

Fighter motion poster: Hrithik Roshan and Deepika Padukone new movie is a tribute to freedom fighters, release date OUT



The Fighter motion poster is out and looking at Hrithik Roshan and Deepika Padukone in the army uniform you will instantly feel proud and it'll give you goosebumps. In a crescendo of suspense and excitement, India's cinematic landscape braces itself for the arrival of 'Fighter,' the country's inaugural venture into the realm of aerial action. As Independence Day dawns, 'Fighter' unfurls its wings with the unveiling of its maiden motion poster; aptly titled 'Spirit of Fighter.' This carefully orchestrated teaser resonates with the fervor of patriotism, aligning seamlessly with the sentiments of the nation's commemoration. Hrithik and Deepika have turned into Air Force officers and fans call it the best gift on this Independence Day.

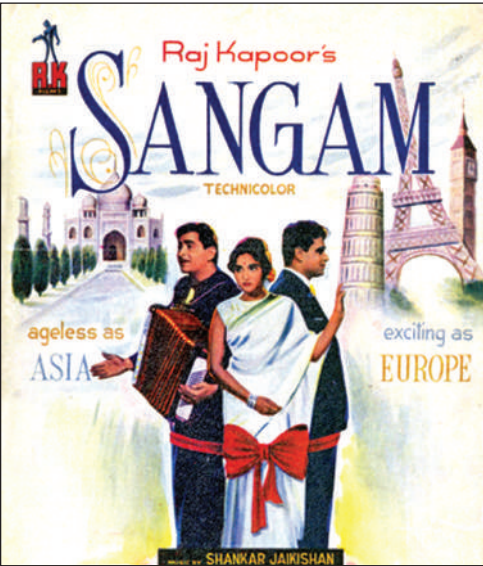
After having already captivated the audience's imagination with an sensational title poster, the makers have now unveiled the first motion poster, featuring the lead star cast, coinciding with the significant occasion of August 15th - Independence Day. This poster guarantees a plethora of action, thrill, and adventure, while invoking sheer patriotic values and emotions. Notably, the motion poster features a fresh rendition of 'Vande Mataram,' a track which will give instant goosebumps to every Indian.

'Fighter' is designed for the Big-Screen cinematic experience. Its shot on multiple real locations and use the latest cinematic technology to achieve a never seen before spectacle for global screens. Hrithik Roshan, Deepika Padukone and Anil Kapoor share screen space for the first and Siddharth Anand ups the ante after the phenomenal success of WAR and Pathan. This film truly defines the coming together of the best of talent, technology, and storytelling.

Bollywood's first: did you know which was the first ever movie to be shot abroad?

Bollywood is back to its crowning glory with smashing hits like Gadar 2, Pathaan, Rocky Aur Rani Kii Prem Kahaani, Zara Hatke Zara Bachke, which has made exhibitors and distributors happy. BollywoodLife has decided to come up with a series for all Hindi movie buffs. The history of the Hindi film industry is incredibly fascinating. From the formation of the first studio to how top stars got their break, there is so much to marvel at. Today, let us take a look at which Bollywood movie first explored foreign locations. The Hindi film industry began looking outdoors way back in the 1960s, and the first movie was Sangam.

Late Raj Kapoor was the first maker to take his cast abroad to shoot in stunning locales of Europe. Sangam which was a big budget Bollywood film told the tale of three friends. It was a romantic drama with lot of emotions. The songs were also top notch. While late Raj Kapoor played Sundar, Rajendra Kumar was Gopal and the stunning Vyjayanthimala was Radha. The cities of Paris, Switzerland and Venice were used for the honeymoon sequence of the movie. Some of the classic monuments shown in the movie are Grand Hotel Giessbach of Switzerland, Rome's Vittoriano, Eiffel Tower, Trummelbach Falls in Switzerland, Interlaken, Berghaus Bort to name a few.



Kangana Ranaut heaps praise on John Abraham; says he doesn't take 'advantage of women'

Bollywood actor Kangana Ranaut took to her Instagram handle to praise John Abraham. In her recent post, Kangana lauded him as a 'genuine and inspiring' individual. Kangana, despite expressing negative sentiments about certain figures in the industry, holds John in high esteem due to his kindness and clarity. She commended John for his considerate treatment of his house help, a quality she noted is rare in the industry.

