

Zara Hatke Zara Bachke actress Sara Ali Khan reveals if she and brother Ibrahim Ali Khan discuss work on dinner table



Sara Ali Khan is basking in the success of Zara Hatke Zara Bachke. After three films being released on OTT, this was her first release in the theatres after the pandemic. The film has made Rs 85 crores plus in the worldwide market. It has run for over five weeks, which is tremendous for a post-pandemic movie. Sara Ali Khan is the eldest child of Saif Ali Khan and Amrita Singh. We asked the actress on who was her biggest critic at home. The actress says her parents are usually happy with what she does. She tells us, "They are a good mirror. They always tell me to listen to my audience. Ultimately, what they will say will matter. They are parents. They will always be biased, they only love and support my work."

We have seen that the nepotism debate has gained immense momentum since two years. Every star kid who is making an entry in the industry is getting trolled right from the start. Sara Ali Khan has had it better. The majority believe that she has always been honest about her privilege. People see her more favourably than others. She tells us, "I would like to say Thank You. I am very aware of where I come from. But no matter from where you start you have to run as much hard and with sincerity in this journey. The only thing is to be honest and do good work."

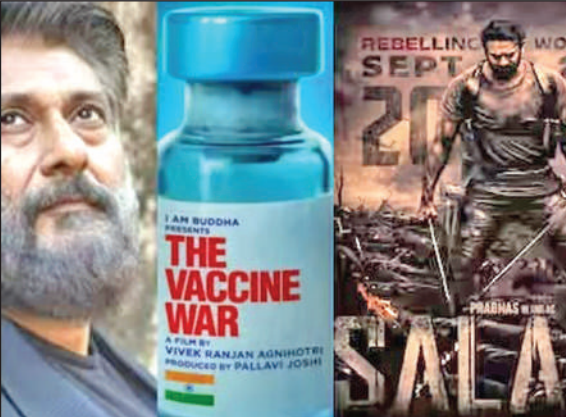
Her brother Ibrahim Ali Khan is going to make his debut with Sarzameen. The film stars Kajol in the main lead. Kayoze Irani is the director of the film. When we asked her what advice she gave her younger sibling, Sara Ali Khan said, "Just be honest and do your work. Be yourself as someone else is already out there." Coming from a family of actors and living with mum Amrita Singh, is the careers of the two a matter of dinner table conversations?

Madhoo Shah says she doesn't want to play mother to Ajay Devgn in films; calls out ageism and gender bias in the industry



what she wanted. She was really unhappy. And that's when she decided to quit. The actress says that in her childish arrogance, she quit films and wrote a letter to everyone and expressed her intentions too. However, she later realised that she is an artist and came back to films.

Salaar: Will Prabhas, Prashanth Neel actioner clash with Vivek Agnihotri's The Vaccine War?



Files grossed close to Rs 295 crores at the domestic and global box office.

Recipes

Corn Fritters



Ingredients
420 gm frozen sweet corn
1 tablespoon fresh cream
3 tablespoons finely chopped coriander leaves
1/2 teaspoon finely chopped garlic
1/2 teaspoon garam masala powder
salt as required
refined oil as required
1 cup all purpose flour; 1 beaten egg
1 finely chopped green chilli
1/2 teaspoon baking powder
1/2 teaspoon lemon juice
black pepper as required
Method:
To prepare this snack recipe, take a bowl and add sweet corn, finely chopped coriander leaves, green chilli, garlic cloves, garam masala powder; salt, black pepper; lemon juice and fresh cream. Add egg and mix it well.
Now, add baking powder and all-purpose flour to the egg-corn mix to form a dough-like mixture. You may feel the mixture is sticky but that's absolutely fine.
Heat refined oil in a deep-bottomed pan over medium flame. Grease your palms with some oil and take a portion of the corn-all purpose flour mixture to form a patty. Repeat the same with the entire dough. When the oil is hot enough, fry the patties on both sides till it turns golden-brown and crisp. Once done, transfer the fritters on a plate lined with absorbent paper. Serve the corn fritters with a dip of your choice!

Brain food: 5 ayurvedic remedies for strengthening memory



Do you have to prepare for an important exam but fear having memory trouble? Or are you an adult who seemingly forgets things every now and then – whether some important date, an instruction you had nodded to a while back, or where you last left your phone.

Ayurveda is also proven to help in improving memory problems, distractedness, and brain degeneration. Try these ayurvedic tips and tricks to become more focused, concentrated, and confident.

Eat these brain foods
Just like your body needs nourishment, your brain does too, in order to stay healthy and function properly. There are plenty of natural brain foods, which you must include in your daily diet starting today. Some examples are ghee, olive oil, walnut, soaked almonds, raisins, dates and fresh fruits. Other foods that are great for your brain health include lentils, beans, paneer and dal. According to Ayurveda, cumin seeds open the channels of our brain and black pepper increases our mind's processing fire, which is called Medhya Agni.

Boost your brain with herbs

Ayurvedic herbs support and improve all the three learning abilities in the human brain – Dhi, Dhriti, and Smriti. Some of these special herbs, such as Gotu Kola, Ashwagandha, and Bacopa work as excellent memory boosters.

Antioxidants to avoid oxidative damage

Our brain needs oxygen to function well. However, with its high oxygen consumption and lipid-rich content, our brain is highly susceptible to oxidative stress. This leads to an excess of free radicals in the body's cells. Antioxidants are a proven solution for neutralising free radicals and balancing the state of your mind. Pink and red fruits and vegetables, such as watermelon and tomatoes, are rich in antioxidants.

