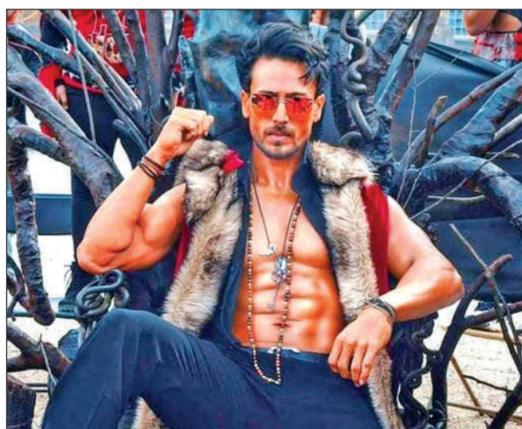


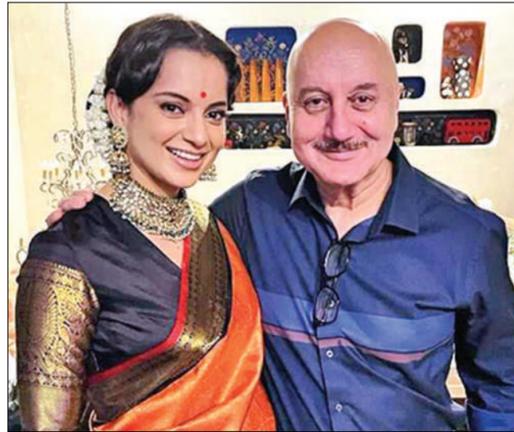
Tiger Shroff all set to roar at the box office with back-to-back films across genres



Tiger Shroff is undoubtedly India's youngest action superstar and has continued to be in the headlines for several reasons. The superstar, who has been setting benchmarks in the industry with his actions and skills, is on roll with back-to-back massive and large-scale projects in his kitty, and Tiger is ready to transit his commanding screen presence in characters of various genres. At present, Tiger Shroff is working on a number of projects, and will be shooting for several projects that are backed by the top production houses and helmed by some of the most prominent filmmakers. Talking about his future line-up, Tiger Shroff has a big release this year with Pooja Entertainment's Ganapath Part One. The film, backed by Pooja Entertainment, is said to be a futuristic action film where Tiger will be seen in a never-before-seen avatar doing some deadly actions. The film is helmed by Vikas Bahl, and it also pairs Tiger with Kriti Sanon and will release in October this year. Following the release of Ganapath, Tiger Shroff will again reunite with Pooja Entertainment for the massive budget actioner Bade Miyan Chote Miyan, helmed by filmmaker Ali Abbas Zafar, presents Tiger Shroff as the lead actor and co-stars Akshay Kumar. The film will release pan-India during Eid next year. Besides this project Tiger was also in discussion with Siddharth Anand for a long time about an action adventure film, Rambo, and Siddharth is planning to kick off the film with Tiger Shroff next year.

Kangana Ranaut starrer Emergency to sweep all awards next year, claims Anupam Kher

While Kangana Ranaut's directorial debut Emergency left the audiences with a huge impact with its teaser, audience has been eager to see more glimpses of it. And now ahead of its release on 24th November, one of the actors in the film, Anupam Kher has made a big claim about the period drama. Recently, Anupam shared at an award function that the film will be the biggest hit of 2023. He even went on to declare that the film will bag all the awards next year. At an award show recently, Anupam said, "After working on Kangana's film I am sure that next year Emergency will sweep all awards at all the functions. Kangana has done a fabulous job in the film as a director and an actress. I urge people not to make any expectations because no amount of expectations are enough with Emergency it will surpass even the highest of them." Kangana Ranaut's film is one of the much awaited in the lineup of new movies set for a release in 2023 and 2024.



Kartik Aaryan to get married by end of 2023?

