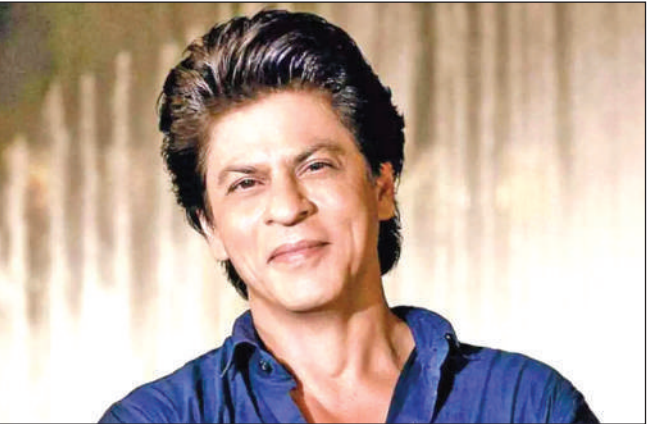


Dunki: Shah Rukh Khan jets off to London for next schedule of Rajkumar Hirani film co-starring Taapsee Pannu; netizens in awe of his 'King' vibes



Shah Rukh Khan has left the country for the overseas schedule of Dunki. The Rajkumar Hirani film also stars Taapsee Pannu. The actor was spotted at the Mumbai airport a couple of hours ago. Shah Rukh Khan was seen in a casual look. He wore denim, a black tee and a long jacket. His uber-cool sneakers grabbed the attention of the masses. Shah Rukh Khan had dishevelled hair and a black face mask too. He hid his face from the ongoing flashes as the paparazzi captured him in their lenses.

Shah Rukh Khan will be shooting for the new schedule of Dunki in Budapest and London, as per the reports that had surfaced earlier. Dunki is a Rajkumar Hirani film based on the Donkey Route used by the Indians to immigrate to countries like USA and Canada. The film also stars Taapsee Pannu and Boman Irani, as per IMDB. As per the reports, the London and Budapest's of Dunki about month-long one. Coming back to the video, fans couldn't get enough of Shah Rukh Khan and his casual avatar. He dished out 'King' vibes even with his casual look.

Shah Rukh is finally back into action mode after the debacle of Zero. Apart from Rajkumar Hirani's Dunki, he has Pathaan with Deepika Padukone and Jawan with Atlee on which he is working simultaneously. Talking about his professional commitments, Pathaan is a film by Siddharth Anand. Apart from SRK and Deepika, the film also stars John Abraham. On the other hand, Jawan, the Atlee movie stars Nayanthara in the lead. The film is said to have a cameo appearance of Thalapathy Vijay. Moreover, it is being said that YRF will bring together Tiger aka Salman Khan and Pathaan aka Shah Rukh Khan and create a huge action verse.

Shamshera: Ranbir Kapoor, Sanjay Dutt, Vaani Kapoor starrer's run time, censor certification and total number of cuts REVEALED



Blazing guns, sprawling vistas, rustic environs, gritty undertones and Ranbir Kapoor and Sanjay Dutt locked in an intense cat-and-mouse game. The

Shamshera trailer was as fitting a tribute as one could've hoped for to the almost forgotten, glorious days of Bollywood's dacoit drams, also known as curry westerns, made famous by Sunil Dutt and Dharmendra.

The pre-Independence struggle gives YRF's Shamshera trailer an added flavour to savour. All in all, this one screams big-screen entertainment. Besides Ranbir Kapoor and Sanjay Dutt, Shamshera also stars Vaani Kapoor: It's directed by Karan Malhotra of the Agneepath remake fame.

Shamshera has now passed through the usual grind of the censor board, with a little more than a week to go for its release. So, what sort of censorship rating has the CBFC given the Ranbir Kapoor, Sanjay Dutt and Vaani Kapoor starrer and how many cuts has it got? Well, all you Ranbir Kapoor fans and Sanjay Dutt fans will be glad to learn that Censor Board of Film Certification in India has afforded the Karan Malhotra directorial a 'UA' censor certificate, and on top of that, not a single cut has been asked of the the Yash Raj production. The film also marks Ranbir's comeback to the big screen after a gap of 4 years.

Bedhadak: Shanaya Kapoor's Bollywood dream to remain a dream as Karan Johar postpones her debut film indefinitely?

It looks like the big Bollywood dream of Shanaya Kapoor, daughter of Sanjay Kapoor and Maheep Kapoor, will remain a dream for some time as Karan Johar has reportedly postponed her debut film Bedhadak indefinitely or shelved. While an official confirmation is still awaited, it remains to be seen if Bedhadak will meet the same fate as Dharna Productions previously announced films such as Takht and Dostana 2.

