

Dream Girl 2: Nushratt Bharuccha OPENS UP on getting replaced by Ananya Panday; says, 'Of course it feels unfair'



Dream Girl 2 is on its way. The film starring Ayushmann Khurrana and Ananya Panday in leading roles is going to release on August 25. The trailer generated good buzz amidst the fans. The first instalment of the film has Ayushmann Khurrana and Nushratt Bharuccha in the leading roles. Now, in a latest interview, the Sonu Ke Titu Ki Sweeti actress has opened up on getting replaced by Ananya Panday in Dream Girl 2. Scroll on to know what she has to say.

In an interview with Etimes, Nushratt Bharuccha spoke about Dream Girl and mentioned that she loved working with the team on part one. However, she does not know why he was not cast in part two. The actress mentioned that only the makers of Dream Girl 2 can answer the question. She did add though that she is a human and it did hurt her when she was not cast for Dream Girl 2. She also said "I am a human being, so of course it hurts. And of course it feels unfair." But she added that she gets it as it is makers' decision on whom to cast or not. Nushratt Bharuccha also praised the trailer of Dream Girl 2 and hoped that the film does well.

Nushratt Bharuccha's film Akelli is going to clash with Dream Girl 2 on August 25. Over this, she said that her film was going to release on August 18, however, for some permission that got delayed from the Censor Board, the release of the film was pushed to August 25 and now it is clashing with Dream Girl 2.

Dream Girl 2 brings back Ayushmann Khurrana as Pooja. This time it is different though. He is going to be seen in a getup of a woman. In the first instalment, he only used to talk to people in girl's voice but this time, he would transform into a girl and comedy will unleash.

Don 3: Farhan Akhtar has THIS to say to those NOT convinced with Ranveer Singh replacing Shah Rukh Khan

Ever since Farhan Akhtar announced Ranveer Singh as Don in Don 3, there are many who are expressing their disappointment over the casting of the Rocky Aur Rani Kii Prem Kahaani actor; as they feel he cannot fill in the shoes of superstar Shah Rukh Khan, who played the new age Don in parts one and two. But hold on to your horses, even SRK was judged before he came on the screen as Don, as he was taking the legacy forward of Mr. Amitabh Bachchan, who is considered the OG Don of the film industry. The makers are assuring Ranveer Singh as they did during Shah Rukh Khan time. Farhan Akhtar, who is all set for the Don franchise's third installment, assured in his latest interview that he is going to do a great job. Reacting to the criticism, Farhan, in an interview with BBC Asian Network, said, "Ranveer is amazing. He's great for the part. He's also, as you can imagine, really excited and nervous about the thing. You're filling some big shoes. But we went through the same emotional process when Shah Rukh did it, and everyone was like, 'Oh my God, how can you replace Mr. Bachchan?'"



Saif Ali Khan turns Bhaira for Jr NTR, Janhvi Kapoor starrer Devara, first look leaves fans excited

Saif Ali Khan's recent appearance was in Prabhas's Adipurush as Lankeshwar, also known as Ravan. Now, he's gearing up for a clash against another Telugu superstar, Jr NTR, in the upcoming film Devara. As a birthday tribute to Saif Ali Khan, Jr NTR has revealed a poster of the actor from the movie. The poster showcases Saif in a rugged look with long hair, and his character's name, Bhaira, is also unveiled.

The poster carries a somber tone with mountains in the backdrop and the sea in the foreground. It mirrors the mood of the film's first-look poster featuring Jr NTR, where he stands on the shore amidst crashing waves.

Directed by Kortala Siva, known for blockbusters like Srimanthudu, Mirchi, and Bharat Ane Nenu, Devara also features Bollywood star Janhvi Kapoor in her Telugu debut. The cast includes Prakashraj, Meka Srikanth, Shine Tom Chacko, Narain, and Murali Sharma. Anirudh Ravichander is composing the music for the film. Devara unfolds against a picturesque island backdrop, with the sea taking center stage in the narrative.



Why we feel the post-lunch slump and how to fix it



If you have a busy work schedule, chances are you eagerly look forward to that lunch time to get some break and uplift your mood with something delicious. Is that right? However, many people tend to feel "so heavy" after their lunch that they are far from feeling refreshed, and leaning more towards collapsing into sleep on their desk. Feeling tired after lunch, or post meals in general, is known as postprandial somnolence — or the food coma. Why does it happen?

Technically, it's not something 'wrong'

Feeling tired after a meal may not always mean that something is wrong with your health or body. However, it can become a burden for you if you have lots of office work to do after your lunch and have no post lunch nap-culture. To avoid or minimize slumping after lunch, here are some tips to help you:

Don't overeat: A lot of people tend to feel drowsy after lunch because they overeat. Make sure you eat mindfully and stop when you are comfortably satiated. Don't eat while working or you may not be able to pay attention to how much you need to eat and might end up overeating. Skipping breakfast can also lead to overindulging at lunch time.

