

Sara Ali Khan opens up on the success of Zara Hatke Zara Bachke; says, 'It was unexpected...'



Sara Ali Khan is on cloud nine after the success of Zara Hatke Zara Bachke. The movie made by Laxman Utekar was about a middle class couple who aspire to buy their own home. The film was set in Indore and has done extremely well with its target audience. Zara Hatke Zara Bachke has made more than Rs 85 crores at the box office. It is one of the rare post pandemic movies to have a fifth weekend at the theatres. The relatable story, fresh original music and great chemistry between Sara Ali Khan and Vicky Kaushal did the trick at the box office.

Sara Ali Khan had three releases on OTT prior to Zara Hatke Zara Bachke. She tells us, "The amount of box office success we did not expect. But we knew that we are telling a honest story in a honest manner. We met all our well-wishers and fans with a clear idea. Our intentions were pure. I am thrilled but the amount of love was unexpected." In the film, Sara Ali Khan played the role of Sonya Chawla while Vicky Kaushal was Kapil. Prior to this, she was seen as Meesha/Fatima in the OTT film Gaslight that came on Disney + Hotstar.

Sara Ali Khan is also all praise for co-star Vicky Kaushal. She says that their friendship and camaraderie translated into chemistry on screen. The actress gushes about her talented co-star. "I absolutely love him. He is so talented and versatile. Also, you become comfortable instantly as he is so honest and true to his self. As a friend, and as a co-star he makes you comfortable. This good friendship is good chemistry on screen," she says. Sara Ali Khan also says that Vicky Kaushal approaches every scene with a fresh mindset. "He brings on his A-game every time, and motivates you to do the same," she says.

Made In Heaven Season 2: Your favourite wedding planners all set to come back

As the fans wait with bated breaths for the return of the critically acclaimed series Made In Heaven, Prime Video takes the excitement a notch higher as it announces the second season of the Emmy-nominated drama. Produced by Excel Media and Entertainment and Tiger Baby, the series showcases the lives of two wedding planners Karan and Tara as they navigate through various ups and downs, against the backdrop of big fat Indian weddings. The series became an instant fan favourite with the audience appreciating its compelling narrative and power-packed performances. Building upon the immense success of its debut season, Made In Heaven Season 2 is all set to enthrall the audiences after four years, and promises an even deeper exploration of complex relationships, personal struggles, and moral dilemmas.

As the characters navigate the dualities of tradition and modernity, the new season will challenge societal taboos while remaining rooted in the universal themes of love, redemption, and self-discovery. Drawing from the remarkable talent pool of Indian cinema, the series boasts an exceptional ensemble cast that includes Sobhita Dhulipala, Arjun



Mathur, Kalki Koechlin, Shashank Arora, Shivani Raghuvanshi, Jim Sarbh, and many others.

The Trail star Kajol shares her take on plastic surgery, 'Just because 25 people have...'

Kajol has always challenged the pre-conceived beauty standards of the film industry. The actress, who is gearing up for the release of her film The Trail: Pyaar, Kanoon, Dhokha, recently spoke about the external pressure on actresses to go under the knife. Kajol advised the young actresses that plastic surgery should always be a "personal choice." The actress also reacted to reports claiming her daughter, Nysa Devgn has undergone cosmetic surgery. In a recent interview, when Kajol was asked what advice she was willing to give to the young female actors, the actress said, "God has made you in a particular way, and for what God has not made the way you wanted, there's always make-up!" Kajol further shared that going under the knife should always be a "personal choice" and not some external pressure. "It should be a personal choice, you shouldn't do it because 25 people have told you to do it," she said. Kajol recalled how she had to face derogatory comments about her appearance, in the initial years of her career.



Recipes

Moonglet



Ingredients

- 1 cup yellow moong dal
- 1/2 capsicum (green pepper)
- 2 tablespoon coriander leaves
- 1/4 tablespoon dry mango powder
- 2 tablespoon butter
- 1/2 onion
- 1/2 tomato
- 1 piece green chilli
- 2 Pinches asafoetida
- salt as required

Method:

Soak the moong dal for 4-5 hours and then drain the water and add to a blender. Blend to form a thick paste. Now water as per need and blend again. Add water in batches and in small quantities to prepare a batter of medium consistency.

