

OMG 2: Pankaj Tripathi reveals why it is a must watch; 'Hamare baccho ki samasya...'



OMG 2 has released on August 11. The film has been in the news for a long time now. It did not have an easy journey to the theatres. The film had to go through the cuts suggested by the CBFC. It also got an 'A' certification. Many changes had to be made in the film and it was also clashing with Sunny Deol and Ameesha Patel's Gadar 2 at the Box Office. However, the reviews for the film are quite amazing. Fans have loved the performances by Akshay Kumar, Pankaj Tripathi and Yami Gautam.

The story deals with an important topic. The film talks about the need for healthy sex education at a time when knowledge is gained through various sources. Pankaj Tripathi, Akshay Kumar and Yami Gautam have touched the hearts of the audience with their performance. While the topic is quite important, many people do not talk about it comfortably.

Speaking to BollywoodLife exclusively, Pankaj Tripathi revealed why the topic of their film is important. He shared, "Topic important hai islye lagta hai ki sabko ye dekhna chahiye. Jaruri hai ye. Internet aa gaya hai digital hai, har bacche ke haath mein mobile aur na jane kya kya aur sare sansar ka access uske paas hai. Sabhi information, pura internet mein duniya bhari padi hai jo kehli hai pani khane se pehle piyo, baad mein piyo, kuch kehnte hai bich piyo. Koi pani kaise piye ye proper education dega? Toh ek behtar nagrik banenge toh hi behtar society banegi, aur behtar society hogi toh behtar desh hoga, majbut desh hoga. Toh yahi ye kahani kehli hai ki hamare bacho ke jo samasya hai unko address hona chahiye."

He further added that this is a film on an important topic and it is portrayed in an entertaining way. The writer has narrated this story and this topic in the most entertaining way.

Stree: Shraddha Kapoor reveals she requested for a bigger role, was only offered cameo in the horror comedy

Dinesh Vijan and Amar Kaushik's Stree is one of the most loved horror comedies of Bollywood. The movie is all set for a sequel, the shoot of which has begun in Madhya Pradesh. Shraddha Kapoor was much loved as the main protagonist of the movie, which talks about the brutality towards women in an entertaining manner. Shraddha Kapoor's Stree is one of the highest grossers of her career. She has now made a super interesting revelation about Stree. Talking at the CNN News18 Rising India-She Shakti conclave in New Delhi, she said she requested the makers to make it a full-fledged role from a cameo.

Shraddha Kapoor played the mysterious woman with whom Rajkumar Rao falls in love with in Stree. Talking at the event, she said when the movie was offered, she was given a cameo role. She said she was so amazed and entertained at the idea that she requested them if she could be in the main cast. It seems the larger social message had her hooked. She said at the event, "Can I be a part of the cast? Can this not be a special appearance? I don't want to feel like this is a special appearance."



KGF Chapter 3 with Yash to begin soon, Prashanth Neel to start with Prabhas' Salaar 2 later

Amid the rising anticipation for Salaar: Part 1 – Ceasefire after its action-packed teaser, the fans are eagerly waiting for its release. As the film is coming from the house of the biggest action director Prashanth Neel who is a name behind the biggest block-busters like the KGF Chapters 1 & 2, the audience is now eyeing KGF Chapter 3, and glimpses of the same has been revealed by the makers Hombale Films on the first anniversary of KGF: Chapter 2.

This has indeed sparked the curiosity to know when the director Prashanth Neel is going to start working on KGF chapter 3 and now we got to hear that the director will get the film on the floors soon before starting the shoot for Salaar 2. Everyone is well aware of how big the action world of Prashanth Neel is with films like the KGF franchise and Salaar: Part 1 – Ceasefire. The director has indeed developed a whole new KGF universe that is emerging as one of the biggest franchises in the entertainment



world. Moreover, as Salaar: Part 1 – Ceasefire is headlining the chatters across, we might get hints about KGF 3 in the film.

