

Rashmika Mandanna is sure Animal with Ranbir Kapoor will be a huge hit, here's why



National Crush Rashmika Mandanna has a fortunate connection with the month of December, with as many as 4 films, including her debut with the Kannada film, Kirik Party, Pushpa: The Rise, Chamak and Anjani Putra. All of Rashmika's films released in the month, have been showered with love from the audiences and critics alike. Now, considered as the heart and soul of Animal, the actress poised to captivate audiences once again in the month of December, with the Sandeep Reddy Vanga directorial. Talking about the same, the actress says "The month of December has always been a lucky month for me. Starting from my debut with Kirik Party to Pushpa, Chamak, Anjani Putra, I have received immense love for all my movies that released in the month. Animal is going to be my 5th film that's now releasing in December, and I'm really thrilled about it." Spilling beans about her character in 'Animal', "I'm eagerly waiting to see what audiences have to say about the movie and the character I'm essaying. It's a very different role for me, something I'd have never imagined myself doing before. So I am very excited to see what fans and critics have to say!" The stars align in December for Rashmika, who experienced her debut film 'Kitty Party' hitting theaters on the 31st, followed by the game-changing 'Pushpa' on December 17th. Now, as the calendar turns, it's 'Animal's' turn to take the stage, reaffirming her special bond with this remarkable month. On the other hand, Rashmika who's running a choc-a-bloc schedule currently is all set to now resume the 2nd schedule of the much awaited 'Pushpa: The Rule' this month. She also has 'Rainbow' and 'Animal' set to hit the theatres soon.

Thank You For Coming: Bhumi Pednekar aces a 'tough role', shares why the film is special

Bollywood actress Bhumi Pednekar's upcoming chick flick, Thank You For Coming will represent India at the Toronto Film Festival this year. The 2023 edition of the Toronto International Film Festival is scheduled to take place in Toronto from 7th September to 17th September 2023. The film festival has carved a niche for itself as a global platform that celebrates cinematic diversity and creativity and presents the best of cinema from across the globe.

This year the spotlight is set to shine brightly on Bollywood actress Bhumi Pednekar as her upcoming chick flick, Thank You For Coming earns a coveted spot on the festival's esteemed lineup. Bhumi Pednekar is known for her versatile acting prowess and commitment to authenticity. She has consistently pushed artistic boundaries and challenged conventional narratives. Her ability to transcend cultural boundaries and connect with audiences across the world is a testament to the universality of human emotions and experiences.



Kichdi 2 Mission Paanthukistan to bring back the funniest family back on screens this Diwali 2023

As the Festival of Lights approaches, Indian cinephiles are in for a treat as the highly anticipated sequel, 'Kichdi 2-Mission Paanthukistan', gears up to light up the big screen and tickle your funny bone this Diwali. Continuing the legacy of over 2 decades of entertaining India, the iconic Parekh family is set to bring double the laughter and craziness in this fresh cinematic installment.

Born as a stage play, 'Kichdi' is the only Indian sitcom to have evolved as a movie, webseries and will now have an adventure comedy sequel. Written & Directed by Aatish Kapadia, and Produced by Hatsoff Productions, 'Kichdi 2-Mission Paanthukistan' takes audiences on an adventurous roller-coaster ride, delving into new dimensions of the Parekh family's dynamics. Led by the unbeatable Supriya Pathak Kapoor, Rajeev Mehta, Anang Desai, Vandana Pathak, Kirti Kulhari, and actor-producer Jannadas Majethia (JD), the film promises a rib-tickling blend of humor, sentiment, and entertainment that the brand 'Kichdi' is celebrated for. Set against the backdrop of Diwali, the movie seamlessly weaves themes of unity, humanity, forgiveness, and the enduring power of family bonds.



bonds.

