

Kangana Ranaut says she is 'scared now' reacting to Karan Johar's support for her film Emergency



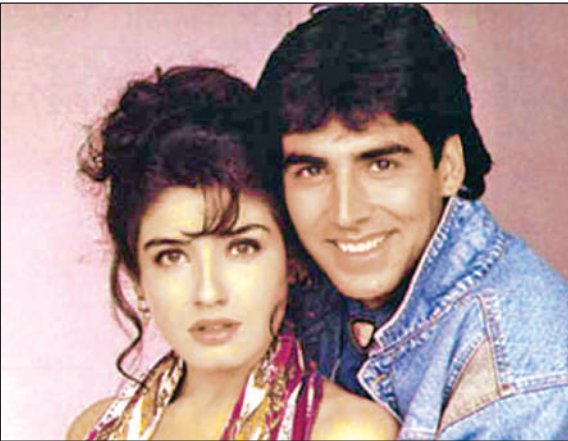
Kangana Ranaut has been quite vocal about her thoughts on Bollywood, star kids, Karan Johar and more. She does not fear speaking about them in open and criticizes them to the core. Her fights with Karan Johar have always been the talk of the town. She openly talks negative about him and his support to star kids. She feels that he has a Bollywood mafia gang and they all target her and her movies. It was Kangana who introduced the 'nepotism' word in the industry and has always blamed Karan Johar for bringing in nepotism in Bollywood. Recently, Karan Johar spoke about Kangana Ranaut during a press conference. He said that he will welcome Kangana with open arms and also said that he is excited for her upcoming film, Emergency. It happened so that Karan was asked if he would make a film about a political event. While speaking to Indian Express he said, "The emergency is being made and I am excited to watch it." Kangana has now reacted to this statement. She took to X (formerly known as Twitter) and said that she is scared of Karan Johar's support to Emergency. She wrote, "Ha ha last time when he said he was excited to see Manikarnika, the worse smear campaign of my life was unleashed upon me on its releasing weekend ... almost all main actors working in the film were paid to sling mud on me and sabotage the film and suddenly the most successful weekend of my life was turned in to a living nightmare for me... Ha ha I am scared now very scared ... because he is excited again ..." Emergency is set to release on November 24, 2023 and Kangana Ranaut will play the role of Prime Minister Indira Gandhi. The film also stars Anupam Kher, Milind Soman, Mahima Chaudhry, Shreyas Talpade and others.

Dunki: Teaser of Shah Rukh Khan's film to be released on Diwali 2023?



Bollywood Hungama cited a source close to the development as saying.

Welcome To Jungle to bring Akshay Kumar and Raveena Tandon together; fans go gaga over OG pair's comeback



Bollywood. The two had met at an awards function some months back. Their videos and moments on stage went viral and how.

Recipes

Cheese Stuffed Tikka



**Ingredients**  
200 gm paneer  
1/2 capsicum (green pepper)  
2 slices cheese slices  
1/4 teaspoon turmeric  
1/2 teaspoon dry mango powder  
3 tablespoon gram flour (besan)  
1 tablespoon vegetable oil  
1/2 onion, 1/2 tomato  
4 tablespoon hung curd  
1/2 teaspoon red chilli powder  
1/2 teaspoon cumin powder  
salt as required  
**Method:**  
Add besan, curd, turmeric, red chilli powder, dry mango powder, cumin powder and salt to a bowl. Mix well to prepare a thick batter.  
Now cut the paneer into cubes. Also chop the onion, tomato and capsicum in cubes. Add all of them to the prepared batter and mix well with your hands to marinate them well. Let them marinate for 15 minutes.  
Now cut the cheese slices into small squares, equal to the size of paneer cubes. Now take 2-3 bamboo skewers and insert the marinated ingredients in them. Firstly insert capsicum, then paneer, then onion, followed by cheese slices and lastly tomato. Repeat this step to make tikkas.  
Heat a non-stick pan and drizzle a few drops of oil on it. Place the prepared tikkas on it and cook them from all sides until golden brown in colour. Serve with mint chutney or any other chutney of your choice. Enjoy!