Kartik Aaryan and Karan Johar are together at the Indian Film Festival of Melbourne. The actor has been crowned as the Rising Indian Global Superstar at the event. Filmmaker Karan Johar and he posed together at the event. Fans are surprised seeing how the two are bonding slowly. As we know, there were rumours of how the filmmaker was fuming over how Kartik Aaryan kept Dostana 2 in a limbo. Later, the movie got shelved. Kartik Aaryan and Janhvi Kapoor had done a schedule in Punjab as well. It was reported that Karan Johar faced losses upto Rs 20 crores for Dostana 2. Kartik Aaryan and Karan Johar are together at the event. Karan Johar in the video is jokingly saying that the young superstar is tying the knot before the end of 2023. He also says that a big wedding would be amazing. He also praises Kartik Aaryan for Satyaprem Ki Katha. He says it was an amazing film, and made everyone emotional. He also wished Kartik Aaryan for an even greater career. He said he hoped the force would be with him. Karan Johar might have joked after the young superstar got a marriage proposal from a fan in Melbourne.



Recipes

Satrangi Sabzi

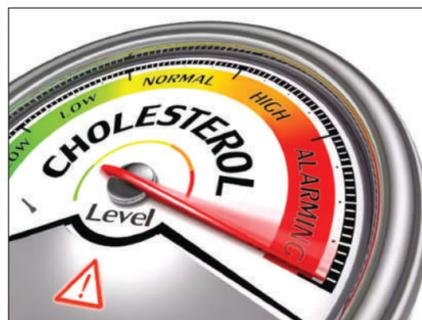


Ingredients
 1 medium capsicum (green pepper)
 1 medium eggplant/brinjal
 1/2 cup peas, 1 cup chopped cauliflower
 1 teaspoon cumin seeds, 1 teaspoon garlic paste
 1 teaspoon coriander powder, 1/2 teaspoon turmeric
 1/2 teaspoon garam masala powder
 1/2 cup yoghurt (curd), 1/4 cup water
 2 large carrot, 2 cup tomato puree
 2 small potato, 2 tablespoons 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 splutter 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.



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.

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?

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

Anti-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.



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.

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

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 Answers

- For which among the following is not a true fruit?
 A. Apple
 B. Date
 C. Grape
 D. Plum
- Which of the following is least infectious?
 A. leprosy
 B. hepatitis
 C. tuberculosis
 D. conjunctivitis
- Which of the following is not a mosquito borne disease?
 A. Dengue fever
 B. Malaria
 C. Sleeping sickness
 D. Filariasis
- In certain amino acids, which one of the following elements is found in addition to carbon, hydrogen, nitrogen and oxygen?
 A. Phosphorus
 B. Zinc
 C. Calcium
 D. Sulphur
- Among the following elements, which one is essential for the transmission of impulses in the nerve fibre?
 A. Calcium
 B. Iron
- Sodium
 D. Zinc
- The vitamin which is very liable and easily destroyed during cooking as well as storage is
 A. Vitamin A
 B. Vitamin B6
 C. Vitamin C
 D. Vitamin K
- The compound used in anti-malarial drug is
 A. Aspirin
 B. Neoprene
 C. Isoprene
 D. Chloroquin
- Which of the following is a skin disease?
 A. Anaemia
 B. Pellagra
 C. Osteomalacia
 D. Rickets
- The richest source of vitamin D is
 A. Cod liver oil
 B. Spinach
 C. Milk
 D. Cheese
- Which of the following tests helps in diagnosis of cancer?
 A. X-ray
 B. Urine test
 C. Blood test
 D. Biopsy test
- Which one of the following is an enzyme?
 A. Glucagon
 B. Insulin
 C. Somatotropin
 D. Trypsin
- Which vitamin is provided by sunlight to the body?
 A. Vitamin A
 B. Vitamin B
 C. Vitamin C
 D. Vitamin D
- The deficiency of which of the following leads to dental caries?
 A. Iron
 B. Copper
 C. Fluorine
 D. Zinc
- Healing of wounds is hastened by vitamin
 A. A
 B. E
 C. C
 D. K
- Which of the following diseases is caused by the bite of a mad dog?
 A. Hydrocele
 B. Hydrophobia
 C. Hydrocephalus
 D. Hydroperitoneum

- Answers: 1. Plum, 2. leprosy, 3. Sleeping sickness, 4. Sulphur, 5. Calcium, 6. Vitamin C, 7. Chloroquin, 8. Pellagra, 9. Cod liver oil, 10. Biopsy test, 11. Trypsin, 12. Vitamin D, 13. Typhoid, 14. C, 15. Hydrophobia

