

Aamir Khan and Rajkumar Hirani to team up for a new biopic



Aamir Khan fans here is some great piece of news. The buzz is that Rajkumar Hirani and he will reunite again for a biopic. They have earlier worked in all time blockbuster films like 3 Idiots and PK. There is immense excitement around Shah Rukh Khan and Rajkumar Hirani's Dunki. Fans of Aamir Khan were upset as there was news that he was planning a long break from acting. The disaster of Laal Singh Chaddha left the superstar rather disheartened. But of late, there is buzz that he is reading scripts in both Bollywood and South Indian movies.

As per Pinkvilla, Rajkumar Hirani and Aamir Khan might do a film together. He has sounded off the script of a biopic to the superstar who has liked it. Both of them are fond of one another, and want to collab. A source told Pinkvilla, "They have even discussed many concepts in the past, and it seems they have finally found a subject that both of them like equally. It's a biopic, and when Aamir heard the idea he instantly got excited." Rajkumar Hirani is now busy with Dunki and will start work on the final script after the release of Dunki. Shah Rukh Khan's movie is coming in December 2023. The source said that the discussion is at "nascent stage" and looks promising.

Aamir Khan and Rajkumar Hirani might start shooting for the movie in 2024. It will exactly be a decade after PK that came out in 2014. Dunki stars Shah Rukh Khan, Taapsee Pannu and Vicky Kaushal. Rajkumar Hirani had tweeted his happiness on finally collaborating with Shah Rukh Khan. They had been wanting to get together since Munnabhai MBBS. It was reported that Aamir Khan, Shah Rukh Khan and Salman Khan had a meeting at the residence of the Dabangg superstar. The three friends had a hearty conversation on their journey in the industry.

Here's how Sara Ali Khan is preparing herself for film with Tiger Shroff

Sara Ali Khan is riding high on the success of her latest film Zara Hatke Zara Bachke. She starred opposite Vicky Kaushal in Laxman Utekar's family drama. The actress who has often appeared in middle class simple girl roles in films is all set to challenge herself with an action movie. Yes, you read that right. Sara will be next seen in an action thriller flick alongside Tiger Shroff. The movie will be produced by Jackky Bhagnani under the banners of Pooja Entertainment.

An industry source has exclusively informed Bollywood Life how Sara Ali Khan is preparing herself for the untitled project. She is training extensively in MMA for her movie with Tiger Shroff being bankrolled by Jacky Bhagnani. While we have seen and loved her as a desi girl or in girl next door types role she will surprise the audience with her unexpected performance. The audience will get to see another side of her that was hidden for 5 years of her career. The promising actress of the new generation is leaving no stone unturned for her next action thriller. Sara Ali Khan is pairing opposite action star Tiger Shroff who has proved his



love for action in movies.

Kriti Sanon turns producer, launches Blue Butterfly Films

Kriti Sanon is the latest Bollywood actress who has turned producer. The actress was last seen in the much talked about movie, Adipurush. The actress started her career with Heropanti and has seen a steady journey since then in Bollywood. While this year, Kriti Sanon has been making a ton of noise with movie releases and back to back announcement, there is more left for the actress to unfold in the coming half year. One being, her venturing into producing films and now donning the responsible hat of a producer through her production house 'Blue Butterfly Films'.

Taking to social media, the excited actress writes "And Its time to shift the gear! I've been in this magical industry living my dreams for 9years. I've taken baby steps, learnt, evolved & grown into the actor I am today! I absolutely lovvvve every bit and aspect of film-making. And now, its time to do more, to be more, to learn more, to tell more stories that touch my heart and hopefully yours too. Here's to constantly evolving and finding the most beautiful version of yourself. Beyond excited to finallyyyy start BLUE BUTTERFLY FILMS with a full heart and big dreams!!



Ginger: 6 proven ways it helps to lose weight



We are not unknown of the myriads of medicinal purposes for which ginger is used. Ginger is a common ingredient in Indian kitchens and its use as a spice, medicinal herb, and a home remedy is known to all. Ginger is used to improve gut health, get relief from stomach-related issues and regulate metabolism. While very little is known about the direct impact of ginger or its juice on lowering an individual's weight or BMI, read this article to find the different ways it is used for weight loss.

Plain ginger water

Adding a few drops of ginger juice to a glass of water and drinking it in the morning or sipping it throughout the day burns fat many say. If you are keen on trying this, you can improve the taste by adding a few drops of lemon juice or honey.

Ginger powder

Having dried ginger powder for weight loss is also very popular.

Apart from weight loss properties, these powders are said to have anti-inflammatory properties as well. One can consume ginger powder with water or can add this to food and eat it directly.

Ginger tea

In many households, ginger tea is regular during the morning and evening. To include the healthy ingredients of ginger in your tea, you can either squeeze a few drops of ginger juice to the tea or else add a few slices. Brew it properly with tea and sip it hot.

Ginger lemon water

Many people believe mixing these two powerful spices can work amazing on the extra weight. Lemon is one of the most important foods that is used for weight loss. People drink lemon juice in the early morning to get relief from gut health issues.