This is how Cashews can help in effective weight loss



It is a common myth that eating cashews can lead to weight gain, but is it true or just a myth? Well, there's no denying that cashew nuts are one of the most loved nuts, which are popular for their taste and nutritional value. Here's what happens when you eat cashews daily and how it can help in weight management. Here are some lesser known facts about cashew nuts and their contribution to weight loss.  
**Are cashews healthy?**  
Cashews are naturally packed with the goodness of essential nutrients such as healthy fats, protein, dietary fiber, vitamins (such as B vitamins and vitamin E), and minerals (such as magnesium, phosphorus, and zinc). Despite being calorie-dense, their nutritional value can provide ample nutrition along with providing satiety even in smaller portions, potentially leading to reduced overall calorie intake.  
**Healthy Fats:** Cashews are high in healthy fats, the majority of their fat content is unsaturated fat, which is considered heart-healthy and may reduce LDL levels. These fats can help you feel full and satisfied, reducing sudden hunger pangs. Including cashews in daily diet can

help in better nutrient absorption and digestion.  
**Heart Health:** Consuming nuts, including cashews, has been associated with a lower risk of cardiovascular disease. However, only a small amount of cashews can help in boosting HDL levels in the body, excessive consumption may lead to weight gain.  
**Micronutrients and Antioxidants:** Cashews contain various vitamins and minerals like magnesium that help in biochemical reactions, which support overall health and improves energy production and glucose metabolism. In fact, adequate magnesium intake can support weight loss and insulin sensitivity.  
**Dietary Fiber:** Cashews contain dietary fiber, which can help regulate digestion and promote a feeling of fullness. Foods high in fiber tend to have a lower glycemic index, helping stabilize blood sugar levels and preventing sudden spikes and crashes that might trigger overeating.  
**Curbs hunger pangs:** The combination of healthy fats, protein, and fiber in cashews can contribute to increased feelings of satiety and reduced cravings, making it easier to control portion sizes and resist unhealthy snacks.

10 Korean ingredients for glass skin

Glass skin" refers to a Korean beauty trend that focuses on achieving a clear, smooth, and radiant complexion. Achieving this look involves both skincare products and a healthy lifestyle. Here are 10 Korean skincare ingredients that are often used to help achieve the glass skin look:



**Hyaluronic Acid:** This ingredient hydrates the skin by attracting and retaining moisture, giving it a plump and smooth appearance.  
**Niacinamide:** Also known as Vitamin B3, niacinamide helps to improve the skin's texture, reduce the appearance of pores, and even out skin tone.  
**Vitamin C:** This antioxidant brightens the skin, reduces hyperpigmentation, and promotes a more even skin tone.  
**Snail Mucin:** Derived from snail secretion, this ingredient is rich in nutrients that help to repair and hydrate the skin, leaving it soft and supple.  
**Glycolic Acid:** A type of alpha hydroxy acid (AHA), glycolic acid exfoliates the skin's surface, promoting cell turnover and revealing smoother skin.  
**Centella Asiatica:** Also known as "cica," this ingredient has soothing and calming properties that can help

reduce redness and inflammation.  
**Propolis:** This bee-derived ingredient has antibacterial and healing properties, making it great for addressing blemishes and promoting skin health.  
**Galactomyces Ferment Filtrate:** This yeast-derived ingredient helps to improve skin texture, reduce the appearance of pores, and enhance overall radiance.  
**Ceramides:** These fatty molecules help to

strengthen the skin's natural barrier, locking in moisture and improving its overall texture.  
**Green Tea Extract:** Rich in antioxidants, green tea extract helps to soothe the skin, reduce inflammation, and protect it from environmental stressors.  
It's important to note that while these ingredients can contribute to achieving the glass skin look, individual results can vary based on skin type, concerns, and overall skincare routine. Always patch-test new products and consider consulting a dermatologist before incorporating new ingredients into your routine, especially if you have sensitive skin or existing skin conditions. Additionally, a holistic approach including a balanced diet, staying hydrated, and getting enough sleep can also contribute to achieving a radiant complexion.

