

**The Great Indian Family Trailer: Vicky Kaushal and Manushi Chhillar's family drama promises a rollercoaster of emotions**



The much-awaited trailer of Vicky Kaushal's upcoming family entertainer film *The Great Indian Family* was unveiled by the makers on Tuesday. The film features an ensemble cast of actors including Manushi Chhillar, Manoj Pahwa and Kumud Mishra. Ace filmmaker Vijay Krishna Acharya, who is known for films including the *Dhoom* film franchise, marks his directorial comeback with this film after a gap of 5 years. The plot of the film revolves around Vicky's character and the madness that kicks off in his family due to some sudden developments.

The trailer of the light-hearted family film features Vicky as Bhajan Kumar aka Ved Vyas Tripathi, who belongs to a Pandit family. Bhajan is a renowned devotional singer who struggles to find love due to his profession. One day, the family receives an anonymous letter stating that Bhajan belongs to a Muslim family. Chaos and madness ensues in the Tripathi household and how the family struggles to cope with the new reality forms the rest of the narrative of the film.

Meanwhile, Vicky Kaushal was recently seen alongside Sara Ali Khan in Laxman Utekar's *Zara Hatke Zara Bachke*. The film went on to become a super hit at the box office and collected nearly Rs 90 crore in India. The actor will next be seen in Meghna Gulzar's biopic drama film *Sam Bahadur*. Based on the life of Captain Sam Manekshaw, the film is slated for a worldwide release on December 1, 2023 and will clash at the box office with Ranbir Kapoor's *Animal*.

**Jawan actress Ridhi Dogra reveals if she is happy with the outcome of the film and her role**



Jawan is creating history at the box office and the fans are going gaga over Shah Rukh Khan's dual avatar. *Jawan* is a massive hit, and the superstar has thanked every individual who was a part of this film for making it a massive success. One actress who played a significant role in *Jawan* spoke exclusively to BollywoodLife and revealed if she is happy with the final outcome of *Jawan*. Ridhi Dogra, who plays one of Shah Rukh Khan's characters Azad's mother in the film, opened up if she was insecure about being ignored in the film as it was a massive film starring Shah Rukh Khan and a huge ensemble cast.

Ridhi Dogra got up, close and personal with BL and said, "I don't think I would have played an old character for any other superstar except for Shah Rukh Khan. Of course, there were insecurities as an actor about what I was doing or if I was making a mistake because it was greedy to be a part of a Shah Rukh Khan film, but is this good for me? Should I even be doing this? Yes, I had those major reser-

ervations, and trust me, I was a bag of nerves on set and throughout the whole process of the film."

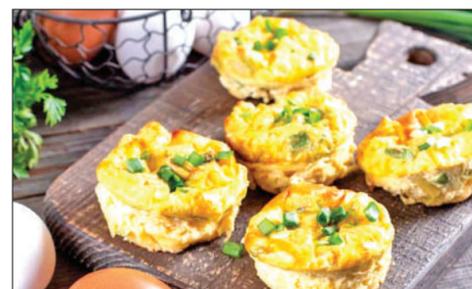
**Pushpa 2 release date: Allu Arjun, Rashmika Mandanna starrer locks Independence Day 2024**



Allu Arjun, Rashmika Mandanna are both gearing up for *Pushpa 2* now. It is one of the most anticipated new movies of 2024. The film is high on buzz with fans demanding an update about *Pushpa 2* every day possible. And finally, the day has arrived. You read that right, the makers of Allu Arjun starrer have treated the National award-winning actor's fans to a big update. They have announced the release date of *Pushpa 2*. Fans have been eagerly awaiting *Pushpa 2* release date and it is finally here. Allu Arjun's *Pushpa* will meet you on Independence Day next year. As per reports, Allu Arjun wants *Pushpa 2* to be known worldwide. It is said that the action sequences and the VFX in *Pushpa 2* will be bigger than what we saw in *Jr NTR* and *Ram Charan* starrer *RRR*. The actor feels that *Pushpa 2* can make the same impact as *Sunny Deol*, *Ameesha Patel* starrer *Gadar 2*. And hence, he has asked his team to 'Make it bigger than *RRR*'. A couple of weeks ago, National Award winners were announced live. Allu Arjun won the Best Actor award for his acting chops in the *Sukumar* movie, *Pushpa: The Rise*.