Take out the mixture in a bowl. Add salt, asafoetida and dry mango powder. Now add finely chopped onion, tomato, capsicum, green chilli and coriander leaves. Mix well to prepare a batter. Keep whisking for a few minutes until the batter seems a bit frothy.

Heat 1 tbsp butter in a small pan. Pour half of the batter into the pan and let it cook for a few minutes. Make sure that the pan is small and the batter forms a thick layer. Flip it towards the other side and cook until crispy. Repeat this step to make one more moonglet.

Serve the moonglet hot with ketchup, imli chutney or mint chutney.

Consuming too much of THESE 5 foods is weakening your immunity

Our food nourishes our body, providing us not just with energy to function, but also protects ourselves from harmful germs and infections. However, in this age of fast food, not every food that we eat is good for us. Instead, some of these consumed in high amounts or regularly can be harmful for our health and immune system. Here are 5 food varieties you must avoid or limit as much as possible.

Consuming too much sugar:

Eating too much sugar can weaken the immune system. Now if you are conscious of your sugar intake, you might be avoiding adding white sugar to your daily tea, coffee or milk.

However, sugar sneaks into our daily diet through foods we may not be aware of, such as ketchup and sports drinks. Also, if you have a sweet tooth and often give into your urges to eat brownies and jalebis, you might be in trouble. Sugar causes inflammation in the body, which is a leading cause of many diseases. Sugar can also suppress your immune system cells, which help your body by attacking viruses and bacteria.

Excessive alcohol consumption:

Heavy drinking can suppress your immune system, making you more vulnerable to infections. One such example is your lungs. It can impact the immune cells that protect your lungs, and also



reduce the ability to remove mucus from your lungs. Alcohol can also interfere with your body's ability to produce white blood cells, which are responsible for protecting your body from infections.

Consuming too much processed meat:

Processed meat is that which has been preserved by curing, salting, smoking, drying or canning. This includes sausages, hot dogs, salami etc. Processed meat is often high in saturated fat, sodium, as well as chemicals that can weaken your immune system. It is always advised to eat fresh meat, procured from a local, hygienic butcher shop.

Eating too many refined carbohydrates:

Refined carbs can cause your blood sugar to spike. This can lead to inflammation in the body, weakening your immune system. Refined carbs include white bread, potato chips, breakfast cereals etc.

Excessive coffee consumption:

Drinking too much coffee can interfere with the body's ability to absorb minerals such as iron and calcium. These minerals are important for a strong immune system. Too much caffeine consumption can also disrupt your sleep patterns, which can weaken the immune system over time.

How to rejuvenate your face in 5 easy steps



Your face needs care and if you want to rejuvenate your face, here are five easy steps you can follow.

Cleanse and Exfoliate: Start by cleansing your face with a gentle cleanser suitable for your skin type. This helps remove dirt, oil, and impurities from your skin. After cleansing, exfoliate your skin to remove dead skin cells and promote cell turnover. Use a mild exfoliator and gently massage it onto your skin in circular motions. Rinse thoroughly with lukewarm water.

Apply a Face Mask: Treat your skin to a rejuvenating face mask. Choose a mask that suits your skin's needs, such as a hydrating mask, brightening mask, or anti-aging mask. Apply the mask evenly on your face, avoiding the eye area, and leave it on for the recommended time specified on the product. Rinse off the mask with water and pat your face dry.

Moisturize: Hydration is crucial for maintaining youthful-looking skin. After cleansing and applying a mask, moisturize your face with a suitable moisturizer for your



skin type. Look for a moisturizer that contains ingredients like hyaluronic acid, antioxidants, or peptides to promote hydration and skin renewal. Gently massage the moisturizer into your skin using upward motions.

Use Sunscreen: Protecting your skin from harmful UV rays is essential for preventing premature aging. Apply a broad-spectrum sunscreen with an SPF of 30 or higher before going outside, even on cloudy days. Reapply sunscreen every two hours, especially if you're spending extended periods in the sun. Sunscreen helps prevent wrinkles, dark spots, and other signs of sun damage.

