

Jawan: Shah Rukh Khan mania grips America; film with Nayanthara gets additional boost in the overseas market



Few days remain for the release of Shah Rukh Khan starrer Jawan. The new movie also starring Nayanthara, Sanya Malhotra and others is releasing worldwide on 7th September. The Jawan advance booking report for the US looks fantastic. Needless to say, the Atlee movie is going to wreak havoc at the overseas box office. As per reports, Shah Rukh Khan's upcoming new movie has already collected about Rs 1 crore via advance booking. But, wait till to hear this: The Jawan and Shah Rukh Khan fever has perked up, giving an additional boost.

Until a couple of hours ago, Shah Rukh Khan movie Jawan reportedly sold out 10,000 tickets on day 1, thereby making approximately Rs 1 crore by advance booking 15 days prior to the release. Now, a fresh entertainment news report has surfaced which claims owing to the sky-high hype and mania for Jawan, the number of shows and locations in the overseas market has jumped up. Yes, you got that right. Previously Jawan was going to have about 1600 shows in 367 locations. But as per the latest buzz, the number has increased to 1777 shows and 407 locations. That's pretty huge and something tells us, as the day of the release inches closer, the numbers gonna go up and up. Jawan has now sold out 11880 tickets, thus boosting the advance booking collections from 1 crore to approximately 1.5 crores on the opening day. And these are figures about two weeks before the release of the Shah Rukh Khan, Nayanthara starrer action thriller. We also hear that the advance booking for Jawan is likely to kickstart in India on 27th August, Sunday. Then Jawan is all set to crash the Indian market. A media report claims that Jawan might release 8500 to 9000 screens across the globe. These are online reports but we cannot wait for the official numbers to drop in. The enquiry for Jawan advance ticket booking has begun in the Indian market, such is the hype for the Shah Rukh Khan movie.

Kriti Sanon won the National Award for Mimi but did you know THIS actress was the first choice?

Kriti Sanon, who is right now celebrating her first National Film Award for Mimi, was not even the first choice to play the lead in the film. Yes, you read it right! Mimi is reportedly a remake of the Marathi national award-winning film Mala Aai Vhachy, and the writer of the Hindi version of the film Samrouddhi had revealed in her media interaction that initially the makers were in talks with Priyanka Chopra for the film. However, she couldn't do it due to dates, and so that's how Kriti Sanon was roped in for the film in 2019. And interestingly, for those who are unaware, Priyanka's nickname is also Mimi. While we have no doubts that Priyanka would have done a fabulous job as onscreen Mimi, we are so grateful for Kriti bagging the project. She was so honest with her character and the result is out here for everyone to see and celebrate. We hear that Dinesh Vijan was extremely touched seeing the Marathi film. He found the film so moving that he felt compelled to tell the story to a wider audience and this he acquired the Hindi rights and made the film.



Alia Bhatt to train in mixed martial arts, undergo intense prep for YRF's spyverse action film

Seems like there's no stopping for Alia Bhatt. The actor, who was recently seen in Karan Johar's super-hit family entertainer Rocky Aur Rani Kii Prem Kahaani and made her Hollywood debut this month with Heart of Stone, has already begun work on her next film. The actor will be making her debut in the Yash Raj Film's spyverse with their next action film. The film will be the first heroine-led film in the spyverse which already includes War, Pathaan and the Tiger franchises.

This will be the first time when Alia would be headlining an out-of-out action film. Leaving no stone unturned to make sure that the film turns out to be a big success, the actor will be undergoing 3 months of intense prep for the film.

"Alia Bhatt and Sharvari will play YRF's first supereool lady spies, joining the biggest male superstars like Shah Rukh Khan, Salman Khan, and Hrithik Roshan in what stands as India's most successful movie universe," a report in Pinkvilla cited a source close to the development as saying.



Recipes

Red Kidney Beans Wrap



Ingredients

- 1 tortillas
- 200 ml mint syrup
- 120 gm red kidney beans
- 200 gm baby lettuce
- 20 ml butter
- 200 ml salsa sauce
- 60 gm mozzarella
- 200 gm onion
- 30 ml sour cream
- 1 cup tomato puree
- salt to taste

Method:

To begin with this easy recipe, boil the kidney beans and cook with tomato puree add some mozzarella cheese.

In the meantime, Make juliennes of iceberg lettuce and onion.

Step 2 Spread the sauces

Apply half of salsa and mint sauce on the base of Cornitos Wheat Flour Tortilla Wrap and spread evenly.

Place the red kidney beans on the center, top it up with iceberg and onion and remaining of salsa.

Step 3 Roll the wrap

Put mozzarella cheese on the edges of the wrap.

Fold the edges of the wrap and roll it over

Step 4 Serve hot and enjoy

Apply some butter and put in the griller and grill it.

Cut into two half's and place one piece over the other.

Serve with sour cream and salsa.

Early signs of fatty liver you should never ignore



The liver, often referred to as the body's powerhouse, plays a crucial role in detoxification, metabolism, and overall health. However, an increasingly common and silent threat, known as fatty liver disease, is emerging as a major concern. Fatty liver disease is characterized by the accumulation of excess fat in liver cells, impeding its normal functioning. Recognizing the early signs of this condition is vital for timely intervention

Understanding Fatty Liver Disease

Fatty liver disease, also called hepatic steatosis, can be classified into two main types: alcoholic fatty liver disease and non-alcoholic fatty liver disease. As the names suggest, the former is linked to excessive alcohol consumption, while the latter is not related to alcohol intake and is often associated with factors such as obesity, insulin resistance, and metabolic syndrome.

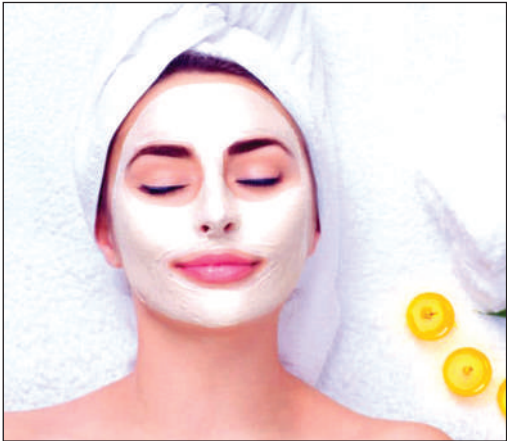
Early signs to watch out for

- Unexplained Weight Gain:** Rapid and unexplained weight gain, especially around the abdominal area, may be linked to fatty liver disease. This is often associated with insulin resistance and metabolic dysfunction.
- Dark Urine and Pale Stools:** Dark-colored urine and pale-colored stools are signs that the liver's ability to process bilirubin, a waste product, is compromised. These changes in urine and stool color should not be ignored.
- Changes in Skin Health:** Fatty liver disease can manifest through changes in skin health, including yellowing of the skin and eyes, itchy skin, and easy bruising. These symptoms suggest compromised liver function.
- Visible Signs of Insulin Resistance:** Conditions like prediabetes or type 2 diabetes, characterized by high blood sugar levels, can contribute to fatty liver disease. Pay attention to increased thirst, frequent urination, and blurry vision.
- Fatigue and Weakness:** One of the earliest signs of fatty liver disease is unexplained fatigue and weakness. The liver's compromised function affects its ability to store and release energy, leading to persistent tiredness.
- Swelling in the Abdomen and Legs:** As the disease progresses, fluid retention can occur, leading to abdominal swelling and swollen legs and ankles. This indicates advanced stages of liver dysfunction.
- Abdominal Discomfort:** Discomfort or pain in the upper right side of the abdomen could be indicative of an enlarged liver due to fat accumulation. This discomfort may be mild initially but should not be ignored if it persists.
- Elevated Liver Enzymes:** Routine blood tests can detect elevated levels of liver enzymes like alanine aminotransferase and aspartate aminotransferase. These enzymes leak into the bloodstream when liver cells are damaged or inflamed, indicating potential fatty liver disease.

How to tighten your skin with home remedies

While home remedies may not provide dramatic results like medical treatments, they can contribute to the overall health and appearance of your skin. Here are some home remedies that could help tighten your skin:

- Hydration:** Proper hydration is essential for maintaining skin elasticity. Drink plenty of water throughout the day to keep your skin hydrated and supple.
- Healthy Diet:** Consume a diet rich in antioxidants, vitamins, and minerals. Foods like fruits, vegetables, lean proteins, and whole grains can support skin health and collagen production.
- Facial Exercises:** Regular facial exercises can help improve muscle tone and blood circulation, which may contribute to a slightly tighter appearance. For example, gently massaging and tapping your face can promote blood flow.
- Exfoliation:** Exfoliate your skin regularly to remove dead skin cells and promote cell turnover. Use gentle exfoliants like sugar or oatmeal mixed with honey to avoid over-exfoliation.
- Massage:** Regularly massaging your skin can improve blood circulation and potentially enhance skin firmness. You can use natural oils like coconut oil, olive oil, or almond oil for massage.



Egg White Mask: Egg whites are known for their skin-tightening properties. Apply a beaten egg white mask to your face, leave it on for about 15 minutes, and then rinse with lukewarm water.