Recipes

Murg Zafrani Tikka



Ingredients

- 4 chicken breasts
- 1 tablespoon garlic paste
- 1 cheese cubes
- 1 tablespoon corn flour
- 2 tablespoon crushed to paste cashews
- 1 teaspoon chopped green chilli
- salt as required, 1 tablespoon ginger paste
- juice of 1 lemon as required
- 1 egg
- 1/2 cup fresh cream
- 1 tablespoon chopped coriander leaves
- 4 strand saffron

Method:

Firstly, cut the chicken breasts into tikka pieces. In a bowl, add chicken pieces. Add lemon juice, ginger paste, garlic paste and salt as per taste. Mix well to marinate and keep in the refrigerator for 2 hours. In a clean bowl, add egg and whisk it. Now add grated cheese, corn flour, ground cashew nuts, cream, saffron soaked in 2 tsp water, chopped green chilli and coriander leaves. Mix well to make a mixture. Take out the chicken pieces from the first marinade and coat them in the second marinade. Insert the chicken pieces into tandoor sticks. Cook them in a tandoor or an oven. You can also cook the tikka pieces on a tandoor plate on a gas stove. Serve the Murg Zafrani Tikka with chutney of your choice. Enjoy!

Tips for balancing cardio and strength training in your workout routine



You can't only concentrate on one type of exercise to develop a well-rounded fitness regimen. To maximize your results and general health, it's important to find the perfect ratio of aerobic and strength training. Strength training boosts muscle mass, speeds up metabolism, and improves overall strength while aerobic workouts strengthen the heart, burn calories, and increase endurance. Here are some excellent pointers to help you find the ideal balance between these two essential aspects of fitness. Set Clear Goals: Fitness expert says, "Setting clear goals is essential before beginning any fitness regimen. Choose your goal: either weight loss, more muscular tone, higher stamina, or general fitness. You may then design your exercises in accordance with this information, providing a well-rounded strategy that incorporates both cardio and strength training." Prioritize Cardiovascular Health: Cardio exercises, such as running,

cycling, swimming, or HIIT workouts, are crucial for maintaining a healthy heart and improving endurance. Aim for at least 150 minutes of moderate-intensity cardio or 75 minutes of vigorous-intensity cardio each week. You can spread this out over several days or choose activities you enjoy to make it more enjoyable and sustainable.

Incorporate Interval Training: You must include interval training in your program to maximize the health advantages of cardio and burn more calories in less time. Switch off between intense spurts of activity and active recuperation times. This raises metabolism and helps to burn fat in addition to improving cardiovascular fitness.

Embrace Strength Training: Strength exercise is crucial for gaining lean muscle mass, boosting metabolism, and improving overall strength. Include exercises that work the major muscle groups, such as squats, deadlifts, lunges, push-ups, and planks. Aim for two to three days of strength training per week, with adequate recovery time in between.

Combine Cardio and Strength: Consider mixing cardio and strength training in one workout session to get the ideal balance. Try circuit training, where you cycle between strength workouts like dumbbell presses and kettlebell swings and aerobic intervals like jumping jacks and mountain climbers. By doing so, you not only save time but also push your body in new ways, enhancing your overall fitness.

Listen to Your Body: In addition to pushing yourself during exercises, it's as vital to pay attention to your body and prevent overtraining. Muscle repair and development depend on rest and recovery. Be alert for any indications of excessive discomfort or weariness, and modify your regimen as necessary.

Seek Professional Guidance: Consider obtaining advice from a licensed personal trainer if you're new to exercise or unclear about how to create a balanced regimen. They can evaluate your fitness level, assist in establishing reasonable objectives, and develop an individual plan that combines aerobic and strength training.

Why do some people shed skin?

Shedding skin is a natural and essential process that occurs in all humans. The skin is the body's largest organ and serves as a protective barrier against the external environment. Shedding skin allows the body to remove dead or damaged skin cells and replace them with new, healthy cells. This process is crucial for maintaining healthy skin, preventing infections, and promoting overall skin function.



Skin Conditions: Certain skin conditions, such as psoriasis and eczema, can cause an accelerated shedding of skin cells. In these conditions, the skin's natural cell turnover process is disrupted, leading to the buildup of dead skin cells and the need for more frequent shedding.