**Recipes**

**Egg Cups**



**Ingredients**

- 6 egg
- 1 small tomato
- 3 tablespoon grated carrot
- salt as required
- 2 tablespoon coriander leaves
- 1 large onion
- 1 small capsicum (green pepper)
- 4 tablespoon milk
- 1/4 teaspoon powdered black pepper
- 1/4 garam masala

**Method:**

Crack open the eggs in a bowl. Add milk and whisk them well. Chop all the veggies into small bits and add them to the egg mixture. Lastly, add salt as per taste along with pepper and mix everything well to prepare the final mixture. Take a muffin tray and grease it with some oil. Pour this mixture into moulds and bake in the oven for 15 minutes at 180 degrees celsius. Once cooked, take out the egg cups from the moulds and serve with ketchup or any other dip of your choice. Enjoy hot! Tips Before baking, add some grated cheese to the moulds to add an extra flavour.

**Low-impact strength training workouts for beginners**



Don't believe the myth that if you start lifting heavy weights, you will become bulky and look like a stereotypical gymboy. Instead, not lifting those weights is a hindrance to the fitness goals of people who have just begun going to the gym. Strength training exercises typically use weights to enhance your muscle mass. While beginners can get intimidated by the extensive workout routines, here are low-impact strength training workouts that you can start doing.

**Squats:** A squat is a fundamental strength-training exercise that involves lowering one's body while keeping the back straight, knees bent, and feet flat on the ground. It primarily targets the muscles in the lower body, including the quadriceps, hamstrings, and glutes, and is essential for building leg strength and functional fitness. To perform squats, stand with feet shoulder-width apart, chest up, and core engaged. Lower your body by bending your knees and hips, keeping your back straight. Push through your heels to stand up. Beginners can do 3 sets of 12-15 reps and gradually increase.

Initially, you can do a squat with or without a weight and gradually increase it as your body allows.

**Lunges:** A lunge is a fitness exercise that involves stepping forward with one leg and lowering the body by bending both knees. The front knee should form a 90-degree angle, and the back knee should hover above the ground. Lunges help strengthen the legs, improve balance, and work various muscle groups. Stand with feet hip-width apart. Step one foot forward, keeping the knee at a 90-degree angle. Lower your body until both knees form 90-degree angles. Push through the front heel to return to the starting position. Do this for alternating between both legs. Beginners can do 3 sets of 8-10 reps for each leg.

**Plank:** A plank is a core-strengthening exercise where you maintain a push-up position, supporting your body on your forearms and toes while keeping your body in a straight line. It targets the abdominal, back, and shoulder muscles, improving core stability and endurance. Planks are a popular fitness exercise for building core strength. To perform a plank, start in a push-up position with hands under shoulders and feet hip-width apart. Engage your core and glutes, forming a straight line from head to heels. Beginners can start by holding a plank for at least 20-30 seconds, breathing steadily.

**Lifting dumbbells:** There are many strength training exercises you can do with dumbbells of varying weights, like dumbbell chopper and bent-over-row. A dumbbell chopper is a full-body exercise using a dumbbell or weight plate. Begin by holding the weight with both hands overhead, then pivot at your hips and lower the weight diagonally across your body towards your knee. Return to the starting position, engaging your core and twisting your torso. This exercise enhances core strength and rotational stability. While a bent-over row is a strength-training exercise. Stand with your knees slightly bent, hinge at your hips, and lean forward. Hold a barbell or dumbbell with arms extended, and palms facing your thighs. Pull the weight toward your hips, squeezing your shoulder blades, then lower it.

**Skin care: Try these Ayurvedic remedies to get rid of oily skin**



Ayurveda, the ancient Indian system of natural healing, offers holistic approaches to balance the body, including managing oily skin. Here are some Ayurvedic tips to help reduce excess oiliness: **Cleanse with Warm Water:** Start your day by cleansing your face with lukewarm water. Avoid hot water as it can strip natural oils. **Use Gentle Cleansers:** Opt for mild, natural cleansers with ingredients like neem, tulsi, or aloe vera. These herbs have antibacterial and soothing properties. **Exfoliate with Natural Scrubs:** Use homemade scrubs with gentle exfoliating agents like oatmeal, besan (gram flour), or rice flour. This helps remove dead skin cells and excess oil. **Avoid Harsh Chemicals:** Steer clear of harsh chemical-based products that may strip the skin of its natural oils, potentially leading

