

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 to 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

On Karan Johar's show Koffee With Karan 7, Ranveer Singh revealed how he was rejected by the industry people at that time and how he is working with the same people. Calling the industry weird, Anurag told Pinkvilla how after a very long time Ranveer revealed that he was offered the movie and was dropped from the project as he would not be able to generate enough money. "Interestingly, he is making movies with the very same people from the industry. So it's not like that. This industry is a weird place." When Ranveer revealed about being replaced with Ranbir Kapoor in Bombay Velvet, Karan Johar received a backlash for nepotism and promoting star kids in the industry. But no matter what, talent makes its way and the classic example is Ranveer and Deepika Padukone. In the show, Ranveer and Alia Bhatt both were asked if they were ever rejected for any role, to which the Gangubai



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'

Arjun Kapoor has been facing the wrath of netizens for his statement on the ongoing boycott Bollywood trends on social media. He had said that the industry has tolerated it a lot and people have made it a habit adding that it is now time to unite against such boycott trends. After Arjun faced massive flak for his statement, Darlings actor Vijay Varma has now said that the cancel culture has gone overboard.

"It can scare you. It has just gone a bit overboard now. I feel something that you said 10 years ago could have been objectionable, and made a few people raise their eyebrows. It could be a prevalent exercise at that time, but in today's times, it is no longer frowned upon. I feel you cannot be cancelled for something like that," Vijay told

Irked with Arjun's comments, the Home Minister of Madhya Pradesh Narottam Mishra called the Bollywood personality a "flop actor". During a press event, Mishra said that "instead of threatening people, Arjun Kapoor should rather focus on his acting." Earlier, in an interview with Bollywood Hungama, Arjun Kapoor had said, "I think we



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."

Recipes

Satrangi Sabzi



Ingredients

1 medium capsicum (green pepper)
1 medium eggplant/brinjal
1/2 cup peas, 1 cup chopped cauliflower
1 teaspoon cumin seeds, 1 teaspoon garlic paste
1 teaspoon coriander powder, 1/2 teaspoon turmeric
1/2 teaspoon garam masala powder
1/2 cup yoghurt (curd), 1/4 cup water
2 large carrot, 1 cup tomato puree
2 small potato, 2 tablespoon vegetable oil
1/4 teaspoon asafoetida,
1 teaspoon ginger paste
1 teaspoon dry mango powder;
1/2 teaspoon red chilli powder
1/2 teaspoon fennel seeds, salt as required

Method:

Firstly chop the veggies as per your choice and keep them aside. Add oil to a pan. Add cumin seeds and asafoetida. Let them sputter for a minute. Then add ginger-garlic paste.

Now add tomato puree and mix. Cover the lid and let it cook for 5-6 minutes. Keep stirring in between.

Now add all the veggies and give a proper mix. Add 1/4 cup water and let it cook for five minutes.

Now add turmeric, coriander powder, dry mango powder, red chilli powder, garam masala, fennel seeds and salt. Mix well and let it cook for 10-15 minutes.

Lastly, add the curd and mix well. Cook for the final 4-5 minutes and switch off the flame. Serve with raita and chapati.

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.

Eat a healthy diet: It's definitely easy to say and hard to follow, but then the hard work is worth it, and in case of high cholesterol - essential. There are plenty of natural foods which can help to reduce your cholesterol levels. Along with these, cut down all processed foods, especially those with too much salt and sugar. Soluble fiber found in oatmeal, kidney beans, apples, and Brussels sprouts reduces cholesterol absorption in the blood. Whey protein from dairy products can lower LDL and total cholesterol. Food rich in omega-3 fatty acids, such as salmon, walnuts and flaxseed are also great for healthy heart tissue and blood vessels.

Reduce alcohol consumption: Yes, it looks cool to drink alcohol and probably all your friends drink it. Especially if you are going to a party, is there even a party possible without booze? But, you have got to rise above what looks good and what truly is good. You need to choose what really matters - your health or peer pressure?

Lose weight: This is essential if you are overweight or obese. Carrying extra weight, especially around the abdomen, increases

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



Aging 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.

Cleansing is crucial

The skin goes through a rollercoaster every day. Dust, oil and grease tend to accumulate on your skin and deep in your pores making them susceptible to blackheads, pimples, open pores and much more. Cleansing twice a day and refreshing the skin is a must. Do not forget your neck!

Toner' it down

Cleansing tends to open your pores in order to get all the excess gunk out. Use a pH level balanced toner to help close your pores and secure them. This will help tighten your pores and enhance your skin's overall smoothness.

Scrub, scrub, scrub

Often times cleansing alone does not cut it. As we live our lives and make memories, we acquire foreign

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

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?

C. specific gravity of liquid
D. None of the above

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 Shakti
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

ASTRO SPEAK



ARIES
MAR 21 - APR 20



LIBRA
SEP 24 - OCT 23



TAURUS
APR 21 - MAY 20



GEMINI
MAY 21 - JUN 20



CANCER
JUN 22 - JUL 23



LEO
JUL 24 - AUG 23



LIBRA
AUG 24 - SEP 23



SCORPIO
OCT 23 - NOV 22



SAGITTARIUS
NOV 23 - DEC 22



CAPRICORN
DEC 23 - JUL 20



AQUARIUS
JAN 21 - FEB 19



PISCES
FEB 20 - MAR 20

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.

You won't be in the mood for