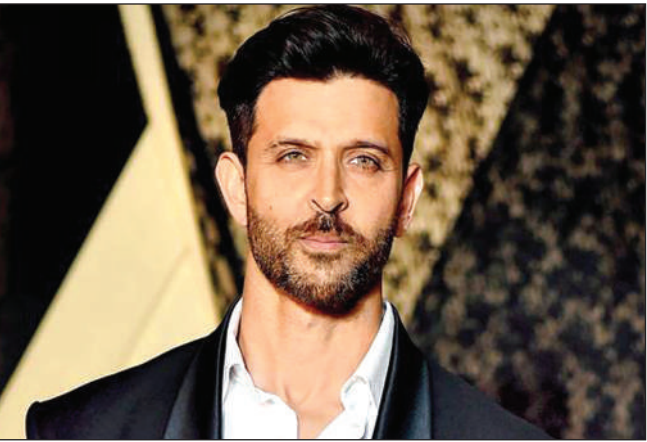


Hrithik Roshan reveals Lord Of The Rings franchise inspired his superhero film Krrish



The father-son duo Hrithik Roshan and Rakesh Roshan has worked together the blockbusters Kaho Naa... Pyaar Hai, Koi Mil Gaya, Krrish and Krrish 3 as director and actor. They are now gearing up for the fourth instalment of the franchise Krrish 4. During his recent media interaction, Hrithik revealed that his superhero franchise Krrish, which was an extension of his 2003 blockbuster Koi... Mil Gaya, has a deep connection with one of the greatest trilogies, LOTR. He walked down the memory lane and shared an incident from the year 2004 when his father Rakesh Roshan rewatched Lord Of The Rings one fine day. "It was in 2004 when my father saw first part of Lord Of The Rings. After finishing the movie, he couldn't help but head to the second part. Post that he put on the third part too for viewing. Yeah he completed the trilogy in a single day back then," Hrithik spoke at the sidelines of a promotional event for the upcoming streaming series The Lord of the Rings: The Rings of Power. He continued, "After completing the film, he called me and we discussed about the grandeur of the film and everything about it in terms of filmmaking, the characters and the setting. Why can't we have subsequent editions to our films? How about we extend Koi... Mil Gaya? That's how Krrish came into being. I have to thank the makers of LOTR for the idea behind the franchise of Krrish." It is being said that Krrish 4 will bring back Jadoo and the makers have also zeroed in on the concept of time travel, which will be the key to its storyline. Previously, a Twitter user had written the plot of Krrish 4 with aliens and time travel in 5 minutes. Hrithik was highly impressed by the Twitter user's imagination and had shared it on his timeline.

Anurag Kashyap reveals the SHOCKING reason why Ranveer Singh was replaced by Ranbir Kapoor in Bombay Velvet



Kathiawadi actress said that she was never rejected, and Ranveer spoke his heart out and said, "I was not rejected, K (Karan Johar). I was unceremoniously dropped because at the time I couldn't justify the budget. My star value wasn't high. But things have changed."

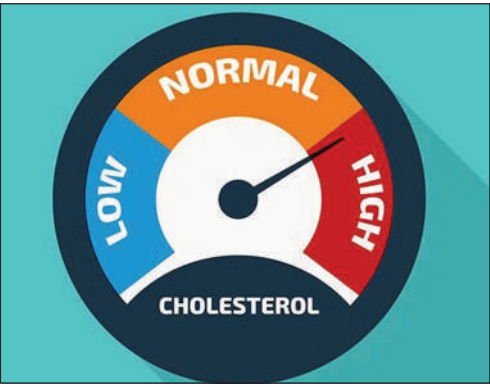
After Arjun Kapoor, Darlings actor Vijay Varma says boycott culture 'has just gone a bit overboard now'



made a mistake by being silent for so long. Our decency was taken as our weakness. We always believe in alet the work speak for itself, all this doesn't matter. We tolerated a little too much. Now people are used to it."

