

Dunki: After Jawan mania, Shah Rukh Khan, Rajkumar Hirani in two minds over December 2023 release; might postpone film?



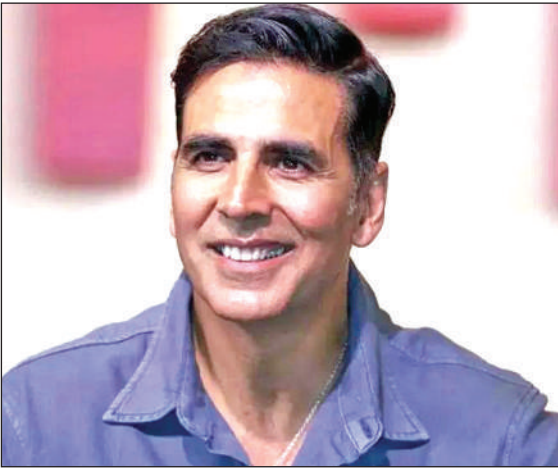
Shah Rukh Khan is having a dream run in 2023 with both Pathaan and Jawan hitting it out of the park. So far, Jawan has made Rs 665 crores (gross) GBOC and it is just seven days. Every trade expert believes that sky is the limit when it comes to how much Jawan will make in the coming days. The film is raking in good money even in the week days. There are various rumours on how the makers of Dunki might push the film to 2024. Well, there is no delay whatsoever as the film is very much on schedule. But the makers are wondering if there will be an overkill of Shah Rukh Khan if Dunki releases in December 2023.

It seems Rajkumar Hirani and Shah Rukh Khan are debating on whether to push to Dunki to early 2024. A source told entertainment portal, Koimoi, "This year SRK's Pathaan and Jawan are record-breaking blockbusters. A third film makes no sense." They feel it is more sensible to give fans some time to cool off after the mammoth successes of these two films. Moreover, the films are still quite fresh in public memory. Pathaan is being streamed on Prime Video while Jawan will come on Netflix in the next couple of months or so. This means Shah Rukh Khan will be visible in theatres and OTT till the end of the year. Moreover, if Dunki comes out in 2023, he will be without a release in 2024. The makers have not made an official announcement on Dunki. It seems Rajkumar Hirani loved Shah Rukh Khan in Jawan. The two were supposed to work together but things did not fall into place. Moreover, the month of December 2023 is packed with a number of big releases. We have Ranbir Kapoor's Animal which has huge buzz around it.

Akshay Kumar takes a fee cut for Welcome 3 and Hera Pheri 3, will share profits with producer Firoz Nadiadwala

After back-to-back box office debacles, Akshay Kumar finally breathed a sigh of relief after his recent film OMG 2. The film collected over Rs 100 crore at the worldwide box office and emerged as a super hit. The actor already has several other projects in the pipeline and will be returning to the fav-favourite film franchises Hera Pheri and Welcome. Reportedly, Akshay agreed to take a pay cut for Welcome 3 and Hera Pheri 3 and will be sharing profits from the producer of the films, Firoz Nadiadwala.

Fans have been waiting for a third instalment in the cult comedy film franchise Hera Pheri. While there were rumours of Kartik Aaryan replacing Akshay in the film after the OMG 2 star turned down the offer to star in Hera Pheri 3, Akshay bowed down to the request of his fans and joined Suniel Shetty and Paresh Rawal to star in the movie. Reportedly, the actor has now agreed to take a pay cut for the film. A report in Bollywood Hungama revealed that Akshay was sad about the news of Kartik replacing him in Hera Pheri 3 and thus went to producer Firoz Nadiadwala to sort out all differences. The actor will now



also be a part of Welcome 3 and reprise his characters of Rajeev and Raju in Welcome 3 and Hera Pheri 3 respectively.

Ayushmann Khurrana wishes to work with Jawan director Atlee and wants to do South Asian films.

Ayushmann Khurrana, the popular Bollywood actor, has won the hearts of audiences ever since his debut in 2013 with the hit movie Vicky Donor. He has continued to impress with his roles in films like Article 15 and Andhadhun. Recently, he's been riding high on the success of Dream Girl 2, in which he starred alongside Ananya Panday. The film made it to the Rs 100 crore club on its second Monday, despite Jawan Mania and Gadar 2 still playing in theatres. During a recent interview, Ayushmann talked about his interest in the South Indian film industry and the positive responses he has received from the South. Ayushmann's movies have not only been well-received by Hindi film audiences but have also been remade in South Indian languages. In an interview with News18, he mentioned that he has received significant appreciation from the South. When asked if he has received offers for South Indian films, he said that while there have been discussions, he would consider it if the script excites him and people are passionate about it.



