

Dream Girl 2 Exclusive: Ananya Panday says 'it hurts' to be constantly trolled as an actor



When Dream Girl 2 actress Ananya Panday made her Bollywood debut with Student Of The Year 2 in 2019, little did she know that she'd be brutally trolled for not being able to meet the viewers' expectation as an actor. Four years and a few films later, she still gets mocked, judged and slammed for her acting skills. Is that enough to make Ananya stop pursuing her dream? No! Ananya, who had always wanted to be an actor, works each day to get better. Since she belongs to the filmy background and has the privileges of being a star kid, she has been successful in bagging top movies and roles. Contrary to the common perception that star kids aren't usually affected by constant trolling, Ananya admits to being severely affected with the criticism she has been subjected to. Ananya, who will soon be seen in Dream Girl 2, along with Ayushmann Khurrana, spoke exclusively to BollywoodLife, about the impact negative comments has had on her. "I think it depends on the days. Some days I am very strong, and this is the side that people tend to see more. But obviously there are days when I get upset about things. It hurts me, but I just have to get over it because I have signed up for this and this is all I want to do, so it's okay," she said. Going by her Dream Girl 2 co-star Ayushmann Khurrana, Ananya is able to combat all difficulties, courtesy her mental strength. "Mental strength kaafi hai iss cheez mai," he shared. On being asked if Ayushmann shared any acting tips while filming Dream Girl 2, the actor said, "Ayushmann is a very easy person; he doesn't think a lot about the chatter around him. He is open to feedback. Even while playing Pooja and Karam simultaneously, he was chill, and it pulled it off so effortlessly. He is a chilled out, and makes other people stress," she laughed.

ICC World Cup 2023: Urvashi Rautela becomes first actor to unveil the trophy in France; feels honoured

The ICC Men's Cricket World Cup is just around the corner, set to take place in India from October 5 to November 19. The anticipation among fans is palpable, and it reached new heights when Urvashi Rautela had the honour of unveiling the dazzling tournament trophy.

Urvashi Rautela delightedly shared a photo with the coveted trophy, expressing her joy at being the first actor to reveal the ICC World Cup Trophy in France. Her post was met with an outpouring of love and admiration from her fans.

Taking to her Instagram on a Wednesday, Urvashi Rautela graced the platform in a stunning, golden, body-hugging dress. She struck a pose next to the World Cup trophy with the iconic Eiffel Tower in the background. Accompanying the captivating picture was her caption: "I am the first actor to officially launch and unveil the 'Cricket World Cup 2023 trophy' at the Eiffel Tower in Paris, France. #trulyhumbled Thank you @icc @cricketworldcup"



Alia Bhatt is NO more the Sita in Nitesh Tiwari's Ramayana; Ranbir Kapoor to still play Ram?

Yes, you read it right and this news will definitely leave Alia Bhatt fans disappointed, but as the reports suggest, the Rocky Aur Rani Kii Prem Kahani actress has opted out of Nitesh Tiwari's Ramayana, starring Ranbir Kapoor in the lead role. Nitesh Tiwari's Ramayana is the most anticipated project of the filmmaker, but this latest development is indeed heartbreaking. The reports claim that Alia, who was extremely excited about this mythological film, couldn't manage her dates, and hence she chose to walk out.

Alia Bhatt will not play Sita, but Ranbir Kapoor is still Ram in Nitesh Tiwari's Ramayana. As per the quote in Pinkvilla, "It's understandable that a magnum opus like Ramayana requires time and intense pre-production work, as they are going into the smallest details of everything to get it right on screen. Which is why things are progressing at a slower pace. Also, as far as the casting is concerned, Ranbir Kapoor is still committed to playing Lord Ram, while Alia Bhatt - who was approached for the project - is no longer part of it. The actress was in talks for the role of Goddess Sita, but the collaboration didn't work out because of date issues".



Goddess Sita, but the collaboration didn't work out because of date issues".