Recipes

Dhaniya Laddoo



**Ingredients**  
1 cup coriander powder  
1 cup sugar  
2 tablespoon almonds  
2 tablespoon pistachios  
1 cup coconut powder  
2 tablespoon ghee  
2 tablespoon cashews

**Method:**  
Heat ghee in a pan. Roughly chop the nuts and fry them for just a few minutes. Once fried, take out the nuts in a bowl.

In the same heated ghee, add coriander powder and mix. Keep mixing and roast for 3-4 minutes. Once aromatic, take out the powder in a bowl.

In the same pan, add coconut powder and dry roast for just a minute.

In a pan, add sugar along with 1/2 cup of water. Mix and let it come to a boil. Once the sugar melts completely, cook for 1-2 minutes more.

Add roasted coriander powder; fried nuts, coconut powder; and sugar syrup to a large mixing bowl. Use your hands to mix everything together.

Take a small portion from the mixture and roll it between your palms to give a shape of a laddoo. Make more such laddoos with the leftover mixture.

Your Dhaniya Laddoos are now ready to be served. Enjoy!

Tips  
You can also add raisins to the laddoos.

THESE 5 habits can turn your regular walk into an excellent workout



The debate around walking 10,000 steps a day started just a few years before, but before that, walking was considered to be the best form of physical activity. Be it morning or evening, public places like parks are seen occupied by people who walk and jog regularly. The idea of walking for 10,000 steps was generated from a few research studies but after that several studies have found that walking for lesser steps also has a good impact on health.

**Maintain a routine**  
Set a walking routine for yourself. Be it for 30 minutes or 40 minutes a day, stick to your routine. If you can not manage walking for 30 minutes at a time, plan small short walks in a day. Putting your body through this physical activity for a regular amount of time helps your body get its benefits steadily.

**Warm up before walking is important**  
Walking might seem like a low-intensity workout but you would be surprised to know that warm-up is essential before a walking session. You should stretch before going out for a walk. Stretch your leg muscles, calves, and thighs for about 10 minutes. Don't



push yourself to stretch; do it with ease. Take your time and do it at a slow pace.

**Maintain your posture while walking**  
While walking keep your head up, stand tall, strengthen your back, and keep your shoulder down and back. Do not slouch, hunch, or lean forward while walking as it will do you more harm than good. Keep your body relaxed, loosen it, and walk with ease. Do not walk under stress. Take a moderate-intensity pace while walking.

**Move your arms**  
The best way to walk is to swing your hands and arms in a gentle manner. While walking make sure your shoulders move too and not just the hands below the elbows. Swing arms parallel to the body, not across it. Do not swing your arms too high intentionally.

**Take steps properly**  
The right way to walk is to know the right way to take a step. Take a step from heel to toe. This means striking the ground with your heel first and then rolling your feet to the toe. Push for the next step with your toe. Do not start a step with your toes.

8 Signs of heat damaged hair



Due to heat, hair strands start to split at the ends where the hair is oldest and has experienced the most damage, but those splits can move up the hair shaft splitting multiple times, making the damage worse. Because the hair has lost its elasticity, the strands are more susceptible to breakage. When the hair becomes too weak, the ends will snap off, which will eventually lead to flyaways.

**Dryness and dullness:** The cuticles of your hair are what make it shiny. When the cuticles are damaged, the hair loses its shine. After the hair wash, the hair should look brighter and shinier than it was. If it's dull, that's one of the first signs of heat damaged hair. Dryness also contributes to dull hair. Damaged hair doesn't properly maintain moisture, leaving the tresses dehydrated and prone to breakage.

**Split ends & Breakage:** Heat damaged hair loses elasticity because applying heat on a regular basis affects the hair's ability to retain moisture, often resulting in split ends. Split ends weaken the structure of the hair; which increases the chances of hair breakage. Exposing hair to

frequent high heat also increases the risk of breakage because it loses its elasticity.

**Flyaways:** Flyaways are often a sign of breakage and are short hair strands that stand up after breaking off near the roots. Flyaways can be difficult to manage and tame and can affect the overall look of the hair, especially if one is trying for a sleek and polished style. Use the Airwrap multi-styler™ flyaway attachment to tame those fly-aways, especially during the monsoon season.