General Knowledge Question Answers

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| 1. Which of the following is an example of a vector quantity?<br>a) Speed<br>b) Distance<br>c) Velocity<br>d) Temperature<br>Answer: c) Velocity  | c) Newton's third law<br>d) Kepler's law<br>Answer: b) Newton's second law<br>6. What is the formula for kinetic energy?<br>a) 1/2mv ^ 2<br>b) mgh<br>c) F=ma<br>d) P=mv<br>Answer: a) 1/2mv ^ 2  | c) Gay-Lussac's law<br>d) Avogadro's law<br>Answer: a) Boyle's law<br>11. What is the formula for gravitational potential energy?<br>a) mgh<br>b) -G(m1m2)/r<br>c) 1/2mv ^ 2<br>d) F=ma<br>Answer: a) mgh   |
| 2. Which law states that for every action, there is an equal and opposite reaction?<br>a) Newton's first law<br>b) Newton's second law<br>c) Newton's third law<br>d) Kepler's law<br>Answer: c) Newton's third law                   | 7. Which law states that the total energy of an isolated system remains constant?<br>a) Newton's first law<br>b) Newton's second law<br>c) Newton's third law<br>d) Law of conservation of energy<br>Answer: d) Law of conservation of energy | 12. Which law states that the pressure of a gas is directly proportional to its absolute temperature at constant volume?<br>a) Boyle's law<br>b) Charles's law<br>c) Gay-Lussac's law<br>d) Avogadro's law<br>Answer: b) Charles's law                            |
| 3. Which type of force does a stretched spring exert?<br>a) Frictional force<br>b) Gravitational force<br>c) Tension force<br>d) Elastic force<br>Answer: d) Elastic force  | 8. What is the SI unit of power?<br>a) Newton<br>b) Watt<br>c) Joule<br>d) Pascal<br>Answer: b) Watt  | 13. What is the formula for electric potential energy?<br>a) kQ1Q2/r<br>b) V=IR<br>c) F=qE<br>d) P=VI<br>Answer: a) kQ1Q2/r   |
| 4. What is the SI unit of force?<br>a) Newton<br>b) Watt<br>c) Joule<br>d) Pascal<br>Answer: a) Newton  | 9. What is the formula for work done?<br>a) W=Fd<br>b) F=ma<br>c) P=mv<br>d) E=mc ^ 2<br>Answer: a) W=Fd  | 14. Which law states that the induced electromotive force (EMF) in a circuit is proportional to the rate of change of magnetic flux through the circuit?<br>a) Faraday's law<br>b) Ampere's law<br>c) Ohm's law<br>d) Kirchhoff's law<br>Answer: a) Faraday's law |
| 5. Which law states that the rate of change of momentum of an object is directly proportional to the force applied and takes place in the direction in which the force is applied?<br>a) Newton's first law<br>b) Newton's second law | 10. Boyle's law<br>11. mgh<br>12. Charles's law<br>13. kQ1Q2/r<br>14. Faraday's law   |   |

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| -Answers:<br>1. Velocity<br>2. Newton's third law<br>3. Elastic force<br>4. Newton | 5. Newton's second law<br>6. 1/2mv ^ 2<br>7. Law of conservation of energy<br>8. Watt<br>9. W=Fd | 10. Boyle's law<br>11. mgh<br>12. Charles's law<br>13. kQ1Q2/r<br>14. Faraday's law |
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ASTRO SPEAK

