

Kisi Ka Bhai Kisi Ki Jaan: Shehnaaz Gill is more popular than Salman Khan? Actress opens up on how her popularity will benefit the film



Shehnaaz Gill is all set for her Bollywood debut Kisi Ka Bhai Kisi Ki Jaan which was earlier titled Kabhi Eid Kabhi Diwali. While the Bigg Boss 13 fame is damn excited to see her fans' reaction to the film, Shehnaaz talks about how her popularity will sell the film. In a recent interaction, the most loved and biggest star in the industry right now was asked about how her popularity will help the film. To which Shehnaaz was extremely surprised and asked the interviewer, "Arey aap kya bol rahe hai? Salman Khan ki film hai. Main kya hu unke same (What are you saying, it's Salman Khan's film, my fan fowling is nothing in front of him.)"

Later she added that every celebrity who is a part of the film will be beneficial to attract the audience in the theatres and conclude by saying, "Salman Khan ki film hai, chalegi hi chalegi." Well, we wonder if many will agree with her statement. However, there is no denying that no one holds the star power like Bhai. The film also stars Pooja Hegde opposite Salman Khan, while Raghav Juyal will also be a part of the film. A few weeks ago, there were rumours that Raghav and Shehnaaz are dating, but later the actress rubbished the news saying that it is false. The entertainment news fans can't wait to see Shehnaaz shine on silver screen.

Salman Khan is very fond of Shehnaaz Gill and his fans have witnessed that during Bigg Boss 13 days and after Sidharth Shukla's death, he is like a family to her. The superstar is her mentor and she often reaches out to him for professional matters. SidNaaz fans are eagerly waiting for the girl to shine like never before.

Suriya 42: Disha Patani announces her next with Suriya; excited to showcase her brand new avatar

After impressing the audience with her villainous avatar in Ek Villain Returns, Disha Patani has now announced her next film with actor Suriya. The movie, which is being tentatively referred to as Suriya 42, will be directed by 'Siruthai' Siva. The actress is currently over-the-moon to be a part of a project of such larger-than-life elements.

Sharing her excitement on her next project with Suriya, Disha said that she is super kicked to announce her upcoming film with Suriya sir and Siva sir. She feels great to be a part of such a huge project which promises to give the audience a thrilling cinematic experience on the big screen. She added that the character she is playing is quite unique and she can't wait to bring out her never seen before avatar to the audience. The motion poster of Suriya 42 was recently dropped online by the makers who also disclosed that the film is being made in 3D and that it would be released in a 10 languages. Going by the poster, the film seems to be an explosive action entertainer. It has made fans wonder whether Suriya 42 is a historical or a war film.



Pushpa 2: Is Sai Pallavi joining the Allu Arjun and Rashmika Mandanna starrer?

For all intents and purposes, Pushpa 2 is by far one of the most anticipated movies all over India, and if you've not being living under a rock, you'd well know the reason. Pushpa created a storm at the box office in alsmost every region across every language like few films have across the nation, so much so, everything from Allu Arjun's mannerisms and catchphrases to Rashmika Mandanna's dance steps have become seeped into India's pop culture in no time. So, without a vestige of doubt, there are very few (probably only prudes who feel they're special because of their high-brow tastes) for whom Pushpa the Rule won't be one of the most awaited films.

As mentioned before, Pushpa 2 is by and large one of the most anticipated sequels ever in Indian cinema, so it comes as no surprise that new developments keep cropping up every now and then about the Allu Arjun and Rashmika Mandanna starrer, directed by Sukumar. It has come to light that there's absolutely no truth in Sai Pallavi being a part of Pushpa 2. Producer has also confirmed that shooting will begin from the third week of September.



Fatty liver disease: Your sleeping habits can determine your risk of the disease



Fatty liver disease is a condition wherein one develops extra fat in their liver, which is why it is also called hepatic steatosis. Usually, people who have this disease do not show any symptoms and therefore experience no serious problems, hence leading to delayed diagnosis and a possible liver damage.

Depending on your risk factors, you must take certain precautions to reduce your chances. While obesity, underlying health conditions and unhealthy lifestyle habits are some of the major risk factors of the disease, a recent research suggests that your sleeping habits can also determine whether you're at a greater risk or not.

Can 'how you sleep' impact your risk of fatty liver disease?

Sleep is an essential part of our lives that helps us keep sane and full of energy. Without sleep, we would be tired all the time and it could even have a psychological impact on us. But interestingly, a

report from the Endocrine Society suggests how someone sleeps could impact their risk of developing fatty liver disease. The people involved in the study found that certain sleeping habits could affect the way our body and certain organs function.

As is known, fatty liver disease is the excess build-up of fat in the liver, which is often an outcome of poor diet choices and a sedentary lifestyle, researchers like Yan Liu say that sleeping habits such as napping, snoring, and staying up late can also play a role in increasing one's risk of this disease.