Kangana conveyed, "While I have shared my thoughts about negative individuals in the film industry, I must also acknowledge those who are truly authentic and motivating. Having worked with John, I am short of words to describe how exceptional he is. Many might not be aware of this because he doesn't seek media praise through payments."

She added, "John possesses kindness and composure. He doesn't resort to marriage or relationship PR, doesn't propagate paid negativity towards others, nor engages in harassment or exploiting women. He isn't driven by an



agenda or cliques; he's simply a remarkable man... sending love your way, John."

Recipes

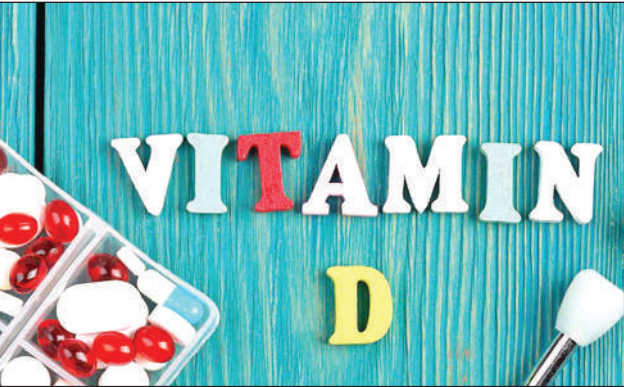
Cornitos Grilled Paneer Tacos with Salsa Dip



Ingredients
6 taco shells
100 ml salsa sauce
150 gm cheese sauce
50 gm lettuce leaf
50 ml virgin olive oil
5 gm white pepper powder
225 gm paneer
50 gm capsicum (green pepper)
50 gm jalapeno
50 gm coriander leaves
salt as required
1/2 teaspoon taco seasoning

Method:
Marinate paneer with salt, white pepper powder, olive oil & keep aside for 10-15 minutes.
Heat the grill with some oil and grill the Paneer until done.
Heat some oil in a pan, add taco seasoning, and then add capsicum and onions.
Sauté nicely for 3 to 5 minutes, then remove from heat.
Place Taco shells on boat and line them with lettuce.
Top them with grilled paneer and sauteed mixture, coriander leaves and jalapeno.
Then, spread cheese sauce and salsa dip evenly on top and sprinkle taco seasoning.
Serve Tacos with salsa dip.
Enjoy!

Deficient in Vitamin D? Here's how eating mushrooms might help



In a country where the majority of the population follows a vegetarian diet, the challenge of obtaining sufficient vitamin D is a prevalent concern. Vitamin D is crucial for bone health, immune function, and overall well-being. While sunlight remains the best source of vitamin D, many Indians struggle to meet their daily requirements. Here's how Mushrooms can help with Vitamin D synthesis:

Natural Source of Vitamin D
Vitamin D enhanced mushrooms are grown under controlled conditions with exposure to ultraviolet light. This process enables the mushrooms to naturally produce vitamin D, just like how human skin synthesizes it in the presence of sunlight.

Vegetarian-Friendly
For vegetarians and vegans in India, finding reliable sources of vitamin D can be challenging, as many natural sources are animal-based. Vitamin D enhanced mushrooms bridge this gap, providing a plant-based option that aligns with the dietary choices.

Improved Bone Health
Vitamin D plays a crucial role in calcium absorption, which is



vital for maintaining strong bones and preventing conditions like osteoporosis. Regular consumption of vitamin D enriched mushrooms can contribute to better bone health, particularly in individuals with limited exposure to sunlight.

Enhanced Immune Function
Vitamin D is known to support the immune system, helping the body defend against infections and diseases. In a country with a vast and diverse population, bolstering immune function is of utmost importance.

Mental Health Benefits
Studies have suggested a link between vitamin D deficiency and mental health issues like depression and anxiety. By providing a reliable source of vitamin D enhanced mushrooms may help promote better mental well-being.