Detox drink

Take one tablespoon of grated ginger and add to a glass of warm water. Add lemon juice to this (around 2-3 tablespoon should be sufficient). Shake it well and sip it for the entire day. If you need sweetness, you can add a few drops of honey to it.

Ginger candies

Prepare ginger candies by cutting ginger into thick pieces. Add these to a bowl and add lemon juice to this. Add black pepper powder, amchur powder, and salt to this. Let the mixture sit for some time. Then dry them under the sun.

Health tips

Be careful with the amount of ginger you are consuming. Do not overdo ginger intake. Consume it in small doses. Excess use of ginger can irritate the stomach. It can also cause nausea and vomiting if taken in excess.

Tips to get rid of dandruff in monsoon



Dandruff can be a common problem during the monsoon season due to increased humidity. Here are some tips to help you get rid of dandruff. Remember, consistency is key when dealing with dandruff.

Keep your scalp clean: Regularly wash your hair with a mild shampoo to remove excess oil, dirt, and flakes from your scalp. Avoid using harsh shampoos that can strip away natural oils and worsen the problem.

Use an anti-dandruff shampoo: Look for shampoos specifically designed to combat dandruff. They often contain active ingredients like zinc pyrithione, ketoconazole, coal tar, or selenium sulfide, which can help reduce flaking and itching.

Massage your scalp: Before shampooing, gently massage your scalp with your fingertips to loosen any flakes and improve blood circulation.

Avoid hot water: While washing your hair, use lukewarm or cool water instead of hot water, as hot water can strip away moisture from your scalp, leading to dryness and flakiness.

Maintain good hygiene: Keep your hairbrushes, combs, and



other hair accessories clean to prevent the accumulation of dirt and oil. Additionally, avoid sharing these items to minimize the risk of spreading dandruff.

Don't scratch your scalp: Scratching your scalp can worsen dandruff and lead to scalp irritation. Instead, use a soft bristle brush to gently remove flakes without causing further damage.

Manage stress: Stress can contribute to dandruff, so try to manage stress through relaxation techniques like meditation, deep breathing exercises, or engaging in activities you enjoy.

Use natural remedies: Some natural remedies may help reduce dandruff. For example, applying a mixture of lemon juice and coconut oil to your scalp before shampooing can provide relief. Tea tree oil diluted with a carrier oil can also have antifungal properties that may help combat dandruff.

Maintain a healthy diet: A well-balanced diet rich in vitamins and minerals can contribute to a healthy scalp. Include foods like fruits, vegetables, whole grains, and lean proteins in your meals.

General Knowledge Question Answers

1. Which of the following is an example of a vector quantity?

a) Speed
b) Distance
c) Velocity
d) Temperature
2. Which law states that for every action, there is an equal and opposite reaction?

a) Newton's first law
b) Newton's second law
c) Newton's third law
d) Kepler's law
3. Which type of force does a stretched spring exert?

a) Frictional force
b) Gravitational force
c) Tension force
d) Elastic force
4. What is the SI unit of force?

a) Newton
b) Watt
c) Joule
d) Pascal
5. Which law states that the rate of change of momentum of an object is directly proportional to the force applied and takes place in the direction in which the force is applied?

a) Newton's first law
6. What is the formula for kinetic energy?

a) $\frac{1}{2}mv^2$
b) mgh
c) $F=ma$
d) $P=mv$
7. Which law states that the total energy of an isolated system remains constant?

a) Newton's first law
b) Newton's second law
c) Newton's third law
d) Law of conservation of energy
8. What is the SI unit of power?

a) Newton
b) Watt
c) Joule
d) Pascal
9. What is the formula for work done?

a) $W=Fd$
b) $F=ma$
c) $P=mv$
d) $E=mc^2$
10. Which law states that the pressure of a gas is inversely proportional to its volume at constant temperature?

a) Boyle's law
11. What is the formula for gravitational potential energy?

a) mgh
b) $-G(m_1m_2)/r$
c) $\frac{1}{2}mv^2$
d) $F=ma$
12. Which law states that the pressure of a gas is directly proportional to its absolute temperature at constant volume?

a) Boyle's law
b) Charles's law
c) Gay-Lussac's law
d) Avogadro's law
13. What is the formula for electric potential energy?

a) kQ_1Q_2/r
b) $V=IR$
c) $F=qE$
d) $P=VI$
14. Which law states that the induced electromotive force (EMF) in a circuit is proportional to the rate of change of magnetic flux through the circuit?

a) Faraday's law
b) Ampere's law
c) Ohm's law
d) Kirchhoff's law
1. Newton's second law
2. Newton's third law
3. Boyle's law
4. Newton's first law
5. Newton's second law
6. $\frac{1}{2}mv^2$
7. Law of conservation of energy
8. Watt
9. $W=Fd$
10. Boyle's law
11. kQ_1Q_2/r
12. Charles's law
13. Boyle's law
14. Faraday's law

ARIES

MAR 21 - APR 20

You are 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.

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?

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.

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.

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!

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.

LIBRA

SEP 24 - OCT 23

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!

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.

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.

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!

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.

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.