to rebound oiliness. **Balancing Diet:** Incorporate foods that help balance Pitta dosha (the dosha associated with heat and oiliness). This includes cooling foods like cucumber, mint, coriander, and ghee in moderation. **Hydration with Herbal Teas:** Drink herbal teas like mint, chamomile, or coriander. These have cooling properties that can help balance excess heat in the body. **Moisturize with Light Oils:** Apply natural oils like jojoba or almond in small quantities. These can help regulate oil production without clogging pores. **Use Astringent Herbs:** Apply toners or face masks with astringent herbs like rose, witch hazel, or sandalwood. They help tighten pores and reduce oiliness. **Herbal Face Packs:** Clay-based face packs with ingredients like Multani mitti (Fuller's Earth) or sandalwood can help absorb excess oil and improve skin texture. **Practice Stress Reduction Techniques:** Stress can contribute to hormonal imbalances, which can lead to oily skin. Practice yoga, meditation, or deep breathing exercises to reduce stress levels. **Stay Hydrated:** Drink plenty of water to maintain overall hydration levels. Proper hydration helps keep skin balanced. **Avoid Spicy and Fried Foods:** These foods can aggravate Pitta dosha, leading to increased oiliness. Opt for a balanced, plant-based diet.

**General Knowledge Question Answers**

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| 1. What is the full form of Wi-Fi?<br>a) Wireless Fiber<br>b) Wireless Fidelity<br>c) Wired Fidelity<br>d) Wired Fiber | 2. Which of the following is an open-source web browser?<br>a) Internet Explorer<br>b) Safari<br>c) Mozilla Firefox<br>d) Microsoft Edge | 3. Which scientist proposed the theory of relativity?<br>a) Isaac Newton<br>b) Albert Einstein<br>c) Galileo Galilei<br>d) Stephen Hawking | 4. What is the smallest unit of matter?<br>a) Proton<br>b) Atom<br>c) Electron<br>d) Neutron | 5. Which of the following is a programming language?<br>a) Microsoft Excel<br>b) Adobe Photoshop<br>c) Python<br>d) Microsoft Word | 6. Who is credited with inventing the telephone?<br>a) Alexander Graham Bell<br>b) Thomas Edison<br>c) Nikola Tesla<br>d) Guglielmo Marconi | 7. What is the largest organ in the human body?<br>a) Brain<br>b) Liver<br>c) Heart<br>d) Skin | 8. What is the name of the process by which plants convert light into energy?<br>a) Photosynthesis<br>b) Respiration<br>c) Fermentation<br>d) Combustion | 9. What is the name of the process by which organisms break down organic matter to release energy?<br>a) Photosynthesis<br>b) Respiration<br>c) Fermentation<br>d) Combustion | 10. What is the name of the protein that carries oxygen in the blood?<br>a) Hemoglobin<br>b) Insulin<br>c) Collagen<br>d) Keratin | 11. What is the name of the element with the symbol Hg?<br>a) Helium<br>b) Mercury<br>c) Hydrogen<br>d) Silver | 12. Which of the following is not a type of renewable energy?<br>a) Solar<br>b) Wind<br>c) Nuclear<br>d) Hydroelectric | 13. What is the name of the device that measures electric current?<br>a) Voltmeter<br>b) Ammeter<br>c) Ohmmeter<br>d) Multimeter | 14. Which of the following is an example of a greenhouse gas?<br>a) Nitrogen<br>b) Oxygen<br>c) Carbon dioxide<br>d) Neon | 15. Which of the following is used to measure temperature?<br>a) Barometer<br>b) Anemometer<br>c) Thermometer<br>d) Hygrometer |
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**ASTRO SPEAK**