Convenient and Versatile
Vitamin D enhanced mushrooms can be easily incorporated into various dishes, making them a practical and delicious way to boost vitamin D intake. From salads to curries and stir-fries, these mushrooms add a nutritious punch to any meal.

Tips to groom unruly beard



Most of the men face this problem of taming their unruly beard. While a full-grow beard does look appealing but proper grooming is a must or else you would look unkempt. It requires time, patience, and the right techniques. Here are a few tips tips to help you groom your unruly beard.

Wash regularly: Cleanse your beard with a mild beard shampoo or a gentle facial cleanser to remove dirt, oil, and any product buildup. Keeping your beard clean will make it easier to manage.

Condition your beard: Apply a good-quality beard conditioner after washing to moisturize the hair and make it softer. Leave the conditioner in for a few minutes before rinsing it out thoroughly.

Brush or comb your beard: Use a beard brush or comb to detangle and straighten your beard. Start from the roots and gently work your way through to the ends. This will help distribute natural oils and prevent tangles.

Trim regularly: Regular trimming is essential to keep your beard in shape and prevent split ends. Use sharp, high-quality beard trimming scissors or an electric beard trimmer to maintain an even length. Trim the stray or longer hairs to achieve a neater appearance.

Use beard oil or balm: Apply a few drops of beard oil or a small amount of beard balm to moisturize and condition your beard. These products also help to tame flyaways and control frizz.

Train your beard: If your beard grows in different directions or has unruly patches, you can train it by brushing or combing it in the desired direction regularly. Apply a bit of heat using a hairdryer while combing or brushing to help set the style.

Be patient: Growing a beard takes time, and some hairs may take longer to grow or fall in line than others. Patience is key, so resist the temptation to trim excessively or reshape your beard too often.

Eat a balanced diet: A healthy diet rich in vitamins and minerals can promote beard growth and improve the overall health of your hair. Include foods like fruits, vegetables, lean proteins, and healthy fats in your meals.

Stay hydrated: Drink plenty of water to keep your body and hair hydrated. Proper hydration can help improve the texture and appearance of your beard.

Seek professional help if needed: If you're struggling to groom your beard or want a specific style, consider visiting a professional barber who specializes in beard grooming. They can offer valuable advice and provide expert trimming and styling services.

General Knowledge Question Answers

1. Which of the following is a mammal?
a) Turtle
b) Crocodile
c) Chimpanzee
d) Alligator
2. Which of the following animals is cold-blooded?
a) Fish
b) Snake
c) Kangaroo
d) Elephant
3. Which organ in the human body produces insulin?
a) Liver
b) Pancreas
c) Spleen
d) Kidney
4. Which of the following is a function of the lymphatic system?
a) Transporting oxygen to cells
b) Removing waste products from the body
c) Fighting infections
d) Digestion of food
5. What is the scientific name for the common housefly?
a) Musca domestica
b) Apis mellifera
c) Oryctolagus cuniculus
d) Rattus norvegicus
6. Which of the following animals has the longest lifespan?
a) African elephant
b) Galapagos tortoise
c) Blue whale
d) Great white shark
7. Which of the following animals is a marsupial?
a) Kangaroo
b) Lion
c) Gorilla
d) Zebra
8. What is the largest animal in the world?
a) Elephant
b) Giraffe
c) Blue whale
d) Hippopotamus
9. What is the smallest mammal in the world?
a) Pygmy shrew
b) Bumblebee bat
c) Mouse lemur
d) Etruscan shrew
10. Which of the following animals is not a primate?
a) Chimpanzee
b) Gorilla
c) Lemur
d) Kangaroo
11. Which of the following animals is a marsupial?
a) Koala
b) Kangaroo
c) Platypus
d) Tasmanian devil
12. What is the respiratory organ in fish?
a) Lungs
b) Gills
c) Tracheae
d) Spiracles
13. What is the scientific name for the study of insects?
a) Entomology
b) Herpetology
c) Ornithology
d) Ichthyology
14. Which of the following is NOT a type of tissue in animals?
a) Epithelial tissue
b) Connective tissue
c) Muscle tissue
d) Photosynthetic tissue
15. Which of the following animals is a monotreme?
a) Platypus
b) Kangaroo
c) Koala
d) Tasmanian devil

ASTRO SPEAK

ARIES

The Leo new moon graces our skies this morning, dear Ram, bringing a creative and refreshing energy to the table. Lean into these vibes by embracing your most authentic self, refusing to hold back because of what others may think. Meanwhile, Mars and Uranus share a sweet exchange, asking you to break free from any slumps your routine has entered recently, finding ways to accentuate your efficiency.

