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



ara Ali Khan is basking in the success of Zara Hatke Zara Bachke. After three films being released on OTT, this was Oher 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

We have seen that the nepotism debate has gained immense momentum since two years. Every star kid who is making an entry ing forward to this film. With its huge canvas with hues of 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 hugely budgeted actioner and people have immense expectato 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 movie has Nana Patekar, Pallavi Joshi and Paresh Rawal in her younger sibling, Sara Ali Khan said, "Just be honest and do key roles. It seems he wants to release it with Salaar. Coyour 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

**ENTERTAINMENT** 

-adhoo Shah was seen in Samantha Ruth Prabhu starrer Shaakuntalam. The actress reconstruction about the changes and others for a meaningful conversation about the changes in the industry and the changes they want have seen throughout the years. Madhoo Shah talked about not being interested to play a mother to Ajay Devgn in films. They both started their careers in Hindi films together with Phool Aur Kaante.

During a conversation on Maitri: Female First Collective, Madhoo Shah revealed why she left the industry. It so happened that Malavika Mohanan talked about the gender dynamics in the industry, revealing that she was shocked to see it. The actress talks about how female actresses would only play a catalyst in a man's mission while everything in the film revolved around men. Madhoo adds to it saying that it was the reason she left the industry at that point. The actress shares she did a lot of films by then and with substantial roles. She did not have complaints as she got to dance a lot in films. However, she adds that after doing something like Roja, going back to only dancing was not



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?

oday, fans of Prabhas and Prashanth Neel went gaga over the teaser of Salaar. After the debacle of Adipurush, fans of the Rebel Star Prabhas are lookblack and grey, it is hugely reminiscent of the KGF films. Salaar stars Prabhas in the lead role. The movie also has Prithviraj Sukumaran and Shruti Haasan. It is set in the period after the KGF movies as per fan theory. Salaar is a tions of a masala mass actioner that will draw huge crowds.

Now, trade expert Taran Adarsh has reported that filmmaker Vivek Agnihotri is planning to release The Vaccine War on the same date. He has tweeted about the same. The incidentally, his film The Kashmir Files came with RadheShyam in 2022. We know that RadheShyam tanked badly making losses of Rs 120 crores while The Kashmir



Files grossed close to Rs 295 crores at the domestic and

# Recipes

## **Corn Fritters**



#### Ingredients

420 gm frozen sweet corn

1 tablespoon fresh cream 3 tablespoon 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 eggcorn 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

# Brain food: 5 ayurvedic remedies for strengthening memory



o 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

#### 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, 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



hile 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 which can impair your memory and thinking skills. premature greying. Engage in stress-reducing activities like exercise, meditation, yoga, or hobbies you enjoy to help manage stress

**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



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

Consider supplements: Consult with a healthcare professional to determine if taking supplements like biotin, vitamin B12, vitamin

sider 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

- a) Brazil b) Germany
- c) France d) Spain
- 2. Who won the Wimbledon Women's Singles title in 2021?
- a) Serena Williams
- b) Simona Halep c) Ashleigh Barty
- d) Naomi Osaka

#### 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
- 4. Who won the men's singles title at the US Open
- a) Novak Djokovic
- b) Rafael Nadal c) Roger Federer
- d) Daniil Medvedev
- 5. Who holds the record for the most Grand Slam titles in men's tennis?
- a) Roger Federer b) Rafael Nadal

c) Novak Djokovic

## 6. Which country has won the most Olympic gold

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

## Australian Open in 2021?

- b) Rafael Nadal
- d) Dominic Thiem

## 8. Which team won the UEFA Champions

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

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

## in 2019?

- b) Rafael Nadal
- c) Novak Djokovic
- d) Kevin Anderson

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

- a) Sachin Tendulkar
- c) Rahul Dravid d) Virat Kohli

# Indian Premier League (IPL) held?

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

- b) PV Sindhu

# 14. In which sport did Abhinav Bindra win

- India's first individual Olympic gold medal? a) Shooting
- c) Boxing d) Weightlifting

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

styling your hair.