Recipes

Matar Mushroom Masala



Ingredients

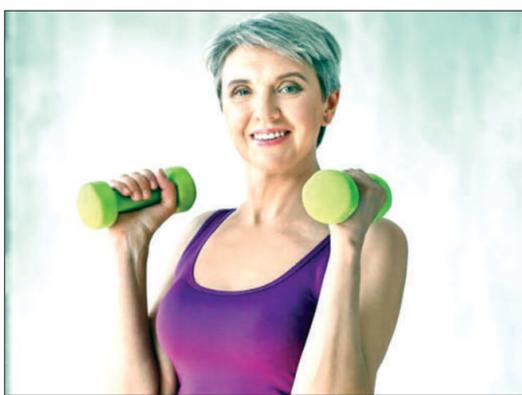
- 200 gm mushroom
- 3 medium tomato
- 1 green chilli
- 1 teaspoon coriander powder
- 2/3 teaspoon garlic paste
- 3 tablespoon refined oil
- 2/3 cup frozen peas
- 1 medium onion
- 1/2 teaspoon red chilli powder
- 2/3 teaspoon ginger paste
- water as required
- salt as required

Method:

Heat oil in a pan or kadhai and add the finely chopped onions and saute till translucent. Add ginger-garlic paste and saute till the raw smell disappears. Then, add the chopped tomatoes and green chillies. Stir well and add turmeric, red chilli, and coriander powder. Stir well and saute till oil separates from onion-tomato masala mixture.

Add the chopped mushrooms and peas. Stir well and saute for 2 to 3 mins. Then, add water and salt as required. Mushrooms will leave water so add accordingly. In case there is too much water even after the peas or mushrooms are cooked, then reduce the water by simmering the matar mushroom curry without a lid for some more minutes till you get the desired consistency. Cover the pan and cook till the peas are softened. Then, sprinkle garam masala powder. Mix well and serve matar mushroom masala hot with roti or paratha.

Strength training exercises for women above 40



The notion of lifting weights and engaging in intensive workouts might evoke feelings of apprehension and as people cross the threshold of 40s, a phase often associated with shifts in metabolism and muscle mass, the prospect of building strength can be accompanied by concerns about injury, effectiveness, and even social perceptions. However, age does not define you and definitely should not answer whether you can do strength training or not. Hence, here are 10 strength training workouts for women over 40.

Bent-Over Rows

Hold dumbbells in each hand, hinge at your hips, and lean forward slightly. Pull the weights towards your hips while squeezing your shoulder blades. Lower the weights back down.

Dumbbell Chest Press

Lie on your back with a dumbbell in each hand. Press the weights up

while keeping your wrists aligned with your shoulders. Lower the weights back down.

Deadlifts

Hold a barbell or dumbbells in front of your thighs. Hinge at your hips, keeping your back straight. Lower the weight towards the ground. Engage your glutes and hamstrings to return to a standing position.

Glute Bridges

Lie on your back with your knees bent and feet flat on the ground. Lift your hips off the ground, squeezing your glutes at the top. Lower your hips back down.

Lunges

Step forward with one leg and lower your body into a lunge. Keep your front knee aligned with your ankle. Push through your front heel to return to the starting position. Alternate legs.

Plank

Start in a push-up position on your elbows and toes. Keep your body in a straight line from head to heels. Engage your core and hold the position for as long as you can.

Pushups

Dreaded by novices and experts alike, Push-ups are excellent body-weight workouts and can be performed in the traditional way or be modified by doing them with knee-support.

Start in a plank position with hands slightly wider than shoulder-width apart. Lower your body by bending your elbows. Push back up to the starting position. Modify by doing push-ups from your knees or against a wall.

Tricep dips

Sit on a bench or chair and place your hands on the edge, fingers facing forward. Slide your hips off the bench and bend your elbows to lower your body. Push through your palms to return to the starting position.

Fruits which are best for a healthy skin

Having healthy and radiant skin is a goal that many people aspire to achieve. While skincare products and routines play a significant role in maintaining skin health, a crucial factor that should not be overlooked is nutrition. The saying "you are what you eat" holds true when it comes to the condition of your skin. Fruits, packed with vitamins, minerals, antioxidants, and hydration, can be particularly beneficial for promoting healthy skin. Here are some fruits that are considered best for achieving and maintaining healthy skin:



Berries: Blueberries, strawberries, raspberries, and blackberries are all rich in antioxidants, particularly vitamin C and anthocyanins. Antioxidants combat free radicals, reducing oxidative stress and inflammation in the skin. This can help prevent premature aging and maintain a youthful appearance.