Healing and Repair: When the skin is injured or damaged, the body initiates a process of healing and repair. Shedding skin in the form of scabs or peeling can be part of this healing process, allowing new, healthy skin to form underneath.

The main reasons why people shed skin include: Cell Turnover: The outer layer of the skin, known as the epidermis, is made up of several layers of cells. New cells are constantly produced in the lower layers of the epidermis and gradually move up to replace the older cells at the surface. As these older cells reach the surface, they become dry, flaky, and eventually shed.

Exfoliation: Natural exfoliation is the process of removing the outermost layer of dead skin cells. This process can happen as a result of physical actions like rubbing against clothing or objects, or through natural body movements like bending or stretching.

Environmental Factors: Exposure to the elements, such as wind, sunlight, and pollution, can contribute to the shedding of skin cells. These external factors can cause damage to the skin's outer layer, leading to the shedding of damaged cells and the growth of new ones.

Hormonal Changes: Hormonal changes, such as those that occur during puberty or pregnancy, can affect the rate of skin cell turnover. This can lead to changes in the skin's texture and appearance, including shedding.

Aging: As people age, the natural process of cell turnover may slow down, leading to a buildup of dead skin cells on the surface. This can contribute to dullness and roughness in the skin's texture. It's important to note that shedding skin is a normal physiological process. However, excessive or abnormal shedding can be a sign of an underlying skin condition or other health issue. If you have concerns about your skin shedding or experience unusual symptoms, it's advisable to consult a dermatologist or a healthcare professional for proper evaluation and guidance.

General Knowledge Question Answers

1. The Sangai Festival is celebrated in \_\_ :

- [A] Assam
- [B] Manipur
- [C] Mizoram
- [D] Nagaland

is said to have contributed wavy hair, drapery covering both shoulders, shoes and sandals etc. [D] The Gandhara art primarily depicted the Buddhist themes.

2. The temples constructed at Khajuraho are:

- 1. Jain temples
- 2. Vaishnavite Temples
- 3. Saivite Temples

Choose the correct option from the codes given below

- [A] Only 1 & 3
- [B] Only 2 & 3
- [C] 1, 2 & 3
- [D] Only 1 & 2

5. Gundecha brothers are well known exponents of which among the following styles of Hindustani Classical Music ?

- [A] Khayal
- [B] Tharana
- [C] Dhrupad
- [D] Thumri

3. The famous 'Hornbill festival' is celebrated in which of the following States of India?

- [A] Nagaland
- [B] Mizoram
- [C] Assam
- [D] Meghalaya

6. In which of the following city Elephant festival is celebrated annually?

- [A] Jaipur
- [B] Jodhpur
- [C] Kota
- [D] Ajmer

4. Which of the following statements about the Gandhara School of Art is NOT correct?

- [A] It displays Greek artistic influence and the concept of the "man-god" was essentially inspired by Greek mythological culture.
- [B] Gandhara School of art enjoyed the liberal patronage of Indo-Greek rulers.
- [C] Artistically, the Gandhara school of sculpture

- [C] Tankari Script
- [D] Kushana Script

9. Ezhuthachan Puraskaram is the highest literary award of which among the following Governments?

- [A] Kerala
- [B] Tamil nadu
- [C] Karnataka
- [D] Andhra Pradesh

10. Which state Government confers the Basavashree award?

- [A] Gujarat
- [B] Maharashtra
- [C] Andhra Pradesh
- [D] Karnataka

11. A Fire temple is a place of worship for \_\_\_ ?

- [A] Sikhs
- [B] Zoroastrians
- [C] Buddhists
- [D] Shinto's

12. Bageshwari Qamar is India's first and only (possibly) woman player of which of the following music instruments?

- [A] Ghatam
- [B] Shehnai
- [C] Pakhawaj
- [D] Santoor

ASTRO SPEAK

ARIES



As an Aries, you don't always take kindly to authority in the external world. Today's skies present some serious friction between your individuality and the people in charge, as the purposeful sun tangles up in the throes of power-dynamic Pluto. Changes to your self-expression need to be implemented and are easily facilitated by the Capricorn moon's smooth connection to Uranus.