5 ways to lower your cholesterol naturally

High cholesterol is when you have too much cholesterol in your blood. High cholesterol often doesn't show signs, and remains a hidden danger that affects millions of lives. Cholesterol includes good cholesterol called high-density lipoprotein (HDL), bad cholesterol called low-density lipoprotein (LDL), and triglycerides which is a fatty substance similar to bad cholesterol. A blood test can identify if your cholesterol levels are too high. Consult your doctor as untreated high cholesterol can lead to health issues like heart disease, stroke, and diabetes. Here are some lifestyle changes that can help to naturally lower your cholesterol levels for a healthier body.



your ratio of visceral fat which can affect even your liver. If you are overweight, your cholesterol levels will be higher which can negatively affect your arteries and blood vessels. Extra weight can be lost by not going on a crash diet, but committing to a healthy diet consisting of home cooked meals from natural food items. Eat lots of fruits, vegetables, nuts, seeds, whole grains and exercise regularly to lose weight in a healthy manner. Also ensure to drink plenty of water. Quit smoking: Smoking increases the pressure on your heart and your heart rate, compounding the adverse effects of the buildup of cholesterol in and on the artery walls. Researchers have found that quitting tobacco improves HDL cholesterol levels by improving blood circulation and lung function. The good news is that a year after quitting smoking, heart disease risk is cut in half for most ex-smokers. You can start by cutting down on the number of cigarettes you smoke and seek help from friends and family to support you. You can also seek a health professional for guidance. Increase activity and exercise: It's great that you have the luxury to sit for a long time whenever you want. Or maybe it's your work that requires long periods of sitting. Whatever the reason may be, you have to find a way to cut down on your sitting time and increase your overall physical activity throughout the day. Exercise is also extremely important to help reduce your cholesterol levels and you can choose your favourite activities like walking, swimming, cycling, dancing etc. However, it's important that you do not spend the majority of your day on the couch or on a chair. Keep standing and moving every now and then to get the much-needed physical activity.

Anti-aging skincare guide for the most youthful face and neck

Ageing is a tale as old as time and a bitter-sweet part of life. As you grow older and your skin inevitably starts showing signs of aging, it becomes essential to take care of your skin in the most holistic way. The face and neck are two regions that require extra care and precautions as they are made up of finer and more delicate tissues, and are most susceptible to signs of aging. Let us take meaningful steps to keep the skin of your face and neck ever youthful and combat the different signs of aging like wrinkles, fine lines, and patchy skin.



substances on our skin that need to be scrubbed out. Use an effective exfoliant with extracts that help exfoliate your face and neck and remove dead skin cells, leaving your skin clear and flawless. Serums are the secret Serums are abundant in their potential to restore skin cells. Vitamin C serum is known for removing dark spots and patchy skin and providing a youthful glow. Anti-aging serums with Vitamin A help increase the collagen production of your skin which can enhance your skin elasticity. While applying, always be careful to pat the serum into your skin and bring it down to your neck as well. Moisturizing is a must A well-moisturized skin is least likely to fall prey to signs of aging. No matter the weather, your skin always needs added moisture (yes, even if you have oily skin). Find a moisturizer with ingredients to best suit your skin type and moisturize your face and neck by massaging in an upwards direction to help your skin stay tight. Always apply sunscreen Before stepping out of your house, always lather a layer of sunscreen with an adequate amount of SPF. Even if your day doesn't involve intense sun exposure, you must include sunscreen in your AM skincare regime as it has an abundance of benefits.

General Knowledge Question

- 1. In which of the following organs of human body does maximum absorption of food take place? A. Gullet B. Large intestine C. Small intestine D. Stomach
- 2. Human Rights Day is on A. 24 February B. 10 December C. 15 May D. 21 July
- 3. In the last World Cup Hockey Finals in 2002, Germany beat _____ A. Pakistan B. Australia C. India D. Spain
- 4. How much of blood does the normal human heart on each of its contraction pump into the arteries? A. 30 cm3 B. 60 cm3 C. 30 cm5 D. 60 cm5
- 5. Hygrometer is used to measure A. relative humidity B. purity of milk
- 6. India became a member of the United Nations in A. 1945 B. 1947 C. 1959 D. 1960
- 7. India has A. largest turmeric production B. largest tea production C. largest ginger production D. All of the above
- 8. India's first indigenously built submarine was A. INS Savitri B. INS Shalki C. INS Delhi D. INS Vibhuti
- 9. How many medals came into the account of India during the last Commonwealth Games in 2002 at Manchester? A. 32 B. 24 C. 69 D. 16
- 10. If the plane of the earth's equator were not inclined to the plane of the earth's orbit A. the year would be longer B. the winters would be longer C. there would be no change of seasons D. the summers would be warmer
- 11. India played its first cricket Test Match in A. 1922 B. 1932 C. 1942 D. 1952
- 12. India has been represented as a non-permanent member of the Security Council (UNO) during A. 1972-73 B. 1984-85 C. 1991-92 D. All of the above
- 13. How many Lok Sabha seats does Goa have? A. 16 B. 2 C. 11 D. 15
- 14. In Air Force, Air Commodore has one rank higher than A. Squadron Leader B. Air Vice-Marshal C. Group Captain D. Air Marshal
- 1. specific gravity of liquid D. None of the above
- 1. Small intestine 2. 10 December 3. Australia 4. 60 cm3 5. relative humidity