Recipes

Keto Veg Manchurian



Ingredients
1/2 cup chopped cauliflower
1/2 cup chopped capsicum (green pepper)
1 cup chopped onion, refined oil as required
salt as required
1 teaspoon ginger paste, 1/2 cup chopped cabbage
1/2 cup cubed paneer, 1/3 cup flax seeds
1 green chilli, 1 teaspoon garlic paste
1 tablespoon soy sauce

For Garnishing
1/3 cup spring onions

Method:
Take all the veggies, finely chopped cauliflower, cabbage, capsicum, paneer, onion, flax seeds, green chili and salt. Give them a very good mix. (Save some onions and capsicum to put in gravy)
Make round balls with this vegetable mixture. Deep fry these balls in hot oil on a medium flame until golden brown. Repeat this process for all vegetable balls and keep them aside.
Now for the gravy, heat 2 tbsps oil in a pan and add ginger and garlic paste. Sauté for a minute. Add finely chopped onion, capsicum and sauté for another minute. Add soy sauce and and mix it well.
Now add 1/2 cup water and let it boil for 4-5 minutes. Add your fried Manchurian balls to the mixture and cook for another 5 minutes. You can increase or decrease the amount of water according to the amount of gravy you want.
Garnish with chopped spring onions and serve along with noodles for a perfect combo meal.

Heart-healthy diet: food groups that nourish your heart



Heart health ranks among the top health concerns globally. According to the World Health Organization, India is responsible for one-fifth of global deaths, particularly among the younger population. The silver lining is that many cardiovascular diseases can be prevented by appropriate lifestyle and dietary changes. One of the primary ways to boost heart health is by adopting a heart-healthy diet. Here's how you can nourish your heart with the right food.

Incorporate Omega-3 fatty acids
Omega-3 fatty acids are essential polyunsaturated fats that are pivotal in heart health. Regular intake of omega-3s has been shown to reduce inflammation in the cardiovascular system, regulate heartbeat, decrease blood clotting, and lower blood pressure. Some food items that have good sources of Omega 3 are fish (commonly consumed in India, such as rohu, katla, and mackerel) and seeds such as Alsi, sabja, Chia seeds, and walnuts.

Here are some healthy fats to include:
Opt for lean cuts of locally available meats like chicken or goat
Use mustard or rice bran oil for cooking instead of ghee or vanaspati for all dishes. Limit processed foods and deep-fried snacks

Consume more fiber: Consuming more fibre is paramount for heart health. Dietary fibre, especially soluble fibre, can bind to cholesterol in the digestive system and facilitate its excretion, thereby reducing LDL (bad) cholesterol levels in the blood. This action can help prevent the buildup of arterial plaques, reducing the risk of atherosclerosis, heart attacks, and strokes.

Fiber is found abundantly in whole grains, fruits, vegetables, and legumes, fibre supports heart health but also aids digestion and provides sustained energy. Some sources of good fiber include the following:
Whole grains such as bajra, ragi, and jowar; Locally grown vegetables and fruits, Dals, lentils, and pulses like chana, moong, and rajma

Watch your sodium intake
Watching your sodium intake is crucial for maintaining optimal heart health. Excessive sodium in the diet can lead to water retention, resulting in elevated blood pressure. High blood pressure, or hypertension, exerts additional strain on the heart and blood vessels, raising the risk of heart attacks, strokes, and other cardiovascular diseases.

With sodium often hidden in processed foods, canned goods, and restaurant meals, we must be vigilant about our dietary choices, read food labels, and opt for fresh, whole foods to ensure we don't exceed recommended sodium limits. Some tips to reduce sodium in meals include the following:
Cook at home more often to control salt content
Read food labels and choose low-sodium options
Limit the use of table salt and pickles in meals.
Opt for homemade snacks over store-bought namkeens.
Use herbs and spices like coriander, cumin, and turmeric for flavouring.

Incorporate antioxidant-rich foods
Incorporating antioxidant-rich foods into a diet is vital for heart health. Antioxidants combat oxidative stress by neutralizing free radicals in the body, molecules that can damage cells and contribute to inflammation and arterial plaque buildup. This defence mechanism helps prevent the onset and progression of cardiovascular diseases. Some essential sources include Indian berries like amla, jamun, and phalsa, nuts like almonds and walnuts along with vegetables like spinach (palak), fenugreek (methi), and Sarson.