LIBRA



Relationships have been your primary focus these past few weeks, Libra. Today's skies bring that story to a head, as the sun and honesty-seeking Pluto swirl up ancient, emotional history from your family past and bring them into the light of day for a reevaluation in your partnerships. How are you projecting unresolved stories from your own past into your present day relationships?

TAURUS



Today's skies are likely to be fraught with a variety of mental tensions. Taurus. The sun and obsessive-compulsive Pluto find themselves locked in a struggle that plays out the underlying frictions taking place between what you believe and how you self-sabotage. Give yourself some leeway today as you're drawn to saying or thinking things that will break you out of the norm.

SCORPIO



As a Scorpio, you're no stranger to unearthing truths from the people around you, but it can be challenging to do this. Today's skies aren't easy to wrangle emotionally or mentally, as the sun and Pluto lock into a psychological volley. Your mind is likely to easily gather storm clouds, as revelations around power and authentic expression make their way to the forefront.

GEMINI



As a Gemini, your social relationships usually run pretty smoothly, as you amass a great gathering of people to exchange information with. Today's skies reveal some hidden tensions between your friendships, community, and most personal relationships. Power dynamics are likely to make their way into your attention, as the sun and powerful Pluto lock into a heated match.

SAGITTARIUS



Self-expression has been incredibly important to you as of late, Sagittarius. Today's skies see you unfolding another chapter in the greater understanding of your creative capabilities, as the sun and Pluto wrestle with one another. This uncomfortable but truth-seeking pair ultimately works to unveil a raw vision of your abilities. Trust what you're learning.

CANCER



Cancers are always sensitive to other people's needs—sometimes to a fault. Today's Capricorn moon cools down romantic feelings but heightens your desire to explore partnerships. Your most intimate relationships are likely to be a source of friction. Speak your truth and explore the power dynamics (however ugly) in your partnerships.

CAPRICORN



You've been walking through the fire lately, Capricorn, as you work to rebuild yourself from the ground up. The sun and psychologically-charged Pluto enhance this identity narrative today as they lock into a powerful showdown. Your entire self-concept is evolving. Even though it may feel uncomfortable, trust that the person who comes out on the other side is one you'll be happy to greet.

LEO



The struggle between your workload and how you see the big picture view of your life are facing some internalized friction today, Leo. Authenticity-seeking Pluto locks the mission-oriented sun into a psychological stronghold today, making you feel irritable toward your current work circumstances and your inability to wander the world at your leisure. Your stormy moods seek a physical outlet, so give yourself room to move.

AQUARIUS



Revelations are pouring in from all sides today, Aquarius. Powerful Pluto tangos with the sun this afternoon, highlighting some of your habitually negative thinking patterns. It's important to sift through what comes up today, however uncomfortable it might be to manage. Your communication is likely to be more honest and direct than usual, but make sure not to go overboard with those closest to you.

VIRGO



There's been something you've been needing to get off your chest, Virgo. The driven sun gets tangled up with emotionally honest Pluto today, prompting you to explore your feelings around love and relationships in the most authentic way possible. Power dynamics and unexplored truths and terrains are likely to rear their head in your love life.

PISCES



Today's skies are fraught with tensions to navigate, Pisces. The sun treks into Pluto's dark caverns this afternoon, intensifying the atmosphere between your social life and the dreams you hold for yourself. Your goals can feel deeply delayed as you struggle to make ends meet financially. A transformation of your deepest hopes and desires are underway, though it may feel uncomfortable in the process.

- 9. Kerala
- 10. Karnataka
- 11. Zoroastrians
- 12. Shehnai

- 5. Dhrupad
- 6. Jaipur
- 7. Tai-Ahom
- 8. Sarada script
- 9. Gandhara School of art enjoyed the liberal patronage of Indo-Greek rulers.
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