"People with poor night time sleep and prolonged daytime napping have the highest risk for developing fatty liver disease. Our study found a moderate improvement in sleep quality was related to a 29 percent reduction in the risk for fatty liver disease," Liu said.

Can fatty liver disease be treated?

There is no particular medication to treat fatty liver disease. However, doctors may recommend making certain lifestyle changes that can improve your overall health. Depending on which type of fatty liver disease you have, they may ask you to quit drinking alcohol and smoking.

Losing weight should be your top priority, which also means you must switch to healthier food choices and indulge in regular physical activity. If you're already on certain medications to control diabetes, cholesterol and triglycerides, then take them sincerely as guided by the doctor.

How to reduce your risk?

Your guide to treatment and prevention of fatty liver disease are almost the same. The best way to reduce your risk is by eliminating fat-friendly foods that can increase your cholesterol and triglycerides levels in the body. Maintain a healthy weight and exercise regularly. Limit alcohol consumption and take your medications on time.

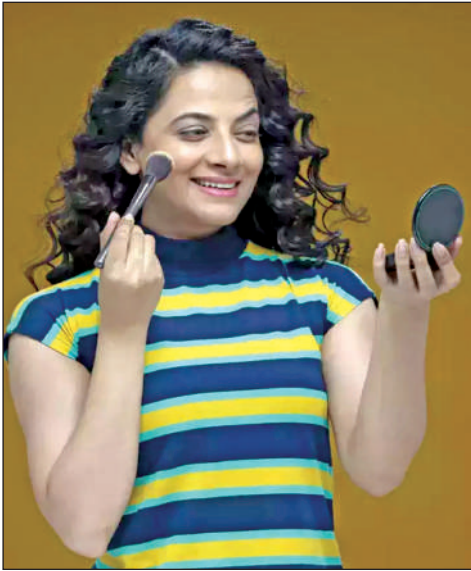
5 must-know makeup tricks

Everyone wants to look their best and have a super amazing skin. Women usually search for make-up tips that are easy and can give you a perfect look. A primer, foundation, blush, or colour correcting palette — you can use each makeup product with some trick to appear flawless and elegant. Popular makeup artist, Nav Brar shares the top 5 must-know tricks to have a flawless and glamorous look.

Proper foundation and correcting- Day makeup is all about looking fresh and flawless in the morning. Hide the dark spots or dark circles with a concealer that is nearest to your skin tone. Take foundation at the back of your hand and blend your face cream in it. Spread this mixture to your face and blend it with a sponge or brush.

Know the important points- This hack is for those days when you are driving late or just feeling too sluggish to use your concealer correctly. Just dab on a tiny concealer, preferably with a brush, under your eyes, on the corners of your mouth, and near your nose, and you are good to get on.

Follow the correct order- It is crucial to pursue the proper order of applying makeup to assure you



acquire an adequate finish. Though it is a typical method to begin base make-up first, beauty professionals indicate that you begin with your eyes and brows. It is again a good idea to apply your foundation, concealer, and powder in the end so that you can smoothly cover up all the missteps for a perfect outcome.

Try multi-use makeup- Multi-Use makeup products and stick makeup that you can mix with your fingers are incredible for their ease of use—especially for touch-ups and wearability. For eye makeup, eyeshadow sticks are brisk and man-

ageable to use. You can toss them on, blend them, or even use a little bit under the eye for a glossy look. You can use stick makeup with your finger, so you don't have to carry around a makeup brush all the time.

Keep it light- While it may be enticing to draw on a cat-eye or put in profound contouring to your cheekbones, perfect work makeup looks to involve a more realistic look. Nav suggests using tinted moisturizer or spot concealer, filled-in brows, soft, brown eyeshadow, a cream blush, and lip colour to create a light look for the office.

General Knowledge Question

1. Squadron leader Rakesh Sharma was India's first man to go into space. He was ____ cosmonaut to be in space in the world.

- A. 12th
- B. 107th
- C. 139th
- D. 151st

2. Philology is the

- A. study of bones
- B. study of muscles
- C. study of architecture
- D. science of languages

3. The 2006 World Cup Football Tournament held in

- A. France
- B. China
- C. Germany
- D. Brazil

4. Satellite launching station is located at

- A. Sriharikota (Andhra Pradesh)
- B. Solapur (Maharashtra)
- C. Salem (Tamilnadu)
- D. Warangal (Telangana)

5. The 'Black flag' signifies

- A. revolution/danger
- B. peace
- C. protest
- D. truce

6. Republican party is

- A. One of the important parties in USA
- B. the political parties which has no definite principles
- C. the political party which changes with the change in the times and circumstances in the country
- D. All of the above

7. Study of life in outer space is known as

- A. endbiology
- B. exobiology
- C. enterbiology
- D. neobiology

8. School of Aviation Medicine (Air Force) is located at

- A. Allahabad
- B. Hyderabad
- C. Bangalore
- D. Jalahalli

9. Recession is

- A. slowing down of economic activity over a limited period
- B. period during which unemployment may rise and demand and output may fall, leading to slump in trade
- C. period that results from accumulation of unsold goods, owing to fall in demand
- D. All of the above