LIBRA

The Leo new moon rises activating the sector of your chart that governs community. These vibes pair well with assuming leadership roles within your social sphere, and new connections could lead to important opportunities down the line. Meanwhile, Mars and Uranus align in our skies, helping you break free from unhealthy situations, behavioral patterns, and emotional baggage.

TAURUS

The Leo new moon rises early this morning, dearest Taurus, bringing a warm and refreshing energy to your home. These vibes are perfect for nurturing your private life, demonstrating love and loyalty to the people you care for most. Meanwhile, Mars and Uranus share a supportive alliance overhead, motivating you to move boldly toward your passions.

SCORPIO

The Leo new moon activates your solar tenth house promoting fresh starts within your career. Lean into these vibes by assuming control of your path toward success, feeling proud of the work you do and where you're headed. If you've been meaning to update your resume, professional profiles,use this cosmic climate as motivation. Mars and Uranus promising to bring excitement to your love life.

GEMINI

Consider cracking a fresh book, diving into a new form of study, or triggering interesting discussions as the Leo new moon graces our skies. This cosmic climate will have an invigorating and curious effect on you, sharpening your wits and hunger for new information. Emotional breakthroughs may find you as Mars and Uranus share a sweet connection, especially when you listen to your heart.

SAGITTARIUS

The universe will smile fondly upon you this morning, dearest Sagittarius, as the Leo new moon manifests in your solar ninth house. This astrological event will act as one of the most spiritually significant moments for you this year, making it important that you access your higher self, honor your intuition, and set intentions that matter. Your unique point of view can help improve efficiency and solve problems.

CANCER

The Leo new moon will have a grounding effect on you heightening your senses with a warm and steady ambiance. These vibes also pair well with setting financial intentions, so be sure to check in with your bank account and personal goals. Meanwhile, Mars and Uranus share a supportive connection overhead, nudging you to forge a sense of community of shared passions and interests.

CAPRICORN

The stars will ask you to move forward as the Leo new moon activates the sector of your chart that governs transformation. This cosmic climate will empower you to become an even more refined and composed version of yourself, helping you cut out any situations or dynamics that have left you with more trouble than you're willing to contend with. Mars and Uranus blessing you with divine inspiration.

LEO

Make a special birthday season wish as the new moon rises in your sign. This astrological event will be one of the luckiest days of the year for you as the stars conspire to shower you with blessings and guidance. Meanwhile, Mars and Uranus join forces overhead, bringing movement to your financial and professional spheres. Don't fear change if it can help you get ahead, even if new paths present themselves with little notice.

AQUARIUS

A harmonious and warm energy will wash over you as the Leo new moon rises activating the sector of your chart that governs love. This cosmic climate will also promote fresh starts within your most valued relationships, making it a good time to let go of any petty dramas that won't serve you in the long run. Meanwhile, Mars and Uranus align overhead, bringing a passionate and transformative energy to the table.

VIRGO

Give yourself space for a quiet and peaceful as the Leo new moon activates your house of introspection and privacy. Enlightenment and a sense of tranquility are possible under this cosmic climate, though solitude will act as an important ingredient in making the signs of these vibes. Keep your eyes peeled for most, and unexpected blessings.

PISCES

The Leo new moon sets up camp in the sector of your chart that governs wellness giving you permission to unapologetically pamper your body. These vibes also pair well with setting new health goals, giving yourself six months to reach these important milestones. Meanwhile, Mars and Uranus share a supportive connection overhead, promising to bring excitement to your conversations and love life.