In March, Karan Johar announced the feature film debut of Shanaya Kapoor along with two newcomers Gurfateh Pirzada and Lakshya in their debut roles. The first-look posters of the film, which is to be directed by Shashank Khaitan, were also released by the Dharna Productions Instagram handle. The movie was supposed to be released in July 2022, however, there has been no update on the film whatsoever. Shanaya has been preparing for the film before it went on the floor.

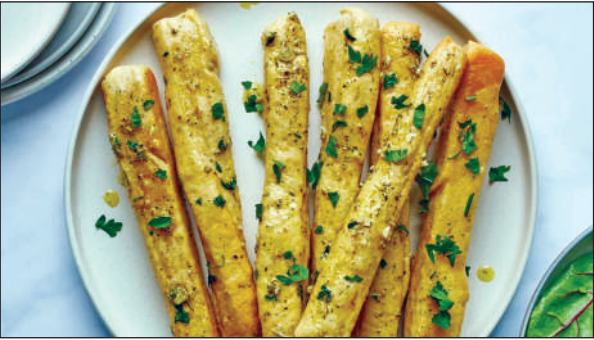
Before her debut film, Shanaya worked as an assistant director on the Jhanvi Kapoor starrer Gunjan Saxena to



understand filmmaking and how film sets function.

Recipes

Garlic Breadsticks



Ingredients

- 1/2 teaspoon dry yeast, 1 cup refined flour
- 1/4 teaspoon powdered black pepper
- 1 tablespoon virgin olive oil
- 6 garlic
- 2 tablespoon oregano
- 1/2 teaspoon powdered sugar
- 1 teaspoon garlic paste
- salt as required
- 4 cheese cubes

Method:

Add 1/4 cup water in a bowl. Add yeast and powdered sugar. Mix well and let it soak completely. Add flour to a bowl. Now add black pepper powder, salt, garlic paste and yeast mixture. Add water as per need to prepare a dough. Knead well to prepare a smooth and soft dough. Add olive oil and again knead it. Cover it with a cling film and set it aside for 30 minutes. Now take the dough and roll it out using your hands to make a large chapati. Avoid using a rolling pin, instead, do it with your hands. Use corn meal to dust the rolled out chapati properly. Now sprinkle some oregano all over the disc. Add chopped garlic cloves and grated cheese. Fold the disc in half to create a half-moon. Seal the edges by pressing down with a fork. Make long cuts on the prepared half-moon using a knife. This will make it easier to cut the garlic bread after baking it. Place the half-moon on a greased baking tray. Bake it at 250 degrees C for 15 minutes. Now cut the bread into long pieces. Garnish the breadsticks with oregano and serve.

Beat the monsoon stickiness with these easy skincare and make-up tips



This season is a host to excessive humidity which can be harsh on the skin causing greasiness & acne. And, monsoon calls for extra skin care. We got in touch with Beauty Content Creator- Anjani Rambhuj to share some valuable tips to retain your glow and slay your day with a seamless make-up look, this sticky season!

Quick Tips: Wash your face at least 2-3 times a day. Switch to gel-based moisturisers. Ice massage once/twice a week. Avoid using foundation. Use tints for blush. Scrub your face to exfoliate dead skin. Refrain from using eye-liners or kajal. Use only waterproof mascara.

My morning routine:

Face Wash: This is the most underrated yet extremely important step for deep cleansing of the skin. Washing your face promotes blood circulation and hydration of the skin in the facial area.

Toner: You can't miss this step. Use a toner while your skin is moist to add extra freshness to your face. It can work wonders by

balancing the pH level and adding a layer of protection from environmental impurities and toxins.

Hyaluronic & Vitamin C serum: Applying hyaluronic & vitamin C serum is essential for the skin during the day for protection from UV rays. It also helps to avoid premature skin ageing, brightens dark spots, exfoliates the skin, reduces skin pigmentation, and makes the face look stress-free.

Moisturiser: Make-up can cause dryness which can cause the make-up to look cakey and patchy. Say no to cream-based moisturisers and opt for gel-based moisturisers since they seep into the skin easily and do not cause oiliness and avoid dust from sticking to the skin.

SPF: Even if it is cloudy or raining, the sun is still out there and your skin still needs protection from the sun. Apply a decent amount of sunscreen that suits your skin type and only then step out to avoid premature ageing, tanning, dullness, and skin damage.

Make-up Regimen:

Concealer: Yes, you read it right, concealer. You can skip foundation to avoid heaviness, greasiness, and oiliness. You can use the concealer on some parts or the entire face as per the requirement.

Blush: You can add a little blush using a cheek tint for a soft and seamless texture. Tints are lighter and more natural-looking as compared to powdered blush.

Eyes: Avoid doing eye makeup as it can smudge if exposed to water. You can simply apply waterproof mascara. Avoid any type of kajal or liner as they wear off or smudge easily ruining your whole makeup.