ASTRO SPEAK

- ARIES** (MAR 21 - APR 20) The actions of other people could be very unpredictable today, so you need to be prepared for anything. And while this day may test your flexibility and patience, it will still be quite enjoyable. You like it when things are interesting, and unpredictability is part of the price you pay for "interesting." One of your friends might have an intriguing opportunity for you, but you need to have them explain things in more detail before you say yes.
- LIBRA** (SEP 24 - OCT 23) You could feel a magnetic pull toward a person you've never met before. Resist the urge to cyber-stalk this person, but do keep an eye on them. There is a reason that they interest you, and if you can't figure out what it is, you need to get more information in order to do so. You've been waiting for someone to show you a better way of being with people.
- TAURUS** (APR 21 - MAY 20) You could be on a somewhat solid financial footing right now, although it wouldn't hurt to have a few more coins in your coffers. Put a little more effort into conserving more of your funds. The easiest way to do that is to cut out any luxury treats. Drink tea instead of some fancy coffee. And don't leave your credit cards near your computer. You'll be less likely to succumb to that must-have item you see online.
- SCORPIO** (OCT 23 - NOV 22) There's no sense in hurrying to get things done today. It will only result in you wasting your energy. Sometimes it's easy to confuse being busy with getting things accomplished, but you need to keep your focus on what needs to happen today, not on what you would like to have happen tomorrow. Let that take care of itself. Try to work on the social aspect of your life a little bit more intensely. There are goals that you haven't met yet.
- GEMINI** (MAY 21 - JUN 20) You know some pretty fascinating people, but you may not have seen them in a while. Why not try to figure out a way to get together online? Enjoy a virtual happy hour or meal, sing some tunes, or engage in an impromptu workout and encourage one another. There are lots of ways to stay connected if you use that creative brain of yours!
- SAGITTARIUS** (NOV 23 - DEC 22) Fire up your laptop and start a spreadsheet, because you need to stay on top of all the details that will be flying at you today! You can't afford to let any numbers, names, or dates fall through the cracks. Take nothing for granted. Avoid the gray area in your life. Make people commit to yes or no. Your life needs to be all about black-and-white facts right now. This will enable you to get more focused and reduce the drama in your life.
- CANCER** (JUN 22 - JUL 23) No one sees things quite like you do, and more and more people are starting to enjoy your take on the world. Some of your ideas might leak out in an unconscious act on your part, and it might make you nervous. But even if you aren't quite ready for people to know about them, you could be pleasantly surprised by the fact that these people really dig your ideas! Get used to getting more attention.
- CAPRICORN** (DEC 23 - JAN 20) Even if you don't have a sweetheart right now, this day could be full of romance for you! If you're not going to be falling in love with another person all over again, you'll be falling in love with yourself all over again, which might feel ten times as sweet. You're a wonderful person, and even if there's no one in your life right now to remind you of that fact, you can remind yourself. It's a nice, powerful feeling to tell yourself how special you are.
- LEO** (JUL 24 - AUG 23) It's time to get social! You put lots of effort into your professional life, and now you need to start putting just as much effort into your personal life, too. Your mission is to accept any and all invitations you get without hesitation, no matter how unexciting they might sound. You are definitely one of the celebrities in your social circle right now, so you need to take advantage of the spotlight while you have it.
- AQUARIUS** (JAN 21 - FEB 23) Try to put yourself in a situation where you could be rejected, or at least come out with less than you put in. You shouldn't do anything too silly, like spend your life savings on lottery tickets, but you should do something a little daring. Maybe it's time to call that certain someone, try out a trendy new fashion look, or try your hand at fixing a complicated gourmet dinner.
- VIRGO** (AUG 24 - SEP 23) Are you looking forward to being able to travel again? You should be! Stay optimistic about the current situation and don't worry about all the details yet. You'll be exposed to a lot of new things that will amuse you, shock you, and, most of all, educate you! So you'll want to take notes and lots of pictures. You'll want to remember your trip for a long time, so start planning it!
- PISCES** (FEB 20 - MAR 20) Try to use a form of communication that is a little out of the ordinary today. Telephone calls, letters, even e-mails are just so old school! You'll get your message across—whatever it is—a lot more effectively if you use some creativity, especially if you're trying to get your feelings across to a potential new sweetheart. Use beautiful words in a poetic sense to let them see into your heart.