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



MG 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

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 kehti hai pani khane se pehle piyo, baad mein piyo, kuch kehte 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 kehti 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

ENTERTAINMENT

inesh 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 Rajkummar 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

mid the rising anticipation for Salaar: Part 1 -Ceasefire after its action-packed teaser, the fans Lare 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 blockbusters 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

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

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-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 lad-

doos with the leftover mixture. Your Dhaniya Laddoos are now ready to be served.

You can also add raisins to the laddoos.

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



he 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

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



ue 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 flvawavs

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 elastic ity 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-stylerTM flyaway attachment to tame those flyaways, 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 "shin-

gles 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

gles". When the hair cuticles become damaged, the shin-

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

General Knowledge Question Answers

6. Who was the first Deputy Prime Minister of

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
- d) 6 years
- c) 4 years

- 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) Mavawati
- b) Mamata Banerjee
- c) Sheila Dikshit d) Sucheta Kripalani

9. Who was the first President of India?

- a) S. Radhakrishnan
- b) Raiendra 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

- 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

- 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. Javalalithaa
- 8. Sucheta Kripalani

3. Rajya Sabha 2. Meira Kumar 1. Telangana



TAURUS

projects as the Leo moon cozies up with Venus retrograde. A busy energy takes hold when the Cancer moon aligns with Mars midmorning, asking you to catch up with household chores and personal errands. Excitement will fill the air when the moon aligns with Uranus this after noon, urging you to do something unpre-

dictable from the comfort of home.



as the sun and Venus retrograde cozy up over head. Just be sure to implement boundaries with anyone who has betrayed you in the past, especially when the moon connects with Mars and Uranus. These vibes also pair well with working from behind the scenes on professional projects and personal transformations, so be sure to prioritize the activities most important to you



Consider catching up with family or childhood friends as the Leo sun cozies up with Venus retrograde. This cosmic climate will be nostalgic and sweet, reminding you of the interests, peo-ple, and events that shaped you. Think outside the box as the Cancer moon connects with Mars and Uranus, urging you to be authentically yourself while nurturing the creative genius within.



The Cancer moon blows a kiss to Mercury in the early hours, opening you up to guidance from the universe. Take note of any interesting dreams that occurred while you slept, looking for messages from beyond. Meanwhile, the Leo sun alians with Venus retrograde, helping you reestablish trust and healthy boundari within your relationships. Consider exploring your spiritual community. -----



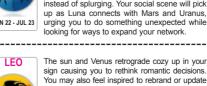
rograde. Meanwhile, the Cancer moon connects with Mars and then Uranus, urging you to nurture your heart above all else, even if doing so requires you to suddenly vanish from the limelight. Ah-ha moments may also manifest under this cosmic climate, but only if you honor what your heart is saying.

You may hear from or decide to reach out to

an ex as the Leo sun cozies up with Venus ret-



Your spirituality and commitment to love will shine through as the Leo sun cozies up with Venus retrograde. These vibes pair well with meditation, magick, and soul work, so be sure to plan your day accordingly. Meanwhile, the Cancer moon connects with Mars and Uranus, inspiring you to restructure your daily routines and personal ambitions, evolving past any habits or dreams that need outgrowing



early today. Keep tabs on your spending as the Leo sun aligns with Venus retrograde, considering how you might make old items new again instead of splurging. Your social scene will pick up as Luna connects with Mars and Uranus urging you to do something unexpected while looking for ways to expand your network

Spiritual messages could manifest in the form of a dream as the moon and Mercury join forces



You'll have a chance to reconnect with your most intimate bonds as the sun aligns with Venus retrograde. This cosmic climate can also bring closure when it comes to matters of the heart, helping you fully release any grief you'd rather not carry. Good vibes flow when the Cancer moon connects with Mars and Uranus, encouraging you to unapologetically follow your heart, trusting that the universe will support.



your image, pulling from old fashion styles that have come back on trend. Meanwhile, the Cancer moon connects with Mars and Uranus, inspiring you to pull back from the limelight in order to embrace privacy and luxury.



You may feel tempted to walk down memory lane within matters of the heart as the Leo sun cozies up with Venus retrograde. Don't hold back if you are drawn to relive fond moments from the past, but avoid the temptation to reconnect with any may feel suddenly inspired to catch up on domestic duties or redecorate your space when Luna connects with Mars and Uranus.



Opportunities for closure will manifest as the Leo sun aligns with Venus retrograde. Though this celestial union could trigger unpleasant memories from the past, you'll be in a unique position to learn important lessons, let go, and move on with your life. Plan on getting out to explore vour community when Luna aligns with AUG 24 - SEP 23 Mars and Uranus.



Check in with your habits and recent routines, dear Pisces, as the Leo sun cozies up with Venus retrograde. This cosmic union will call you out if you've been slacking within your wellness game, so be sure to do something nice for your body. An exciting and flirtatious energy will take hold as the Cancer moon connects with Mars and Uranus, bringing FEB 20 - MAR 20 passion to the air.

15. M.K. Stalin 14. Jaipur 12. Uttar Pradesh 11. Kerala

10. Mother Teresa PrasadPrasad

13. В.К. Атрескат

7. Budget session 6. Vallabhbhai Patel 5. 6 years 4. 25 years

Answers: