

After The Roaring Success Of State Of Siege: 26/11, ZEE5 Announces Original Film State Of Siege: Akshardham!



ZEE5, India's largest video streaming platform has presented Originals across languages and genres as well as meaningful and purposeful content. Since inception and continuing its legacy through the lockdown, the brand has entertained viewers with a variety of content. ZEE5 has also built a strong franchise strategy with shows such as Rangbaaz, Abhay, Kaali; each with two seasons highly appreciated by the audience and critics alike. During the lockdown, one of the most talked about shows was ZEE5's State of Siege: 26/11, which was a tribute to our brave Indian soldiers who sacrificed their lives for the country. Announced as a franchise, the show was applauded for its international appeal and great performances. As a tribute to our soldiers, saluting the brave Indian spirit and continuing the legacy of the Siege series, the platform now announces Original Film STATE OF SIEGE: AKSHARDHAM, based on the attacks on the temple on 24th September 2002.

On 24th September 2002, a terrorist attack took place in Gandhinagar, Gujarat at Akshardham temple. Over 30 people lost their lives and over 80 were injured as a result of the gruesome, unholy attacks. The National Security Guard (NSG) arrived at the destination, took charge of the situation, successfully killed the terrorists and ended the siege.

Whether it was the 26/11 Mumbai attacks or Akshardham, the NSG has always showcased their will and determination to save the lives of innocent people and successfully capture / kill the terrorists. This film will take you through their journey and all the behind the scenes action of this dreadful temple attack.

Director Ken Ghosh says, "State of Siege is a fantastic franchise and it is quite a huge responsibility for me to direct this film. This is my second association with ZEE5 after Abhay and I am looking forward to working with the team again.

Dharma production executive producer Kshitij Prasad investigates by NCB in the drug probe!

The executive producer & director of Karan Johar's Dharma Productions is now under the radar of NCB in the ongoing drug probe related to Sushant Singh Rajput's death case. It is being stated that Kshitij Ravi Prasad, who has a connection with Dharma Production has reached Mumbai along with the NCB team, as of Thursday he was in Delhi. His Versova home is raided by NCB after his name was revealed by a drug peddler during the interrogation.

On the other side, Karan Johar is also under the lens of NCB for his controversial 2019 viral video of a party involving B-town celebs, which is being officially taken up by NCB. The video posted by the producer also featured Deepika Padukone, one of those summoned by the agency in the investigation. Today, Deepika arrived with Ranveer Singh from Goa by a private charter plane.

Well, as per the media reports, Deepika Padukone has been summoned on September 25th while Shraddha Kapoor and Sara Ali Khan have been summoned on



September 26th. NCB official, Ashok Jain said with regards to the drug investigation, "As part of the investigation, we have issued summons to a few people. They have been intimidated to join the investigation. They have been called in the next few days, on different dates.

Ginny Weds Sunny Trailer: Little drama, Little Romance and a lot of Siyappa!

After treating the fans with a quirky song, the makers of Ginny Weds Sunny have unveiled the official trailer of the film. The romantic-comedy starring Yami Gautam and Vikrant Massey is all set to hit the digital screen on 9th October 2020.

Living with her matchmaker mother in Delhi, Ginny is a free spirit who refuses to settle with mediocre. Enter: Sunny. He's got cheesy romantic lines, witty answers, an aversion for risk, and a determination to make Ginny his wife. But, the match is not that simple.

As Ginny meets Sunny, there's a lot more that comes to the fore than previously imagined in this tale of love, life, weddings, and music. Will this mismatch made in heaven make it against all odds?

This is the first time when Yami and Vikrant will share the screen together.

The film has been written by Sumit Arora and Navjot Gulati and produced by Vinod Bachchan under the Soundrya Productions banner.

Find out what happens next on Ginny Weds Sunny, starring Vikrant Massey, Yami Gautam, and Ayesha Raza on



9th October, only on Netflix. The film is directed by Puneet Khanna.

Recipes

Walnut Kabab



**Ingredients**  
30 halved walnuts, 150 gm grated paneer  
salt as required, 2 teaspoon garlic paste  
3 tablespoon coriander leaves  
1 1/2 teaspoon chaat masala, garam masala powder  
3/4 cup breadcrumbs, 3 tablespoon vegetable oil  
3 medium grated carrot, 2 teaspoon ginger paste  
3 medium potato, 1 1/2 tablespoon green chilli  
3/4 cup roasted gram flour (besan)  
For The Main Dish  
1 1/2 cup powdered walnuts

**Method:**  
To prepare this recipe take a pan, put it over the medium flame and add oil to it. Now, add walnut, carrot and salt to it and saute for 2-3 minutes until moisture dries up. Then add ginger and garlic paste and saute for a while.

Remove from the flame and add grated paneer, mashed boiled potatoes and chopped coriander leaves to it. Now, transfer this mixture into a blender and grind well. Add green chilli, chaat masala, roasted cumin powder and garam masala powder to the blender jar and grind again.

Transfer this mixture into a bowl and bring it to the room temperature. Then add roasted gram flour, walnut powder and breadcrumbs to it. Mix well and refrigerate the mixture for 15-20 minutes.

Divide the mixture into equal portions and shape them into finger size sausages. Put a pan over medium flame, and add oil to it when hot. Fry these kababs evenly from all sides and serve hot garnished with chopped walnut.

List of essential vitamins and minerals women of each age bracket should have

The food we eat not only provides us with energy but also improves our daily body functions. Fruits, vegetables, whole-grains, and legumes—all these food items are loaded with vitamins and minerals, which assist our body to carry out different functions. All these nutrients have a specific role to play. Iron is necessary for the formation of haemoglobin, calcium for bone, zinc for immunity and so on. Our body requires these nutrients every day in a specific quantity to carry out various functioning of the body. However, the requirements differ from your age, sex and health conditions.

**Women under 25 years of age**

**Calcium**  
Calcium plays the most vital role in strengthening the bones and development of the muscles and nerves system. This mineral is essential for the proper development of the body. Building bone density in childhood and the 20s is important as we may face bone deficiency later in life. Dairy products, soy, fish are some great sources for calcium. The RDI for calcium is 1000 mg/day.

**Vitamin D**  
To absorb calcium, you need Vitamin D. Without this nutrient, it becomes difficult for the body to absorb adequate amount of calcium. The Sun is the greatest source of Vitamin D. Besides, okra, salmon, cereals are some other food products that contain vitamin D in substantial amount. The RDI for Vitamin D is 600 IU.

**Iron**  
During this phase, when women start to menstruate, many of their bodies faces iron deficiency. Even pregnant women require iron to maintain the level of healthy red blood cells in the body. Iron deficiency is quite common in menstruating women and often leads to paleness and weakness. Organ meat, fish, spinach, pumpkin seeds and pomegranate are some of the best sources of iron.



The RDI for iron is 18mg/day.

**From 25 to 40 years**

**Folate**  
Folate or folic acid is responsible for the formation of DNA, RNA and is the building block of the cells. It is especially crucial for pregnant women as it helps prevent birth defects like spina bifida in newborns.

Citrus fruits, kidney beans, eggs and legumes should be a part of a regular diet of women belonging to this age group. RDI for folate is 600 mcg for pregnant and 500 mcg for breast-feeding women.

**Iodine**  
Iodine is another important mineral required for a baby's healthy body development. It prevents any abnormal development in the baby's brain. As the women of this age group are more likely to get pregnant, a sufficient amount of iodine intake is a must for them. The RDA for iodine for women is 150 mcg.

Besides, iron is also an essential mineral for women belonging to this age group. Females between 25 to 50 age group need 18 mg of iron daily and pregnant women need 27 mg of iron daily.

**Women from 40 years and above**

**Calcium and Vitamin D**  
Bone loss is common in old age so its necessary to intake calcium and vitamin to prevent fractures and injury. Both calcium and vitamin D should be consumed in a sufficient amount to prevent bones and muscle-related issues. RDI for calcium is 1200 mg and vitamin D is 600 IU.

**Vitamin B-6 and B-12**  
Women of this age group need more vitamin B than women belonging to any other age group. The vitamin is essential for essential immunity and is responsible for the activation of 100 enzymes. Dark green vegetables, milk, fish must be a part of the diet at this age. The RDI for Vitamin B12 is 2.4 mcg and of B-16 is 1.3 mg.

5 ways how healing impacts your mental health



Imbalances in the body often cause physical illness and psychological symptoms. There are several causes of mental health conditions such as irritability, depression, anxiety, poor diet that can trigger an episode. Different ways of holistic healing approaches that help in improved and developing mental health well-being are discussed below.

1. Modern Medical Healing involves a psychiatrist whose role is to prescribe medicines along with a clinical psychologist providing therapeutic Intervention. It helps the individual with mental illness to change certain behaviours, thoughts, or emotions.

2. Mind-Body Interventions include behavioural, psychological, social, and spiritual approaches like meditation, mindfulness, yoga, hypnosis, etc. For example- With the practice of meditation, an individual learns to be more aware of his/her thoughts and feelings and eventually able to deal with them better.

3. Diet and herbs- A diet of healthy food leads to fewer mood fluctuations and an overall happier outlook and an improved ability to focus. It also helps with symptoms of depression and anxiety. On the contrary, unhealthy diets have been linked to an increased risk of dementia or stroke.

4. Spiritual and energy healing involves believing that your 'energy body' affects your mental health. For example, Palm healing helps in stress reduction and relaxation and may also help with symptoms of depression.

5. Healing using senses involves Art, dance, and music, visualization, and guided imagery, which helps in ventilation. For instance, Art Therapy helps in healing through the use of colours that activate our organs and glands. So, when we see colours and touch them, that helps in rejuvenation of our mind and soul.

General Knowledge Question

1. The metal whose salts are sensitive to light is

(A) Copper  
(B) Zinc  
(C) Silver  
(D) Gold
2. Name the instrument which is used for measuring curvature of surface:

(A) Odometer  
(B) Speedometer  
(C) Tachometer  
(D) Spherometer
3. The brain fever which affects young children is

(A) Malaria  
(B) Encephalitis  
(C) Pneumonia  
(D) Typhoid
4. Which of the following cash crops is not grown in the State of Kerala?

