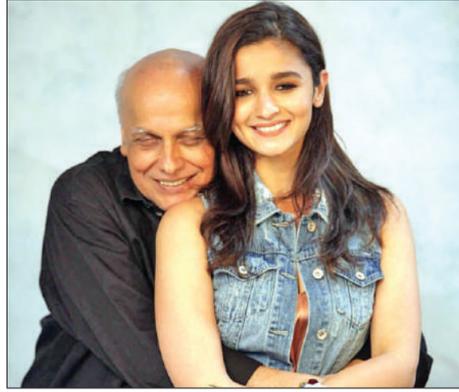
Goldy Brar gave an interview to India Today where he admitted his hand in the murder of Sidhu Moosewala. He termed the singer as egoistic and a spoilt brat. He said that Moosewala had caused them some personal damage which is why he decided to end his life. The demand for justice is still on in the Sidhu Moosewala case. Of late we have heard how people have complained about the security of Salman Khan. The video with Vicky Kaushal went viral all over social media. Hema Sharma another actress also said that Salman Khan's security team humiliated her and kicked her out like a dog.

Dad Mahesh Bhatt On Alia's Big Hollywood Debut: "My Heart Soars With Pride"

Ahead of Alia Bhatt's big Hollywood debut, her father Mahesh Bhatt expressed his joy and pride in a new interview. Speaking to E/Times, Mahesh Bhatt said, "My heart soars with pride when I see her standing with the who's who of international players like Gal Gadot and Jamie Dornan. To stand there without being dwarfed by the idea that it is Hollywood, the young of today don't feel lesser in any way when it comes to international talent."

Mahesh Bhatt also shared an anecdote where Alia revealed the difference between Hollywood and Bollywood. Mahesh said during the interview, "I once remember asking her, 'What is it that they have and we don't?' And her straight reply was 'Money'. She said it with great humility."

Mahesh Bhatt "She also said that they have a way of doing things and are very professional, but they have money, otherwise we have it all. I think that confidence is very important for the nation." The trailer of Heart of Stone released last Sunday as a part of the Netflix TUDUM event in Brazil. The movie features Alia Bhatt alongside Gal Gadot and Jamie Dornan. The spy thriller has Gal Gadot out to save the world and it appears that



Alia Bhatt is playing the perfect foil to all of Gal's efforts. As per the trailer, Gal Gadot plays Rachel Stone, who is a member of a secret agency called the Charter.

Jawan: Shah Rukh Khan film's teaser release, high-octane train sequence and more details out

Jawan is one of the highly anticipated movies of the year. The teaser of Shah Rukh Khan starrer is expected to release soon. Replies To "Release Ke Din Patti Pehen Kar Jaana Hai" & "Saath Mein Cigarette Peene Chaloge?" Shah Rukh Khan made a smashing comeback this year with Pathaan breaking several box office records with the action thriller Pathaan. Since then, fans have been eagerly waiting for his next film Jawan, which is set to hit the big screens this September. However, there's no sign of promotion or teaser yet.

This highly anticipated film has an impressive, star-studded cast and promises to keep audiences on the edge of their seats with its thrilling plot. The superstar has now revealed that the much-anticipated teaser is all set to be released in the coming days. Shah Rukh Khan, who often conducts Ask Me Anything on Twitter, answered some questions thrown at him by his fans.



Recipes

Masala Chole



Ingredients

- 2 cup kabuli chana
- 4 green chilli
- 1 teaspoon red chilli powder
- 2 handfuls coriander leaves
- 1 teaspoon garlic paste
- water as required
- 1/2 cup onion
- 3 tablespoon lemon juice
- salt as required
- 1 tablespoon extra virgin olive oil
- 1 teaspoon ginger paste
- 1/2 teaspoon garam masala powder
- 1/2 chat masala

Method:

To make this quick and easy recipe, just wash and soak chickpeas (chole) or kabuli chana overnight. Wash and pressure cook the chana for 2-3 whistles.

Next, take a pan and add in olive oil, once the oil is hot enough.

Add in the chopped green chillies, onion, ginger and garlic paste and toss.

Once the onions turn golden, then add in the spices along with chana.

Stir fry the masala and the chole, lastly add in the lemon juice season with salt and pepper.