Citrus Fruits: Oranges, grapefruits, lemons, and limes are bursting with vitamin C, a potent antioxidant that aids collagen production. Collagen is essential for skin elasticity, reducing the appearance of fine lines and wrinkles.

Papaya: This tropical fruit contains an enzyme called papain, which is known for its exfoliating properties. Regular consumption of papaya can help remove dead skin cells, resulting in a brighter complexion.

Kiwi: Kiwi is a vitamin C powerhouse, aiding in collagen synthesis and contributing to the skin's firmness. It also contains vitamin E and vitamin K, which help maintain skin health.

Pomegranate: Packed with antioxidants and polyphenols, pomegranates can help improve skin texture and elasticity while providing anti-inflammatory benefits.

Bananas: Bananas are a good source of vitamin B6 and vitamin C, both of which play a role in maintaining skin integrity. They also contain manganese, which supports collagen production.

Mango: High in beta-carotene and vitamin A, mangoes promote skin cell regeneration and can contribute to a glowing complexion.

Apples: Apples contain quercetin, an antioxidant that helps combat inflammation. They also provide dietary fiber, which aids in digestion and can indirectly impact skin health.

General Knowledge Question Answers

1. What is the name of India's largest IT services company?

- a) Infosys
- b) TCS (Tata Consultancy Services)
- c) Wipro
- d) Cognizant

2. What is the name of India's largest natural gas company?

- a) GAIL (Gas Authority of India Limited)
- b) ONGC (Oil and Natural Gas Corporation)
- c) Reliance Industries
- d) Essar Oil

3. Which Indian city is known as the 'Silicon Valley of India'?

- a) Hyderabad
- b) Mumbai
- c) Chennai
- d) Bangalore

4. What is the name of India's largest oil refinery?

- a) Jamnagar Refinery
- b) Mathura Refinery
- c) Barauni Refinery
- d) Panipat Refinery

5. Which Indian state is the largest producer of coal?

- a) Jharkhand
- b) Chhattisgarh
- c) Odisha

d) Madhya Pradesh

6. What is the name of India's national rural employment guarantee scheme?

- a) Pradhan Mantri Jan Dhan Yojana
- b) Pradhan Mantri Gramin Awaas Yojana
- c) Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA)
- d) Swachh Bharat Abhi

7. What is the name of India's stock exchange for small and medium-sized enterprises?

- a) National Stock Exchange (NSE)
- b) Bombay Stock Exchange (BSE)
- c) MCX-SX
- d) NSE Emerge

8. Which Indian state has the highest literacy rate?

- a) Kerala
- b) Tamil Nadu
- c) Andhra Pradesh
- d) Maharashtra

9. What is the name of India's largest public sector bank?

- a) State Bank of India (SBI)
- b) Punjab National Bank (PNB)
- c) Bank of Baroda (BOB)
- d) Canara Bank

10. What is the name of India's largest port by

cargo volume?

- a) Jawaharlal Nehru Port Trust (JNPT)
- b) Chennai Port
- c) Visakhapatnam Port
- d) Kolkata Port

11. Which sector contributes the most to the GDP of India?

- a) Agriculture
- b) Manufacturing
- c) Services
- d) Mining

12. Who is the current Finance Minister of India?

- a) Piyush Goyal
- b) Nirmala Sitharaman
- c) Arun Jaitley
- d) Pranab Mukherjee

13. What is the current inflation rate in India?

- a) 2.5%
- b) 4.5%
- c) 6.5%
- d) 8.5%

14. What is the name of the largest stock exchange in India?

- a) Bombay Stock Exchange (BSE)
- b) National Stock Exchange (NSE)
- c) Calcutta Stock Exchange (CSE)
- d) Madras Stock Exchange (MSE)

ASTRO SPEAK

ARIES

The moon continues its journey through Sagittarius, connecting with the healing asteroid, Chiron, just before afternoon creeps in. Lean into these vibes by embracing creativity and spirituality, as doing so will lead to a newfound sense of clarity and confidence. Just try not to get too distracted when Mercury retrograde becomes agitated, taking care to stay on top of your tasks and work responsibilities.