Lips: Finish your look with a lipstick layering over the base of a lip balm to keep your lips away from drying.

Occasionally pampering your skin and following a good skincare routine can not only help your skin look fresh and glowy but also can protect you from harmful skin infections during this season.

Food items to eat for preventing high cholesterol levels



Our body needs cholesterol to build healthy cells, but high cholesterol levels can increase the risk of severe health conditions such as heart diseases. Cholesterol is of two main types-- low-density lipoprotein (LDL) which is the bad cholesterol, and the other one is high-density lipoprotein (HDL), which is the good cholesterol.

High cholesterol can develop fatty deposits in your blood vessels. If appropriate steps are not taken, these deposits will grow and can block the blood flow in the arteries. Sometimes, these deposits can form a clot that causes a heart attack or stroke.

Role of diet in cholesterol

Your diet has a powerful effect on your cholesterol levels. If you want to lower the level of low-density lipoprotein (LDL) cholesterol naturally, then you need to incorporate a variety of healthy and nourishing foods in your daily diet and prevent yourself from buying, stocking or

eating packaged and processed food. This natural way of lowering cholesterol is healthy as unlike taking medication, it avoids the risk of any side effects. Here are some foods which you must add to your daily diet, even better, by replacing the unhealthy junk items from your diet.

Oats and barley

Whole grains such as oats and barley are high in a type of soluble fibre called beta glucan which decreases the amount of cholesterol absorbed into your system. A review of 45 studies found that consuming three servings of whole grains daily is linked to a 20% lower risk of heart disease and stroke. It gets better if you increase it to seven servings of whole grains per day. You can create a wholesome oatmeal breakfast for a healthy start to your morning and even include vitamin-rich fruits and berries to enhance flavour and nutritional value.

Nuts

Nuts, such as almonds and walnuts, can be included in your daily diet as your morning snack or evening snack. These are full of nutrients and high in monounsaturated and polyunsaturated fats which are great for heart health and regulating blood pressure. Regular consumption of two ounces of nuts can reduce LDL by about 5%. Eating a daily serving of nuts is linked to a 28% lower risk of heart diseases.

Avocados

Avocados have cholesterol-lowering effects, which is backed by several clinical studies. This is because they're a rich source of monounsaturated fats and fiber. According to research, those who are overweight can lower their LDL cholesterol levels by including one avocado per day in their diet, compared to those who don't eat avocados. You can eat slices of avocado or add it to salads and sandwiches.

General Knowledge Question

1. Which of the following statements are correct regarding respiration in plants?

- I. Respiration is the process of releasing energy from food.
- II. Respiration takes place individually in all parts of the plants like stem, roots, leaves etc.
- III. The rate of respiration is slow in plants whereas it is faster in humans and animals.

Select the correct answer from the codes given below:

- A. I and III are correct
- B. I and II are correct
- C. I, II and III are correct
- D. None of the above

2. Name the process through which much needed oxygen is supplied to all the cells of the plants?

- A. Diffusion
- B. Endosmosis
- C. Exosmosis
- D. Photosynthesis

3. Due to Water logging:

- A. An air is expelled from in-between the particles of soil.
- B. Oxygen becomes unavailable to the roots of the plants.
- C. Plants respire anaerobically which produces alcohol and kill them.
- D. All the above are correct.

4. Respiration in Plants takes place through:

- A. Stomata
- B. Lenticels

- C. Both A and B
- D. Only A

5. Consider the following statements:

- A. Respiration takes place both day and night.
- B. Photosynthesis occurs during day time only.
- C. Both A and B are correct.
- D. Neither A nor B are correct.

6. Some plants store waste in their fruits in the form of solid bodies called:

- A. Raphides
- B. Lenticels
- C. Stomata
- D. Resins

7. Various methods used by plants to get rid of their waste products are:

- I. Gaseous waste through stomata and lenticels.
- II. Stored solid and liquid waste by shedding leaves, peeling of bark and falling of fruits.
- III. By secreting waste in the form of gum and resins.

Which of the following statements is/are correct?

- A. I and II are correct.
- B. II and III are correct.
- C. I and III are correct.
- D. I, II and III are correct.

8. Name the waste products secreted by Plants?

- A. Carbon Dioxide
- B. Oxygen
- C. Water Vapour
- D. All are correct.

9. Which of the following statements is/are correct?

- I. The net gaseous exchange in leaves at night is, oxygen diffuses in and carbon dioxide diffuses out.
 - II. Net gaseous exchange during day time is, oxygen diffuses out and carbon dioxide diffuses in.
- Select the correct answer from the codes given below:

- A. Only I is correct.
- B. Only II is correct
- C. Both I and II are correct.
- D. Neither I nor II is correct.