Add coriander leaves and toss well. Turn off the flame and serve hot.

Weight loss: Eat these 4 lean proteins to shed fat quickly



If you want to lose weight and are wondering how to plan your diet, focusing on your protein intake can help. A high protein diet promotes satiety or a feeling of fullness. This reduces your overall calorie intake, helping in weight loss.

According to health experts, 25-30 percent of your daily calories should come from protein sources. Further, when it comes to protein, you should prefer consuming lean protein for faster weight loss.

What is lean protein?

Lean protein is a source of protein that is low in saturated fat. It is also low in calories. Lean protein is better for weight loss as well as your heart health. Here are 4 incredible sources of lean protein

to promote weight loss.

Eggs

Eggs are ideal for weight loss. One egg offers six grams of protein. Protein found in eggs can increase the thermal effect of food on your body, thereby speeding up the metabolism.

Further, eating eggs for breakfast is one of the best options for weight loss. Eating a healthy, high protein breakfast can reduce cravings later in the day, helping in weight loss. A 2016 review found that eating a high-protein breakfast might be linked to lower weight, body fat, and a lower BMI.

Greek yogurt

Greek yogurt is made from cow's milk that is strained to remove the whey. Greek yogurt is thicker in consistency, compared to natural yogurt.

Consuming this protein-rich yogurt for breakfast can also promote weight loss. One cup of Greek yogurt provides 15-20g of protein. Pair it with granola, berries, chia seeds, bananas, nuts and protein powder for a nourishing snack.

Chicken

Lean meats such as chicken are excellent sources of protein. The majority of calories in lean meats such as chicken come directly from protein. The best type of chicken for weight loss is skinless, boneless chicken breast. 100g of chicken breast provides around 31g of protein with only 165 calories. Grilling chicken is the healthiest way to cook it. Avoid eating fried or processed chicken.

Salmon

Fatty fish like salmon are packed with lots of protein as well as healthy fats that your body needs. Salmon is also an excellent source of omega 3 fatty acids and vitamin D. These help to reduce inflammation in your body, regulate immune health, and support digestion. All these benefits contribute to weight loss.

Therapeutic potential of essential oils

Essential oils are compounds extracted from plants. The oil absorbs the aroma and flavor of the plant, or "extract." Different aromatic compounds give each essential oil its essence. Finding real life is not easy. For many people, it may be easier to get off the pill or push aside the uncomfortable stillness to complete everything on your to-do list. Essential oils are a natural solution to everything from anxiety and depression to deep rebellion.

Do try these oils if you are feeling anxious, they help you feel calm. The scents will not help you take all the stress away but aroma sure will help you relax. They smell good, reduce stress, treat respiratory ailments, and help you sleep. It is a plant-based extraction. The process of distillation transforms the "core" of a plant into a watery variety for many medicinal and recreational uses.

There are a variety of essential oils available. Some value with their pleasant aroma. Some say that they have powerful healing powers. But their power can have a side effect you should know. Essential oils treat inflammation, improve mood, inhibit independence, and make you feel good in every way.

Checking the quality of essentials oils is important as to what they are putting in them. Look for a trusted producer that makes pure oils without anything added. You're more likely to have an allergic reaction to oils that have



other ingredients. Not all extras are bad. Some added vegetable oil may be normal for certain more expensive essential oils.

There are many ways in which essential oils can be used and:

Aromatherapy:

Apply oil to other accessories you wear, a neck brace, bracelets, or metal keys made of synthetic materials. Inhale it throughout the day to keep it fresh. Another way to use aromatherapy with a diffuser, add essential oil and water to the diffuser and see the magic hap-

pen.

Body Oil:

A combination of essential oils that contain essential oils such as olive, jojoba or coconut oil that can be applied to the skin. Because essential oils are concentrated, they can cause irritation. Avoid using them all over the skin.

Scent of stick:

Also called essential oil inhaler, these portable plastic sticks have suction strips that immerse the essential oil. They come with a cover to keep the smell wrapped until you're ready.

Inhaling the aromas from essential oils can stimulate areas of your limbic system, which is a part of your brain that plays a role in emotions, behaviors, sense of smell, and long-term memory. Bring out the goodness of essential oils in your life and let them help your stress and anxiety heal in a silent way.