<b>ARIES</b>  MAR 21 - APR 20 Cosmic winds shift early this morning when the sun enters Virgo, activating the sector of your chart that governs work and wellness. This solar placement will ask you to update your habits and routines throughout the coming month, looking for ways to support your overall health and efficiency. The moon continues its journey through Scorpio and your house of transformation.	<b>LIBRA</b>  SEP 24 - OCT 22 Your desire for privacy and solitude will increase throughout the coming weeks, dearest Libra, as the sun creeps into Virgo and your solar twelfth house. This luminary placement will ask you to dive deep within, uncovering behavioral patterns and new truths of the heart and mind. Mercury stations retrograde this afternoon, nudging you to reflect on the past while acknowledging how certain events or people shaped you.
<b>TAURUS</b>  APR 21 - MAY 20 The sun creeps into Virgo and the sector of your chart that governs fun this morning, dearest Bull, amplifying your desire to enjoy life, create art, and nurture friendship. The Scorpio moon aligns with Mercury midmorning, bringing a flirtatious energy that's perfect for embracing romance. However, you may be blindsided by love this afternoon when Luna and Uranus face off in our skies.	<b>SCORPIO</b>  OCT 23 - NOV 22 A strong desire to expand your social network will take hold in the coming weeks, dear Scorpio, as the sun enters Virgo and your solar eleventh house. Meanwhile, the moon continues its journey through your sign while connecting with Mercury and Uranus, urging you to focus on building new alliances though you may want to be on guard for curveballs within matters of the heart.
<b>GEMINI</b>  MAY 21 - JUN 20 Get ready for an emotional, nurturing, and nostalgic era, dear Gemini, as the sun enters Virgo and your solar fourth house. These vibes work well with restorative self-care sessions at home, reconnecting with childhood friends, and honoring your feelings. Watch out for curveballs this afternoon when the Scorpio faces off with Uranus, and be sure to keep your own thoughts on track.	<b>SAGITTARIUS</b>  NOV 23 - DEC 22 The sun creeps into Virgo and your solar tenth house asking you to strategize the path toward success. Give yourself permission to meditate on your highest aspirations, visualizing who you may become in the coming months. Though your head will drift easily toward the clouds, be extra mindful of your tasks and responsibilities when the Scorpio moon connects with Mercury and Uranus.
<b>CANCER</b>  JUN 22 - JUL 23 Your mind will crave new relationships, activities, and educational growth, dear Cancer, as the sun migrates into Virgo and the sector of your chart that governs thought process and communication. Meanwhile, the Scorpio moon connects with Mercury and Uranus, encouraging you to break free from tradition to honor your genuine interests and passions.	<b>CAPRICORN</b>  DEC 23 - JUL 20 Brace yourself for a month of beauty, magic, and luck, dearest Capricorn, as the sun enters Virgo and your solar ninth house. This luminary placement marks the most spiritually charged period of the year for you, amplifying your intuition and manifestation skills. Good vibes continue to flow as the Scorpio moon connects with Mercury, helping you inspire others with your unique visions and profound ideas.
<b>LEO</b>  JUL 24 - AUG 23 The sun leaves your sign and enters Virgo shifting your focus toward financial gain throughout the coming weeks. Meanwhile, the Scorpio moon connects with Mercury and Uranus, asking you to honor your emotions rather than hide from them. Opportunities to dissolve boundaries may come into play when Luna blows a kiss to Neptune this evening, making it a good time to connect with your closest companions.	<b>AQUARIUS</b>  JAN 21 - FEB 23 You'll feel galvanized to make personal changes and evolve throughout the coming weeks, dear Aquarius, as the sun enters Virgo and the sector of your chart that governs transformation. Meanwhile, the Scorpio moon aligns with Mercury and Uranus, asking you to touch base with your work/life balance, especially if you've been feeling spread thin or disorganized.
<b>VIRGO</b>  AUG 24 - SEP 23 The sun creeps into your sign early bringing warmth to your heart, mind, and aura throughout the coming month. Meanwhile, the Scorpio moon connects with Mercury and Uranus, heightening your perspective and natural intuition. Keep your eyes peeled for signs and synchronicities, and don't hesitate to make a few birthday season wishes with the other side.	<b>PISCES</b>  FEB 20 - MAR 20 Get ready for an era of romance, harmony, and good health as the sun enters Virgo and your solar seventh house. Meanwhile, the Scorpio moon connects with Mercury and Uranus, nudging you to enjoy some flirting, though you should be mindful to plan your words in advance and avoid the urge to speak impulsively. Good vibes flow tonight when Luna aligns with Neptune.