10. Name an extension of the epidermal cells of a root which is in direct contact with the soil?

- A. Root Hairs
- B. Internodes
- C. Bundle Scars
- D. Pith

11. The process of removal of toxic wastes from the body of an organism is called:

- A. Transport
- B. Respiration
- C. Excretion
- D. Nutrition

12. The movement of a plant part in response to light is called:

- A. Phototropism
- B. Geotropism
- C. Chemotropism
- D. Hydrotropism

ASTRO SPEAK

ARIES



MAR 21 - APR 20

The Capricorn full moon manifests just before noon today, dear Aries, bringing shifts to your professional and home life. The energy right now will be unpredictable, thanks to a connection to wildcard Uranus. Luckily, new opportunities may be on the table, though you'll likely need to let go of certain areas of your life in order to make room for such changes.

TAURUS



APR 21 - MAY 20

There will be plenty of mystical energy for you to play in today, dear Taurus, as the Capricorn full moon illuminates the sector of your chart that governs spirituality. This is a great time for reconnecting with your zen side, even if the vibe is charged. Try not to take it personally if your loved ones feel closed off, as everyone will internalize this cosmic climate differently.

GEMINI



MAY 21 - JUN 20

Foundations may crumble for you today, dear Gemini, as the Capricorn full moon activates your solar eighth house. This luminary placement will act as a giant bulldozer, pummeling through any people or situations that are no longer serving your best interests. Try not to hold onto toxic people or environments that leave you feeling depleted, and direct your focus toward positive influences.

CANCER



JUN 22 - JUL 23

New pathways could open up within your love life today, dear Cancer, as the Capricorn full moon activates the sector of your chart that governs matters of the heart. A flirtatious text exchange could easily evolve into something bigger right now, so make sure you're using discernment around who you're showing affection. Luckily, a helping hand from Saturn can bring you back to earth, as long as you don't allow yourself to be carried away by fantasy.

LEO



JUL 24 - AUG 23

Your body will feel the effects of your lifestyle choices today, darling Leo, as the Capricorn full moon illuminates your solar sixth house. Use the energy of this powerful luminary event to finally cut ties with unhealthy habits, especially if your energy levels have been suffering. Meanwhile, a flirtatious energy can help elevate your mood, thanks to a sweet connection between Venus and Saturn.

VIRGO



AUG 24 - SEP 23

You'll rely on your friends for emotional fulfillment and support as the Capricorn full moon activates the sector of your chart that governs friends, flings, and fun. Use the momentum of this cosmic climate to indulge your whims as the stars give you permission to blow off some steam. Unfortunately, relinquishing control may feel a bit unnatural.

LIBRA



SEP 24 - OCT 23

The temptation to hole up at home will be real today, sweet Libra, as the Capricorn full moon activates your solar fourth house. Emotional overstimulation and low energy levels could come into play for you right now, especially if you've been dealing with elevated stress levels or perusal drama recently. Knowing who you are at a core level can help you escape any intense vibes lingering in the air right now, and creative outlets will feel particularly healing.

SCORPIO



OCT 23 - NOV 22

You'll have an opportunity to open up about your past as the Capricorn full moon illuminates the sector of your chart that governs communication. These vibes are perfect for lowering your guard with someone special, especially if you're hoping to bring more depth to your connection. This cosmic climate will provide a unique environment, allowing you to reveal your emotions in a controlled manner.

SAGITTARIUS



NOV 23 - DEC 22

Don't be afraid to collect on old debts or favors owed today, dear Archer, as the Capricorn full moon activates your solar second house. A connection to the south node implies that it's time to tie up loose ends, especially regarding money or business exchanges. Luckily, speaking firmly yet compassionately will come more easily right now, as Venus and Saturn align in the sky.

CAPRICORN



DEC 23 - JUL 20

Take a moment this morning to ask yourself how you would like to spend the day. This luminary event will encourage you to follow your whims, giving you permission to prioritize your personal agenda above all else. Meanwhile, a sweet connection between Saturn, your planetary ruler, and Venus will inspire you to check in with your body, making lifestyle choices that can help improve your health.

AQUARIUS



JAN 21 - FEB 23

You'll be selective of who you surround yourself with today, as the Capricorn full moon activates your solar twelfth house. This cosmic climate will inspire you to take a much-needed mental health break, hiding away from anyone or anything that rubs you the wrong way. Meanwhile, a sweet alliance between Venus and Saturn will remind you of who your true friends are, encouraging you to spend time with your nearest and dearest.

PISCES



FEB 20 - MAR 20

Finding friends who share your political or social values can bring you healing as the Capricorn full moon manifests in the sector of your chart that governs community. Use the energy of this cosmic climate to gather with like-minded individuals, taking action toward the future you envision. Unfortunately, you may feel emotionally depleted, thanks to a harsh connection between Venus and Neptune.