General Knowledge Question Answers

1 Q : Which country has recently been declared by the US as a "non-NATO ally" status?

(D) 20 March

- (A) China
- (B) Qatar
- (C) Iraq
- (D) Iran

2 Q : What is the dangerous disease caused by bacteria in humans and cattle called?

- (A) Little Mother
- (B) Measles
- (C) Anthrax
- (D) Malaria

3 Q : In which of the following state, the Sabarimala Sri Dham Shashtha temple dedicated to Lord Ayyappa is located?

- (A) Maharashtra
- (B) Karnataka
- (C) Manipur
- (D) Kerala

4 Q : In which of the following year was the budget system introduced for the first time in India?

- (A) 1867
- (B) 1860
- (C) 1897
- (D) 1890

5 Q : On which day is the World Oral Health Day celebrated every year?

- (A) 18 January
- (B) 20 January
- (C) 30 July

6 Q : Who of the following is the only Chief of Air Staff to be given the rank of Marshall of the Indian Air Force?

- (A) Arjan Singh
- (B) Subroto Mukherjee
- (C) P.C. Lal
- (D) O.P. Mehra

7 Q : Which state government has recently launched 'one family, one job' scheme?

- (A) Rajasthan
- (B) Madhya Pradesh
- (C) Chhattisgarh
- (D) Sikkim

8 Q : Recently, Prasad Person 'Ramakant Achrekar' has passed away, was he?

- (A) Cricket instructor
- (B) Former Chief Minister
- (C) singer
- (D) Author

9 Q : How much amount was provided by the Asian Development Bank (ADB) to the Government of India through a sovereign loan in 2021?

- (A) USD 3.7 billion
- (B) USD 4.6 billion
- (C) USD 5.1 billion
- (D) USD 2.9 billion

10 Q : At what percent did the Reserve Bank of

India (RBI) retain the repo rate?

- (A) 4%
- (B) 3%
- (C) 2%
- (D) 5%

11 Q : Recently, which 2 countries have decided to officially leave UNESCO?

- (A) Nepal and Canada
- (B) America and Israel
- (C) Bahrain and Mongolia
- (D) Afghanistan and Israel

12 Q : Admiral Gorshkov, the Soviet aircraft carrier imported by India is now named -

- (A) INS Vikrant
- (B) INS Vikramaditya
- (C) INS Virat
- (D) INS Vishaal

13 Q : Nagaur fair is held in which state of India?

- (A) Madhya Pradesh
- (B) Rajasthan
- (C) Odisha
- (D) Andhra Pradesh

14 Q : In which year was the Nightingale of India, Lata Mangeskar was conferred with the prestigious Bharat Ratna Award?

- (A) 2010
- (B) 2005
- (C) 2001
- (D) 1999

ASTRO SPEAK

ARIES



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 your sphere.

TAURUS



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GEMINI



Happy birthday, dearest Gemini! The sun officially enters your sign early this morning, giving you full permission to seek attention, reveal in your popularity, and make things just a little bit more about you. However, you'll want to be delicate in your approach to adoration as Mars and Pluto face off, and be sure to keep your message positive and attitude light.

CANCER



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 when the moon enters your sign.

LEO



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 moon migrates into Cancer.

VIRGO



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 occupational goals, but relationships will be important as you inch your way to the top. Use this energy as motivation to get a head start.

LIBRA



The sun enters Gemini and your house of spirituality 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 magic 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 drama.

SCORPIO



You'll be thinking heavily about ways to evolve throughout the coming weeks, as the sun enters Gemini and your house of transformation. 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.

SAGITTARIUS



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

CAPRICORN



The sun enters Gemini and your solar sixth house asking you to recommit to your health 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.

AQUARIUS



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 reinvigorate 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, but try not to let small arguments spiral into something bigger.

PISCES



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.

10. 4%
11. America and Israel
12. INS Vikramaditya
13. Rajasthan
14. 2001

5. 20 March
6. Arjan Singh
7. Sikkim
8. Cricket instructor
9. USD 4.6 billion

Answers:
1. Qatar
2. Andhra
3. Kerala
4. 1860