10. Sir Thomas Fearnley Cup is awarded to

- A. a club or a local sport association for remarkable achievements
- B. amateur athlete, not necessarily an Olympian
- C. National Olympic Committee for outstanding work
- D. None of the above

11. Pythagoras was first to ____ the universal validity of geometrical theorem.

- A. give
- B. prove
- C. both
- D. None of the above

12. Soil acidity is generally corrected by

- A. proper irrigation
- B. adding sodium hydroxide
- C. liming
- D. application of fertilizers

13. Oscar Awards were instituted in

- A. 1968
- B. 1929
- C. 1901
- D. 1965

14. Small amounts of iodine are necessary in our diet to

- A. prevent pellagra
- B. compensate for underactive the thyroid gland
- C. stimulate clotting of blood
- D. stimulate pituitary gland

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12. liming
13. 1929
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ASTRO SPEAK



Small blessings and emotional clarity may come through in unexpected ways this morning, dear Aries, as the Cancer moon aspects revolutionary Uranus. Use this energy as a cosmic cue to tap into your gratitude, opening your heart to the beauty that surrounds you. Boredom could cause you to reach for your phone this afternoon, but try not to waste too much time scrolling your social media feeds.

News you've been waiting for could manifest suddenly this morning, when the Cancer moon connects with Uranus. Pay attention to the subtle signs and synchronicities that surround you right now, as the universe will be eager to enlighten and guide you. Your mystical side will come out to play this evening when Luna blows a kiss to visionary Neptune, activating the sector of your chart that governs spiritually.

ou'll feel vibrationally in sync with the world around you this morning, dear Gemini, thanks to a sweet connection between the Cancer sun and Uranus. Strange synchronicities between your subconscious and the material realms could come into play, making it a good day for documenting any coincidences that find you, as they could be encoded with messages from beyond the veil.

The moon continues its journey through your sign today, dear Cancer, forming sweet connections with the North Node and revolutionary Uranus early in the morning. This cosmic climate can help you make headway within the digital realms, supporting any agendas you may have with your online presence. Use this energy as an excuse to lean into grace, prioritizing the people and activities that bring the most fulfillment and peace to your soul.

The Cancer moon blows a kiss to unpredictable Uranus this morning, which could give you the push needed to set boundaries with difficult people who have been overstepping with you recently. Don't feel bad about drawing lines right now, as the stars encourage you to prioritize your mental and emotional health. Unfortunately, a harsh opposition between Luna and Pluto could threaten to spoil these peaceful vibes.

Take a moment to check in with your loved ones this morning, as the Cancer moon shares connection with Uranus. This cosmic climate will put you in the mood to spread joy, and your nearest and dearest will appreciate being thought of. A dreamy yet flirtatious vibe will fill the air this evening, which may also usher in praise through your social media pages.



Don't be afraid to throw your weight around professionally this morning, dear Libra, as the Cancer moon connects with the North Node and revolutionary Uranus. This cosmic climate will act as a gateway to the future, though you may need to open a few doors for yourself. An inspirational yet efficient energy will manifest this evening when Luna blows a kiss to Neptune, making it a great time to get organized when it comes to personal projects.

Flashes of insight may cause you to view the future in a different light this morning, as the Cancer moon connects with Uranus. These vibes will usher in messages from beyond the veil as the other side guides you toward your highest path. you'll have an opportunity to unwind and reconnect with yourself this evening, thanks to a sweet aspect between the moon and Neptune.

The universe will ask you to clean up your act this morning, dear Archer, as the Cancer moon connects with the North Node and revolutionary Uranus. Use the momentum of this cosmic climate to purge your inbox, sort through your desk, wipe down surfaces, and empty the trash, as the universe encourages you to create a clean and neat space to continue the workweek. Plan on spending the evening at home to indulge in some restorative self-care.

You'll have an opportunity to invest in your relationships without abandoning your identity or independence this morning, dear Sea-Goat, thanks to a sweet connection between the Cancer moon and revolutionary Uranus. These vibes will also give you permission to indulge in your wacky side, so don't hold back if you feel like getting weird.

You'll have a chance to fully move on from any drama or trauma that has been weighing on your heart today, dear Aquarius, thanks to a sweet connection between the Cancer moon and revolutionary Uranus this morning. This cosmic climate will snap you out of any unhealthy fog you may have been floating through recently, giving you a chance to reclaim logic and pragmatism.

You may want to get a journaling session in this morning, as the Cancer moon connects with ingenious Uranus. This cosmic climate will trigger brilliant ideas and new concepts, though failing to document them could cause you to lose them down the line. Your affections will be in high demand this evening when Luna blows a kiss to Neptune, drawing in the adoration of your family and friends.