E, or other hair-healthy supplements may be beneficial for you Embrace your natural hair color: If you're already greying, con-

# d) Pete Sampras

- 7. Who won the men's singles title at the
- a) Novak Djokovic
- c) Roger Federer
- League in 2021?
- d) Diego Maradona

- a) Roger Federer

- b) Virender Sehwag

## 12. In which city was the first edition of the

- 13. Who is the only Indian badminton player to
- have won two Olympic medals?
- a) Saina Nehwal
- c) Jwala Gutta d) Ashwini Ponnappa
- b) Wrestling

#### 4. Novak Djokovic 2. Ashleigh Barty 1. France -Answers:



**TAURUS** 

MAR 21 - APR 20 ing your inner genius.

very early hours, dearest Aries, potentially trigng epiphanies through the dream reali Give yourself plenty of space for introspection especially if you need to unpack a few astra realm encounters.Consider brainstorming later

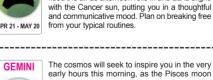
Though your inboxes may be full, you should

also feel particularly plugged into your immediate

environment, helping you make meaningful con-nections with those you encounter. Warmth will flood the air as afternoon rolls in and Luna aligns



You should feel invigorated and ready to wrap up the workweek, dear Libra, as the Pisces moor carries you into the weekend. These vibes are perfect for knocking items off your to-do list, especially when the sun and moon align this afternoon. These vibes can also help you stand out professionally, making it a good time to go SEP 24 - OCT 22 above and beyond.



The cosmos will seek to inspire you in the very early hours this morning, as the Pisces moon blows a kiss to Jupiter. This cosmic climate will prime you to receive messages from beyond, so be sure to note any interesting dreams that occur . Moments of enlightenment may find you as the day comes to a close and Uranus activates, though failing to document new



NOV 23 - DEC 22

relief.

afternoon as Luna blows a kiss to the Cancer sun, bringing a dose of good luck your way, especially when you keep an open heart and trust the universe. Uranus becomes active later tonight, bringing excitement to your love life. The moon continues its journey through watery Pisces, dearest Sagittarius, heightening your ability to feel and understand a prism of feelings. While this energy is perfect for sorting

through your own heart, you will be extra

absorbed in the moods surrounding you, mak-

ing it important that you keep positive company.

Focus on the pursuit of laughter and stress

The Pisces moon and Jupiter share a swee

exchange early this morning, dear Scorpio

helping you wake up feeling restored, elevated

and playful. Good vibes will carry you into the



Your psyche may reveal some truly amazing things in the very early hours, so be sure to recount any significant dreams that took place. Be sure to take a spiritual approach to the day as you continue to move forward, as your ability to connect with your higher self and the divine will be pronounced. A desire to experi ence new things will find you later tonight, making it a good time to research accordingly.

You should feel eager to evolve on your path as

the moon continues its journey through Pisces,

dearest Leo, activating the sector of your chart that governs transformation. You'll have a better

idea of your situation and what the future may

hold when Luna blows a kiss to the Cancer sun.

illuminating hidden truths. Set boundaries when

Uranus becomes active later tonight, giving your-

self space to fully unwind and release stress

ideas may result in losing them.



Big ideas may find you in the dream realms as the Pisces moon blows a kiss to Jupiter, so be sure to note any fantastic voyages you went on while snoozing. You'll feel the love as afternoon rolls in and Luna blows a kiss to the Cancer sun, activating your solar seventh house. Lean into these vibes by getting your flirt on, expressing sweet sentiments, and practicing self-care investing in all things harmonious

You should wake up with a sense of peace and

calm in your heart, thanks to sweet exchange

between the Pisces moon and Jupiter. Good

vibes will continue to flow as the day unfolds and

Luna blows a kiss to the sun, helping you main-

tain a steady pace within your agenda. This energy also promotes the pursuit of wellness, so don't

be afraid to invest in something that might make

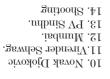
you feel better or life easier



A loving and supportive energy manifests early when the Pisces moon aligns with Jupiter which could lead to pleasant dreams and spiritual epiphanies. Be sure to carry yourself with softness as the morning unfolds, showing your-



The moon continues its journey through your sign forming a sweet connection with lucky Jupiter in the very early hours. This cosmic climate will help you close out the work week on a high note, especially when Luna blows a kiss to the sun this afternoon Use this energy to shine brightly, but don't forget to make plans for the weekend, reaching out to your FEB 20 - MAR 20 besties to formulate an agenda.



9. Miroslav Klose 8. Chelsea 7. Novak Djokovic

6. United States 5. Roger Federer 3. Rajasthan Royals