(A) Spices  
(B) Coffee  
(C) Rubber  
(D) Tobacco
5. Which is the highest peak situated in South India?

(A) Dhottabetta  
(B) Anaimudi  
(C) Nandadevi  
(D) Mt. Abu
6. Which country does not exercise the income tax practice?

(A) Kuwait  
(B) Singapore  
(C) Burma  
(D) Nepal
7. Who discovered the India's sea route?

(A) William Bentinck  
(B) Vasco-da-Gama  
(C) Amundsen  
(D) Columbus
8. Who was the first and last Indian Governor-General of India?

(A) Lord Mountbatten  
(B) W.C. Banerjee  
(C) Rajagopalachari C.  
(D) Dr. Rajendra Prasad
9. The softest one among the following:

(A) Aluminum  
(B) Sodium  
(C) Lithium  
(D) Calcium
10. Which one of the following is an element?

(A) Topaz  
(B) Sapphire  
(C) Ruby  
(D) Diamond
11. Name the following hydroelectric project which does not belong to Tamil Nadu?

(A) Idukki  
(B) Periyar  
(C) Aliyar  
(D) Kundan
12. The state among the following which is not one of the major producers of Bananas?

(A) Gujarat  
(B) Bihar  
(C) Tamil Nadu  
(D) Kerala
13. Who started the first English newspaper in India?

(A) JA Hickey  
(B) Rabindranath Tagore  
(C) Lord William Bentinck  
(D) Dadabhai Noroji
14. Who was the woman Chief Justice of a High Court among the following choices?

(A) Geete Mukherjee  
(B) Rani Jethmalani  
(C) Sujata Manohar  
(D) Leila Seth
15. The first Field Marshal of India was

(A) A Vaidya  
(B) SHFJ Maneksaw  
(C) Sunder Ji  
(D) KM Cariappa

ASTRO SPEAK

- ARIES**

Someone who is known for being unusually introverted could surprise you today when they burst out of their shell and stir up some exciting ideas. Get involved with what they have got going on. After all, if it has created such a dramatic transformation in their life, it must be something worth pursuing. Things are changing for them, and you are an inspiration for some of that change.
- LIBRA**

The challenges you face now are more mental than physical. You'll have to know what is right for you and stick to your plans. A good thing for you to remember is that you do have the strength to stay committed to what you want. You have a huge amount of strength inside, although you might have to go deep in order to find it! Time is on your side, so there is no need to push yourself too hard. Just take it slow and you'll make it!
- TAURUS**

Now that you've checked so many things off of your to-do list, figuring out what to do next might seem like a tough proposition. But there is a good way to get started. Look around and find out what hobbies, politics, and interests your friends have been into lately. Spend some time learning about the passions of the people you respect, and you just might land on your next big thing.
- SCORPIO**

Today is the perfect day to take another look at a situation that has been bothering you off and on for a while, maybe an unresolved spat with a friend, a choice you don't want to make, or a task you don't want to perform. Your rose-colored glasses are off, and now you will be able to see this person, option, or task for what it really is. Things reveal themselves to be a lot better than you feared.
- GEMINI**

It's time for you to take stock of your physical and emotional state. If you haven't had a checkup in a while, you should schedule one with your doctor soon just to put your mind at ease. And make sure you're getting enough exercise. It's not only good for your body, it's good for your soul, too. Getting your blood pumping and sending endorphins all through your body is a great way to get a natural high!
- SAGITTARIUS**

You are feeling the pressure of a deadline that seems like it's coming awfully quickly. If you need help getting it all done, don't shy about asking for it! This is not the time to be proud and act like you have everything under control when you know (and everyone else knows) that you actually don't. You'll be surprised by how happy people are to lend a hand. It's fun to feel useful. And you can return the favor in the future.
- CANCER**

A giggle fit or crying jag at the wrong time or in front of the wrong people only increases your emotional intensity and creates upheaval. So be careful how you express yourself right now. Pull out your poker face and put it on. You will need it. Today requires you to have a calm, objective demeanor. No one should be able to figure out what's on your mind. But if you can stay loose and relaxed inside, you'll make it through just fine.
- VIRGO**

The people around you have good ideas that you should hear. And it's important for you to value others and listen to what they have to say even if you didn't ask for their advice. If you put down your guard and hear their words without getting defensive, you will soon understand that what they're telling you makes a lot of sense.
- LEO**

You are probably going to be in a very introspective mood today, and it will enable you to make a lot of progress in one of your relationships. Use this quiet phase of life to take stock of where you are and where you want to be with this person. Seek the quieter path to walk and look beneath the surface of recent emotional conversations. The words you were hearing may have had a double meaning.
- PISCES**

A person who has power over you could make what you consider to be a very bad decision, but there isn't much you're going to be able to do about it. It's not that you are their doormat, it's just that you aren't in a position to object to their rulings, at least not yet. It is definitely in your best interests to keep playing along and letting them have all the power.