Aloe Vera Gel: Aloe vera has soothing and moisturizing properties. Applying fresh aloe vera gel to your skin can help improve its texture and firmness.

Cucumber: Cucumber has a cooling effect and can temporarily tighten the skin. You can place cucumber slices on your face or apply cucumber juice as a toner.

Yogurt Mask: Yogurt contains lactic acid, which can help exfoliate and tighten the skin. Apply plain yogurt as a mask, leave it on for around 15 minutes, and then rinse.

Green Tea: Green tea is rich in antioxidants that can help improve skin elasticity. You can use cooled green tea bags as compresses or apply green tea extract to your skin.

Olive Oil: Massage your skin with olive oil to help moisturize and improve skin texture. Olive oil contains antioxidants that can benefit skin health.

Avoid Smoking and Sun Exposure: Smoking and excessive sun exposure can contribute to premature skin aging. Quitting smoking and using sun protection can help maintain skin firmness.

General Knowledge Question Answers

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| 1. What is the name of India's largest IT services company? | d) Madhya Pradesh | cargo volume? |
| a) Infosys | | a) Jawaharlal Nehru Port Trust (JNPT) |
| b) TCS (Tata Consultancy Services) | | b) Chennai Port |
| c) Wipro | | c) Visakhapatnam Port |
| d) Cognizant | | d) Kolkata Port |
| 2. What is the name of India's largest natural gas company? | 6. What is the name of India's national rural employment guarantee scheme? | 11. Which sector contributes the most to the GDP of India? |
| a) GAIL (Gas Authority of India Limited) | a) Pradhan Mantri Jan Dhan Yojana | a) Agriculture |
| b) ONGC (Oil and Natural Gas Corporation) | b) Pradhan Mantri Gramin Awaas Yojana | b) Manufacturing |
| c) Reliance Industries | c) Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA) | c) Services |
| d) Essar Oil | d) Swachh Bharat Abhi | d) Mining |
| 3. Which Indian city is known as the 'Silicon Valley of India'? | 7. What is the name of India's stock exchange for small and medium-sized enterprises? | 12. Who is the current Finance Minister of India? |
| a) Hyderabad | a) National Stock Exchange (NSE) | a) Piyush Goyal |
| b) Mumbai | b) Bombay Stock Exchange (BSE) | b) Nirmala Sitharaman |
| c) Chennai | c) MCX-SX | c) Arun Jaitley |
| d) Bangalore | d) NSE Emerge | d) Pranab Mukherjee |
| 4. What is the name of India's largest oil refinery? | 8. Which Indian state has the highest literacy rate? | 13. What is the current inflation rate in India? |
| a) Jamnagar Refinery | a) Kerala | a) 2.5% |
| b) Mathura Refinery | b) Tamil Nadu | b) 4.5% |
| c) Barauni Refinery | c) Andhra Pradesh | c) 6.5% |
| d) Panipat Refinery | d) Maharashtra | d) 8.5% |
| 5. Which Indian state is the largest producer of coal? | 9. What is the name of India's largest public sector bank? | 14. What is the name of the largest stock exchange in India? |
| a) Jharkhand | a) State Bank of India (SBI) | a) Bombay Stock Exchange (BSE) |
| b) Chhattisgarh | b) Punjab National Bank (PNB) | b) National Stock Exchange (NSE) |
| c) Barauni Refinery | c) Bank of Baroda (BOB) | c) Calcutta Stock Exchange (CSE) |
| d) Odisha | d) Canara Bank | d) Madras Stock Exchange (MSE) |
| 10. What is the name of India's largest port by | | |

ASTRO SPEAK

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| ARIES

MAR 21 - APR 20 | 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. | LIBRA

SEP 24 - OCT 22 | The stars conspire to bring curiosity and optimism to your mind, dear Libra, as the moon migrates into Sagittarius and your solar third 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. |
| TAURUS

APR 21 - MAY 20 | 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. | SCORPIO

OCT 23 - NOV 22 | 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. |
| GEMINI

MAY 21 - JUN 20 | 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 Mercury retrograde, bringing moody and unharmonious energy to the table. | SAGITTARIUS

NOV 23 - DEC 22 | 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. |
| CANCER

JUN 22 - JUL 23 | 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. | CAPRICORN

DEC 23 - JUL 20 | 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. |
| LEO

JUL 24 - AUG 23 | 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. | AQUARIUS

JAN 21 - FEB 23 | 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. |
| VIRGO

AUG 24 - SEP 23 | 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. | PISCES

FEB 20 - MAR 20 | 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. |