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| <b>ARIES</b><br>MAR 21 - APR 20<br>Brace yourself for a few curveballs this morning, dear Aries, as the Leo moon squares off with unpredictable Uranus. Now may also be a good time to stabilize your confidence with positive mantras, especially if you start to feel insecure. Good vibes flow this afternoon when the Nodes of Fate activate, inspiring you to break free from self-doubt in order to protect your most outgoing and authentic self. | <b>LIBRA</b><br>SEP 24 - OCT 22<br>Watch out for technological difficulties as the Leo moon squares off with Uranus this morning, dear Libra, threatening to bring disorder to your day. This cosmic climate could also lead to power struggles online, and you may be wise to take a social media breather. You'll sense a shift later tonight when the moon enters Virgo, urging you to fly below the radar so that you may recharge in solitude.                                   |
| <b>TAURUS</b><br>APR 21 - MAY 20<br>Emotional breakthroughs may be in store this morning, dear Taurus, as the Leo moon squares off with Uranus. Unfortunately, these shifts may come without much notice, causing your heart to feel slightly out of control. You should also stay on guard for rebellious behaviors within your household, as the vibe turns moody and temperamental.   | <b>SCORPIO</b><br>OCT 23 - NOV 22<br>Guards may go up unexpectedly as the Leo moon squares off with Uranus. Try not to take it personally if your colleagues or that special someone suddenly seem cold, staying on guard for stoic behaviors within yourself as well. Your focus will shift toward errands and to-do lists when the Nodes of Fate activate this afternoon pushing you to break free from mid-day lulls by staying busy with work.                                    |
| <b>GEMINI</b><br>MAY 21 - JUN 20<br>Your mind may take you down some wild paths due to a harsh connection between the Leo moon and Uranus. Try not to jump to any conclusions right now, as personal anxieties, fears, or insecurities may prevent you from seeing the full picture. Seek community when the Nodes of Fate activate this afternoon, bringing a stabilizing energy to the table that's perfect for socializing and blowing off steam.     | <b>SAGITTARIUS</b><br>NOV 23 - DEC 22<br>Your dreams and reality could hit a disconnect as the Leo moon squares off with unpredictable Uranus. Remember that it's important to stay organized and devoted to your most pressing dreams, even when life throws you curveballs. Luckily, the Nodes of Fate activate this afternoon, illuminating new pathways toward the future you desire most when creative thinking is embraced.   |
| <b>CANCER</b><br>JUN 22 - JUL 23<br>Don't let your electronics sidetrack you as the Leo moon squares off with unpredictable Uranus. Social media feeds, and new stories can all tear you away from the present, causing you to lose focus on the beauty surrounding you. You'll have a chance to recalibrate when the Nodes of Fate activate, helping you reclaim a sense of personal structure while asking you to take stock of your responsibilities. | <b>CAPRICORN</b><br>DEC 23 - JUL 20<br>Others may try to knock you off your pedestal as the Leo moon squares off with Uranus. The unpredictable nature of this cosmic climate could also lead to personal chaos and ego bruises, though staying fluid can help you surf these waves. You'll feel more in control of your heart and circumstances when the Nodes of Fate activated this afternoon, though you may feel called to the comforts of home.                                 |
| <b>LEO</b><br>JUL 24 - AUG 23<br>Unexpected roadblocks may obscure the path ahead as the moon and Uranus square off overhead. Luckily, you'll have a chance to expand beyond the restrictions when the Nodes of Fate activate this afternoon, especially when you rely upon your wits and intuition. This cosmic climate could also bring forth guidance from beyond the veil, so be sure to keep your eyes peeled for signs and synchronicities.        | <b>AQUARIUS</b><br>JAN 21 - FEB 23<br>The Leo moon squares off with Uranus this morning, dear Aquarius, threatening to place you on an emotional rollercoaster as your planetary ruler finds tension in the skies. Allow feelings to flow through you as they may, taking care not to latch onto any negative or unharmonious thought patterns. You'll feel a shift later tonight when the moon enters Virgo, bringing a cleansing energy to the table that's perfect for letting go. |
| <b>VIRGO</b><br>AUG 24 - SEP 23<br>Lean into your spirituality as the Leo sun squares off with Uranus searching for divine inspiration even when the rest of the world feels like a mess. Look for opportunities to evolve and transform when the Nodes of Fate activate this afternoon, initiating any projects or habits that can bring you closer to who you envision yourself becoming.  | <b>PISCES</b><br>FEB 20 - MAR 20<br>Your mind may move faster than you can this morning, dear Pisces, as the Leo moon squares off with Uranus. Avoid the temptation to rush through tasks and conversations, as doing so could lead to error or chaos. Focus on grounding when the Nodes of Fate activate this afternoon, helping you come back to the present so that you may see the future more clearly.   |