ASTRO SPEAK

- ARIES You may get the sense that something is amiss when you awaken this morning, dear Aries, as the Gemini moon forms a harsh t-square with Mercury and Neptune. Try to be cautious of what or who you trust right now, as deception may hang in the air. Luckily, clarity will find you later in the afternoon when Luna blows a kiss to the Leo sun, illuminating the truth while restoring warmth to your heart.
- LIBRA Though your spirituality can help carry you through some difficult times, dear Libra, finding a balance between logic and intuition may become a struggle this morning when the Gemini moon enters a harsh t-square with Mercury and Neptune. These sentiments will become exacerbated if you've been putting unreasonable expectations on yourself recently, making it a good time to devote yourself to a bit of self-care and relaxation.
- TAURUS Do your best to stay clear of petty drama and mean-spirited gossip this morning, dear Gemini, as the Gemini moon enters Mercury and Neptune. This cosmic climate could also stir up insecurities within yourself, making it important that you try not to worry about what others may be thinking or saying about you. Luckily, the vibe will feel much lighter when Luna connects with the Leo sun this afternoon, helping you stabilize your emotions.
- SCORPIO You won't be in the mood for petty behaviors or jealous gossip today, dear Scorpio, as the Gemini moon forms a t-square with Mercury and Neptune. While this cosmic climate could rile you up enough to confront anyone who has been throwing shade in your direction, you may want to pause to make sure you have the facts straight before saying your piece.
- GEMINI There's a risk you could wake up on the wrong side of the bed this morning, dear Gemini, as the moon continues its journey through your sign while forming a harsh t-square with Mercury and Neptune. Don't feel guilty about shutting down emotionally in order to regroup your heart and mind, but try not to lash out at anyone who seeks your advice or attention.
- SAGITTARIUS Tensions may brew within your closest relationships this morning, dear Archer, as the Gemini moon forms a harsh t-square with Mercury and Neptune. However, miscommunication could be at the root of any hurt feelings you're experiencing, so it may be wise to take a short breather before confronting any issues at play. The energy will intensify later tonight when the moon enters Cancer, opening the door for meaningful interactions.
- CANCER You may feel a bit overstimulated by the people around you this morning, dear Cancer, as the Gemini moon forms a harsh t-square with Mercury and Neptune. This cosmic climate could also curse you with some temporary brain fog, so you may want to start the day with a grounding meditation session. Luckily, you'll return to your senses later in the afternoon when Luna blows a kiss to the Leo sun, helping you feel more at home and accepted.
- CAPRICORN Though you can be one of the more hard-headed members of the zodiac, you may want to consider how you've been closing yourself off to new opinions this morning, when the Gemini moon enters a harsh t-square with Mercury and Neptune. Refusing to change your mind could cause serious issues under this cosmic climate, making it important that you check in with your priorities before burning down bridges.
- LEO You'll feel tempted to dish out some blunt comments or tough love this morning, as the Gemini moon enters Mercury and Neptune. Unfortunately, not everyone will be in the mood to hear your thoughts and opinions, making it important that you choose your audience wisely and try to avoid online debates. Later in the afternoon when Luna blows a kiss to the sun, helping you feel more at home and accepted.
- AQUARIUS Your sense of self could temporarily get shaken up this morning, as the Gemini moon forms a harsh connection in the sky with Mercury and Neptune. These vibes will be particularly problematic if you haven't been dedicating enough time to self-care and self-love, making it a good time to prioritize your needs while sorting through your feelings.
- VIRGO You may struggle with people not respecting your boundaries this morning, dear Virgo, as the Gemini moon enters a harsh t-square with Mercury and Neptune. This cosmic climate could be particularly challenging for your romantic life, especially if you haven't felt entitled to privacy recently. You'll be in the mood for meaningful connections.
- PISCES Controlling your emotions may feel like a tall order this morning, dear Pisces, as the Gemini moon forms a harsh t-square with Mercury and Neptune. These vibes will be particularly problematic if you haven't been dedicating enough time to self-care and self-love, making it a good time to prioritize your needs while sorting through your feelings.