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.

General Knowledge Question Answers

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

ARIES MAR 21 - APR 20	The Virgo moon blows a kiss to auspicious Jupiter bringing prosperity your way when you work hard to succeed. Just be mindful to support your physical self as you move through tasks, especially when Luna and Chiron form an unbalanced connection this afternoon. The Virgo new moon rises this evening, inspiring you to carve out healthier habits that you can implement each day.	LIBRA SEP 23 - OCT 22	You'll feel inspired to break free from any funks or unhealthy patterns you may have fallen into recently, thanks to a sweet exchange between the Virgo moon and auspicious Jupiter. The steps you take toward personal transformation will yield impressive results, even if they seem small at first. Be mindful to take care of yourself when Chiron activates this afternoon, accentuating the importance of personal balance.
TAURUS APR 21 - MAY 20	Your aura will seem larger and life as the Virgo moon blows a kiss to Jupiter this morning, dear Taurus, bringing a sparkling energy your way. Use this energy to expand your horizons, trusting that others will appreciate your unique perspectives. However, you may need to step back when Chiron becomes active this afternoon, asking you to temporarily embrace solitude.	SCORPIO OCT 23 - NOV 22	Love will linger in the air early this morning, dearest Gemini, as the Virgo moon blows a kiss to auspicious Jupiter. Allow your love to extend beyond your closest companionships, opening the door to new friendships or romantic connections. Touch base with your to-do list and physical self when Chiron becomes active this afternoon, taking care to support yourself through stressful moments and busy agendas.
GEMINI MAY 21 - JUN 20	The stars align to bring optimism to your heart, dearest Gemini, thanks to a sweet exchange between the Virgo moon and Jupiter. Use this energy to face your feelings, both good and bad, and find trust that all will work out in the end. Try not to let your electronics set you off track when Chiron activates this afternoon, especially if you're using them as an emotional distraction.	SAGITTARIUS NOV 23 - DEC 22	The day kicks off with a busy start as the Virgo moon aligns with Jupiter, dear Sagittarius, amping up your agenda as you inch closer toward success. Remember that all achievements come with plenty of effort, taking fate into your own hands by showing up for yourself and your goals. However, you may need to give yourself a pep talk when Chiron activates this afternoon, reciting positive mantras as needed.
CANCER JUN 22 - JUL 23	Your words will travel far as the Virgo moon aligns with Jupiter this morning, dear Cancer, helping you make a positive impact on the community. Use this energy to spread wisdom and joy, and be mindful to hear what others have to say. Just remember to maintain healthy boundaries when Chiron becomes active this afternoon, threatening to blur lines.	CAPRICORN DEC 23 - JAN 20	Luck will be on your side as the Virgo moon blows a kiss to auspicious Jupiter amplifying your skills as we gear up for tonight's new moon. Just be mindful to nurture your emotions when Chiron activates this afternoon, inviting healing from the other side. Consider setting intentions under tonight's dark sky, thinking six months into the future while understanding that your manifestation skills will be pronounced.
LEO JUL 24 - AUG 23	The stars give permission to invest in yourself and the path toward success, as the Virgo moon connects with expansive Jupiter. Though the vibe could get a little materialistic, try to remember that true value can't be measured in items or things. Consider setting intentions around your financial goals when the Virgo new moon rises this evening, outlining a budget for both spending and saving throughout the next six months.	AQUARIUS JAN 21 - FEB 23	Allow your heart to be a guiding force as the Virgo moon connects with Jupiter. This cosmic climate will help you identify right from wrong so that you may head down a higher path. Watch out for miscommunications or power struggles when Luna and Chiron form an unbalanced connection this afternoon. You'll have a chance to shake it all off under the Virgo new moon this evening.
VIRGO AUG 24 - SEP 23	You'll be a darling of the universe as the moon continues its journey through your sign today, sweet Virgo, sharing exchange with lucky Jupiter while morning kicks off. Allow belief and optimism to guide you right now, gearing up for this evening's new moon, which will act as a particularly sacred moment for you. Allow yourself to believe that anything is possible.	PISCES FEB 20 - MAR 20	You'll be in a sweet and flirty mood as the Virgo moon connects with auspicious Jupiter. Lean into these vibes by spreading a little extra joy and cheer, elevating the ones you love with your kind nature and uplifting presence. Ground yourself when Chiron becomes active this afternoon, as it will be easy to disconnect from the waking world. Harmony will follow you.