Herbal tea to hydrate your brain

When your body does not have enough water to carry out its functions properly, you can feel weak and unstable. Such is the situation for a dehydrated brain. Ayurvedic experts recommend that drinking special herbal tea can hydrate our brain and boost our mental strength and memory. Some of these special ingredients of a herbal tea include hing, haldi, ajwain, and tulsi.

Have a good night's sleep

Lack of sleep can deeply hamper the brain's function, which can impair your memory and thinking skills. Therefore, it is important to get sufficient rest every night. Try to go to bed and wake up in the morning at the same time each day. Also, it is recommended to sync your sleep cycle with the sunset and sunrise hours for maximum benefits. In case of trouble sleeping, ayurvedic herb Bacopa can help to calm your brain and also promote sleep.

Here's how to slow down premature hair greying



While greying of hair is a natural part of the aging process, there are certain tips and practices that may help slow down or prevent premature greying. Here are some suggestions. Maintain a healthy diet: Include foods rich in antioxidants, vitamins, and minerals, such as fruits, vegetables, whole grains, and lean proteins. These nutrients help promote healthy hair and may delay the onset of greying.

Avoid smoking: Smoking has been linked to premature greying of hair. Quitting smoking or avoiding exposure to secondhand smoke can benefit your overall health, including the health of your hair. Manage stress levels: Chronic stress is believed to contribute to premature greying. Engage in stress-reducing activities like exercise, meditation, yoga, or hobbies you enjoy to help manage stress levels.

Protect your hair from the sun: Excessive exposure to the sun's ultraviolet (UV) rays can damage your hair and potentially lead to premature greying. Wear a hat or use hair products containing SPF when spending time outdoors.



Avoid harsh hair treatments: Frequent use of hair dyes, chemical treatments, and heat styling tools can damage your hair and accelerate greying. Minimize the use of such treatments or opt for natural alternatives when possible.

Use mild hair care products: Choose shampoos and conditioners that are gentle on your hair and scalp. Avoid products containing harsh chemicals that may cause damage.

Maintain proper hair care routine: Regularly wash your hair with a suitable shampoo and conditioner, and gently brush or comb it to avoid hair breakage. Avoid excessive pulling or tugging while styling your hair.

Consider supplements: Consult with a healthcare professional to determine if taking supplements like biotin, vitamin B12, vitamin E, or other hair-healthy supplements may be beneficial for you.

Embrace your natural hair color: If you're already greying, consider embracing your natural hair color. There are many stylish and attractive options for grey or silver hair, and going natural can reduce the need for frequent dyeing.

General Knowledge Question Answers

1. Which country won the FIFA World Cup in 2018?

- a) Brazil
- b) Germany
- c) France
- d) Spain

- e) Novak Djokovic
- d) Pete Sampras

2. Who won the Wimbledon Women's Singles title in 2021?

- a) Serena Williams
- b) Simona Halep
- c) Ashleigh Barty
- d) Naomi Osaka

6. Which country has won the most Olympic gold medals?

- a) United States
- b) China
- c) Russia
- d) Germany

3. Which team won the first-ever Indian Premier League (IPL) title in 2008?

- a) Mumbai Indians
- b) Kolkata Knight Riders
- c) Chennai Super Kings
- d) Rajasthan Royals

7. Who won the men's singles title at the Australian Open in 2021?

- a) Novak Djokovic
- b) Rafael Nadal
- c) Roger Federer
- d) Dominic Thiem

4. Who won the men's singles title at the US Open in 2021?

- a) Novak Djokovic
- b) Rafael Nadal
- c) Roger Federer
- d) Daniil Medvedev

8. Which team won the UEFA Champions League in 2021?

- a) Chelsea
- b) Manchester City
- c) Paris Saint-Germain
- d) Bayern Munich

5. Who holds the record for the most Grand Slam titles in men's tennis?

- a) Roger Federer
- b) Rafael Nadal

9. Who holds the record for the most goals scored in a single FIFA World Cup tournament?

- a) Ronaldo
- b) Lionel Messi
- c) Miroslav Klose
- d) Diego Maradona

10. Who won the men's singles title at Wimbledon

in 2019?

- a) Roger Federer
- b) Rafael Nadal
- c) Novak Djokovic
- d) Kevin Anderson

11. Which Indian cricketer has the highest individual score in Test cricket?

- a) Sachin Tendulkar
- b) Virender Sehwag
- c) Rahul Dravid
- d) Virat Kohli

12. In which city was the first edition of the Indian Premier League (IPL) held?

- a) Mumbai
- b) Kolkata
- c) Chennai
- d) Bengaluru

13. Who is the only Indian badminton player to have won two Olympic medals?

- a) Saina Nehwal
- b) PV Sindhu
- c) Jwala Gutta
- d) Ashwini Ponnappa

14. In which sport did Abhinav Bindra win India's first individual Olympic gold medal?

- a) Shooting
- b) Wrestling
- c) Boxing
- d) Weightlifting

Answers:

- 1. France
- 2. Ashleigh Barty
- 3. Rajasthan Royals
- 4. Novak Djokovic

- 5. Roger Federer
- 6. United States
- 7. Miroslav Klose
- 8. Chelsea
- 9. Miroslav Klose

- 10. Novak Djokovic
- 11. Virender Sehwag
- 12. Mumbai
- 13. PV Sindhu
- 14. Shooting