**Rough or changed texture:** To determine if the texture has changed, one can run the fingers through the hair. Heat damaged curly hair may lose its spring and not bounce back the way it did when the hair was healthy. Damaged straight hair can go from feeling smooth and silky to feeling rough and coarse. You may even describe heat damaged hair as feeling frayed or singed at the tips.

**Knots and tangles:** Hair cuticles are made up of "shingles". When the hair cuticles become damaged, the shingles begin to stick out, causing strands of hair to easily knot with other strands. Knots and tangles make brushing or combing the hair more difficult and can lead to further breakage.

**Incorrect hair colour:** Heat damaged hair can't properly retain colour. If your hair has become too porous, it might absorb too much of the dye and make the colour darker than you have desired for. Your hair colour might also fade faster than normal as damaged hair has high porosity; it releases more colour during hair wash.

**Hair loss:** The average person has approximately 80,000 to 120,000 hairs on their head. Hair strands grow for 2 to 6 years, and it's normal to shed hairs. During these 2 to 6 years, strands collect damage. If one has heat damaged hair, the strands are weaker therefore, one might witness more hair loss.

General Knowledge Question Answers

1. Which Indian state was formed most recently?

a) Telangana  
b) Uttarakhand  
c) Jharkhand  
d) Chhattisgarh
2. Who was the first woman Speaker of the Lok Sabha?

a) Sushma Swaraj  
b) Meira Kumar  
c) Sumitra Mahajan  
d) Indira Gandhi
3. What is the name of the Indian Parliament's upper house?

a) Lok Sabha  
b) Rajya Sabha  
c) Vidhan Sabha  
d) Panchayat Sabha
4. What is the minimum age for becoming a member of the Lok Sabha?

a) 18 years  
b) 21 years  
c) 25 years  
d) 30 years
5. What is the term of a member of the Rajya Sabha?

a) 2 years  
b) 3 years  
c) 4 years  
d) 6 years
6. Who was the first Deputy Prime Minister of India?

a) Vallabhbhai Patel  
b) Lal Bahadur Shastri  
c) Morarji Desai  
d) Sardar Swaran Singh
7. What is the name of the Indian Parliament's budget session?

a) Monsoon session  
b) Winter session  
c) Budget session  
d) Summer session
8. Who was the first female Chief Minister of an Indian state?

a) Mayawati  
b) Mamata Banerjee  
c) Sheila Dikshit  
d) Sucheta Kripalani
9. Who was the first President of India?

a) S. Radhakrishnan  
b) Rajendra Prasad  
c) Zakir Hussain  
d) V.V. Giri
10. Who was the first Indian woman to win a Nobel Prize?

a) Kiran Bedi  
b) Sarojini Naidu  
c) Mother Teresa  
d) Amartya Sen
11. Which state in India has the highest literacy rate?

a) Kerala  
b) Tamil Nadu  
c) Maharashtra  
d) Punjab
12. Which Indian state has the highest population?

a) Uttar Pradesh  
b) Maharashtra  
c) Bihar  
d) West Bengal
13. Who is known as the "Father of the Indian Constitution"?

a) B.R. Ambedkar  
b) Jawaharlal Nehru  
c) Sardar Vallabhbhai Patel  
d) Rajendra Prasad
14. Which Indian city is known as the "Pink City"?

a) Jaipur  
b) Udaipur  
c) Jodhpur  
d) Bikaner
15. Who is the current Chief Minister of Tamil Nadu?

a) M.K. Stalin  
b) K. Palaniswami  
c) O. Panneerselvam  
d) J. Jayalalithaa

14. Jaipur  
15. M.K. Stalin

9. Rajendra Prasad  
10. Mother Teresa  
11. Kerala  
12. Uttar Pradesh  
13. B.R. Ambedkar

4. 25 years  
5. 6 years  
6. Vallabhbhai Patel  
7. Budget session  
8. Sucheta Kripalani

Answers:  
1. Telangana  
2. Meira Kumar  
3. Rajya Sabha