TAURUS

The Sagittarius moon forms a sweet exchange with Chiron this morning, dear Taurus, giving you the courage to break free from unhealthy relationships, behaviors, and situations. Don't be afraid to cut out that which no longer serves you, prioritizing self-preservation above all else. Consider closing out the day with a cleansing salt bath, resetting your aura as the Nodes of Fate activate.

GEMINI

You'll feel the love within your community thanks to a sweet exchange between the Sagittarius moon and Chiron. Lean into this cosmic climate by amplifying the vibe within your social sphere, taking care to amp up and support the people you cherish. However, you may want to pull back later today when Luna squares off with Saturn retrograde, bringing moody and unharmonious energy to the table.

CANCER

The moon drifts into sparkling Sagittarius early this morning, asking you to nurture your body as a spiritual vehicle. These vibes pair well with meditation and mind/body awareness, so be sure to connect with your physical self throughout the day. Try not to lose sight of your personal philosophies when Luna and Saturn square off this morning, looking for ways to bring structure to your unique religious practices.

LEO

Your sassier side will shine through today as the moon migrates into Sagittarius, supercharging the sector of your chart that governs individuality, natural talents, and ego. Don't be afraid to push the envelope right now, though you should proceed with caution when Luna and Saturn square off this morning. Good vibes flow as the hours unfold and Mars blows a kiss to Pluto, prompting you to invest in your health.

VIRGO

Your home should feel warm and supportive when you awaken, as the moon migrates into Sagittarius. Use this energy to reconnect with your space throughout the next two days, carving out time to relax with loved ones. You may require some space when Luna understanding that harmony can't be achieved if your boundaries blur.

LIBRA

The stars conspire to bring curiosity and optimism to your mind, dear Libra, as the moon migrates into Sagittarius and your solar third house. This cosmic climate is perfect for exploring new topics, making friends, and spreading joy, so be sure to direct your focus accordingly. You may feel slightly overstimulated when Luna and Saturn square off this morning, making it important that you ease into the day.

SCORPIO

The moon enters Sagittarius and the sector of your chart that governs money bringing a dash of luck to your finances. Unfortunately, it would be easy to lose track of your expenses when Luna squares off with Saturn, making it important that you pay bills before splurging on luxury items. Good vibes flow as the hours continue to unfold and Mars aligns with Pluto, empowering you.

SAGITTARIUS

You should feel elevated, inspired, and ready to find joy, dear Archer, as the moon makes its debut in your sign early this morning. Unfortunately, the day could kick off with a bit of a rough patch when Luna squares off with Saturn, making it important that you check in with your heart before leaving the house. If you're in need of some personal nurturing, consider treating yourself to something special.

CAPRICORN

The moon enters Sagittarius and the sector of your chart that governs privacy, dear Capricorn, putting you in a thoughtful yet quiet mood. Unfortunately, you may be forced to socialize as Luna and Saturn square off this morning, especially if your responsibilities depend upon it. Luckily, you should have plenty of time to unwind this evening, making it a great time for laying low at home.

AQUARIUS

The moon enters Sagittarius and your house of community, inspiring you to explore new horizons, support your local economy, and expand your social connections. However, you may need to ground and center when Luna and Saturn square off this morning, taking time to find your gratitude while seeking beauty in your surroundings. Good vibes flow later today.

PISCES

Luck will follow you within professional ambitions, as the moon migrates into Sagittarius and the sector of your chart that governs success. Don't be afraid to shine brightly right now, especially when Luna and Saturn square off this morning, which may cause you to hold back or restrict yourself. Mars and Pluto share a sweet exchange overhead, helping you find motivation.

- 1. TCS (Tata Consultancy Services)
- 2. GAIL (Gas Authority of India Limited)
- 3. Bangalore
- 4. Jamnagar Refinery
- 5. Chhattisgarh
- 6. Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA)
- 7. NSE Emerge
- 8. Kerala
- 9. State Bank of India (SBI)
- 10. Jawaharlal Nehru Port Trust
- 11. Infosys
- 12. Nirmala Sitharaman
- 13. 4.5%
- 14. National Stock Exchange