Avoid lunch high in fat and sugar: Fats are the hardest nutrient to digest compared to protein or carbs. So avoid eating foods high in fat for lunch, such as pizza or fried foods. Similarly, meals high in added sugar or refined or highly processed carbohydrates can have the same effect on your body.

Choose fiber-rich whole foods: Eat foods rich in whole grains as they have plenty of fiber. Fiber slows the absorption of sugar into the body and so you experience more stable and lasting energy from your lunch, instead of a sudden blood sugar or insulin spike.

Avoid alcohol and sugary drinks: Avoid packaged, sugary drinks or soft drinks with your lunch as they can also immediately spike your blood sugar, following it with a crash that makes you feel super tired. Also avoid alcohol with your lunch as it is a sedative, meaning it helps in inducing sleep.

Bring home-cooked food at work: When hungry during lunch time, you might be tempted to purchase something delicious and high in fat or processed carbs. Instead, bring a lunch box with home-cooked food so that you do not end up eating a lunch that will make you sleepy on your work chair later.

Make sure you have a good night's sleep: A good night's sleep can help avoid afternoon slump the next day. Sleep regulates your hormones, including your digestive hormones. So, if you are sleep deprived, your body is likely to suppress the hormone called leptin that tells your brain that you are no longer hungry and are feeling full. Lack of sleep can also elevate ghrelin, the hormone that signals you are hungry and need food.

Get your blood sugar levels tested: A lot of people have diabetes or prediabetes and don't know it. If you regularly feel drowsy after eating even after making dietary adjustments, get your blood sugar levels tested. If your blood sugar is high, the afternoon slump may be a sign that your body is struggling to metabolize food and metabolize carbohydrates.

Natural remedies for beautiful nails



Lemon Juice: Lemon juice can help brighten and whiten nails. Mix equal parts lemon juice and olive oil, and soak your nails in the solution for a few minutes. This also helps to strengthen nails.

Vitamin E Oil: Vitamin E oil promotes nail growth and hydration. Apply vitamin E oil directly to your nails and cuticles or look for nail products containing vitamin E.

Tea Tree Oil: Tea tree oil has antifungal properties that can help prevent nail infections. Mix a few drops of tea tree oil with a carrier oil (like coconut oil) and apply to your nails and cuticles.

Horsetail Extract: Horsetail extract is rich in silica, a mineral that supports nail strength and growth. You can take horsetail supplements or use horsetail-infused nail products.

Olive Oil Soak: Soaking your nails in warm olive oil can help moisturize and strengthen them. Add a few drops of lemon juice for extra nourishment.

Biotin Supplements: Biotin, also known as vitamin H, supports nail growth and strength. Consult with a healthcare professional before adding any supplements to your routine.

Garlic: Garlic contains selenium, which is beneficial for nail health. Crush a few garlic cloves and mix them with a carrier oil. Apply the mixture to your nails and leave it on for about 10 minutes before rinsing.

Consistency is key when using natural remedies for nail care. Additionally, be cautious if you have allergies or sensitivities to certain ingredients. If you notice any adverse reactions or worsening of your nail condition, it's advisable to consult a healthcare professional or a dermatologist for personalized advice and recommendations.