Practice Facial Massage: Facial massage can help improve blood circulation, relax facial muscles, and promote a more youthful appearance. Use your fingertips to massage your face in gentle upward strokes, focusing on areas like the forehead, cheeks, jawline, and neck. You can also incorporate facial massage tools like jade rollers or gua sha stones for added benefits. Additionally, remember to maintain a healthy lifestyle by staying hydrated, eating a balanced diet rich in fruits and vegetables.

General Knowledge Question Answers

1. Who was awarded the Nobel Peace Prize in 2020?

- a) Greta Thunberg
- b) Malala Yousafzai
- c) World Food Programme
- d) United Nations

2. Who was awarded the Nobel Prize in Literature in 2020?

- a) Olga Tokarczuk
- b) Louise Glück
- c) Bob Dylan
- d) Kazuo Ishiguro

3. Who was awarded the Padma Vibhushan, the second-highest civilian award in India, in 2021?

- a) SP Balasubrahmanyam
- b) Shinzo Abe
- c) Narinder Singh Kapany
- d) Mohammed Yusuf Khan (Dilip Kumar)

4. Who was awarded the Bharat Ratna, India's highest civilian award, in 2019?

- a) Atal Bihari Vajpayee
- b) Pranab Mukherjee
- c) Nanaji Deshmukh
- d) Bhupen Hazarika

5. Who was awarded the Nobel Prize in Physics in 2020?

- a) Roger Penrose, Reinhard Genzel, Andrea Ghez

- b) James Peebles, Michel Mayor, Didier Queloz
- c) Isamu Akasaki, Hiroshi Amano, Shuji Nakamura
- d) Takaaki Kajita, Arthur B. McDonald

6. Who was awarded the Man Booker Prize in 2020?

- a) Tsitsi Dangarembga
- b) Douglas Stuart
- c) Hilary Mantel
- d) Richard Flanagan

7. Who was awarded the Nobel Prize in Chemistry in 2020?

- a) Emmanuelle Charpentier, Jennifer Doudna
- b) John B. Goodenough, M. Stanley Whittingham, Akira Yoshino
- c) Frances H. Arnold, George P. Smith, Sir Gregory P. Winter
- d) Jacques Dubochet, Joachim Frank, Richard Henderson

8. Who was awarded the Nobel Prize in Medicine or Physiology in 2020?

- a) Harvey J. Alter, Michael Houghton, Charles M. Rice
- b) James P. Allison, Tasuku Honjo
- c) Yoshinori Ohsumi
- d) William G. Kaelin Jr., Sir Peter J. Ratcliffe, Gregg L. Semenza

9. Who was awarded the Booker Prize in 2019?

- a) Margaret Atwood, Bernardine Evaristo

- b) Richard Flanagan
- c) Anna Burns
- d) Paul Beatty

10. Who was awarded the Pulitzer Prize for Fiction in 2020?

- a) Colson Whitehead
- b) Richard Powers
- c) Donna Tartt
- d) Jennifer Egan

11. Who was awarded the Nobel Prize in Economics in 2020?

- a) Paul R. Milgrom, Robert B. Wilson
- b) Esther Duflo, Abhijit Banerjee, Michael Kremer
- c) Richard H. Thaler
- d) Angus Deaton

12. Who was awarded the Abel Prize in Mathematics in 2021?

- a) Karen Uhlenbeck
- b) László Lovász
- c) Yves Meyer
- d) John Tate

13. Who was awarded the Man Booker Prize in 2018?

- a) Anna Burns
- b) George Saunders
- c) Lincoln in the Bardo
- d) Richard Flanagan

ASTRO SPEAK

ARIES



MAR 21 - APR 20

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.

LIBRA



SEP 24 - OCT 22

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.

TAURUS



APR 21 - MAY 20

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.

SCORPIO



OCT 23 - NOV 22

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.

GEMINI



MAY 21 - JUN 20

Happy birthday, dearest Gemini! The sun officially enters your sign early this morning, giving you full permission to seek attention, revel 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.

SAGITTARIUS



NOV 23 - DEC 22

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.

CANCER



JUN 22 - JUL 23

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.

CAPRICORN



DEC 23 - JUL 20

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.

LEO



JUL 24 - AUG 23

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.

AQUARIUS



JAN 21 - FEB 23

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.

VIRGO



AUG 24 - SEP 23

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.

PISCES



FEB 20 - MAR 20

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.