General Knowledge Question Answers

1. Which country is the smallest in the world by land area?

- a) Monaco
- b) Vatican City
- c) San Marino
- d) Liechtenstein

2. What is the capital of Argentina?

- a) Buenos Aires
- b) Mendoza
- c) Cordoba
- d) Rosario

3. Which country is located on the Horn of Africa?

- a) Ethiopia
- b) Kenya
- c) Somalia
- d) Tanzania

4. What is the capital of Spain?

- a) Barcelona
- b) Madrid
- c) Seville
- d) Valencia

5. Which country is located entirely within another country?

- a) San Marino
- b) Lesotho
- c) Andorra
- d) Monaco

6. What is the capital of Indonesia?

- a) Jakarta
- b) Bali
- c) Surabaya
- d) Medan

7. Which country is known as the "Land of Fire and Ice"?

- a) Iceland
- b) Greenland
- c) Norway
- d) Finland

8. What is the capital of South Korea?

- a) Busan
- b) Seoul
- c) Incheon
- d) Daegu

9. Which country is located on the Iberian Peninsula?

- a) Portugal
- b) Spain
- c) France
- d) Italy

10. What is the capital of Thailand?

- a) Bangkok
- b) Chiang Mai
- c) Phuket
- d) Pattaya

11. Which is the largest country by land area in the world?

- a) China
- b) Russia
- c) Canada
- d) United States

12. What is the capital of Australia?

- a) Sydney
- b) Melbourne
- c) Perth
- d) Canberra

13. Which country is home to the world's tallest mountain, Mount Everest?

- a) China
- b) Nepal
- c) India
- d) Bhutan

14. What is the capital of Egypt?

- a) Cairo
- b) Alexandria
- c) Luxor
- d) Giza

15. Which country is known as the "Land of the Midnight Sun"?

- a) Norway
- b) Sweden
- c) Finland
- d) Iceland

- 15. Finland
- 14. Cairo

- 10. Bangkok
- 11. Russia
- 12. Cambodia
- 13. Nepal

- 5. Lesotho
- 6. Jakarta
- 7. Iceland
- 8. Spain

- 1. Vatican City
- 2. Buenos Aires
- 3. Somalia
- 4. Madrid

ASTRO SPEAK

ARIES



A restless energy could interrupt your sleep early as the Virgo moon faces off with Saturn. Try not to read into any strange dreams that leave you tossing and turning, trusting that your subconscious is working itself out. Luckily, it'll be easy to stay on task as the hours continue to unfold and the moon moves through your solar sixth house, providing you with an efficient and practical energy.

LIBRA



Try not to be disturbed if you awaken from unpleasant dreams, dear Libra, as the Virgo moon faces off with Saturn in the very early hours. Though the energy at play could get a little intense, your psyche likely needs to sort itself out. Give yourself plenty of space for introspection as the hours unfold, bringing organization to your heart, mind, and soul.

TAURUS



The Virgo moon faces off with restrictive Saturn early bringing a tense energy to the table. These vibes will make it easier for you to tap into the collective, so try not to be discouraged if you experience nightmares or strange dreams, as the vibes you're picking up on may not be your own. Luckily, you'll feel elevated and energize as the morning unfolds, especially when you bring a bit of fun or creativity into your routines.

SCORPIO



You may be called to do some group organizing as the moon continues its journey through Virgo. People will look to you for guidance and answers right now, though promoting teamwork can help take some of the pressure off yourself. These vibes also pair well with networking and sharing connections, making it a good time to arrange a gathering with your peers and colleagues after work.

GEMINI



Repressed emotions may boil over into the dream realms, as the Virgo moon faces off with Saturn. Luckily, you'll feel more composed and at peace once you've awakened, though your heart may require a bit of nurturing. Consider spending some time tidying up your space before the day comes to a close, commissioning the assistance of your housemates if teamwork is required.

SAGITTARIUS



Emotional blocks may reveal themselves in the dream realms, as the Virgo moon and Saturn face off early this morning. Be sure to honor what your heart is trying to say, but try not to let strange astral realm encounters linger into the waking hours. Take a moment to get organized later tonight when the moon blows a kiss to Jupiter, triggering your efficient side.

CANCER



The Virgo moon faces off with Saturn early creating a spiritual ambience that will usher in special messages while you dream. Unfortunately, it may be difficult to recall these astral realm encounters once you've awakened, but do your best to take note of any significant memories that stick. A productive energy will take hold as the hours continue to pass, and you may feel called to share special skills.

CAPRICORN



The spirit realms will be active early as the Virgo moon faces off with Saturn. Though this cosmic climate could lead to psychically charged dreams, it may be difficult to decipher what the other side is trying to say. Luckily, you can receive confirmation for any lingering questions you may have as the hours unfold and Luna travels through the spiritual sector of your chart.

LEO



The moon continues its journey through Virgo and your solar second house today, heightening your senses while asking you to connect with a strong sense of gratitude. These vibes pair well with counting blessings and appreciating small moments of beauty, so be sure to connect with your surroundings in a way that feels meaningful. Financial matters will also come to the forefront of your mind.

AQUARIUS



An organized and transformative energy will follow you as the moon continues its journey through practical Virgo and the sector of your chart that governs rebirth. Lean into these vibes by taking a practical look at your situation, noting how you hope to grow. Remember that sacrifices must often be made in order to make room for change, making it important that you get comfortable with the idea of letting go.

VIRGO



You may feel a bit unrested when you awaken as the moon and Saturn face off in the very early hours. This celestial conflict could lead to restless slumber. Luckily, your aura will benefit from some cosmic support as the hours pass, especially when you allow others to shower you with attention.

PISCES



A restless energy will manifest as the Virgo moon faces off with Saturn. Though this cosmic climate could lead to restless sleep or unpleasant dreams, you'll have a chance to reclaim harmony as the hours unfold and Luna moves through your solar seventh house. Give yourself permission to move at your own pace, but remember to stay connected with your to-do lists.