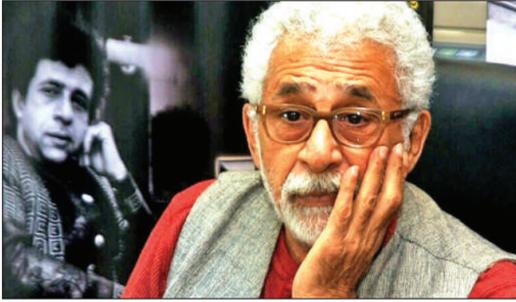


Naseeruddin Shah blames Indian filmmakers for ruining the taste of audiences, says, 'mainstream cinema keeps making the same kind of films'



Veteran actor Naseeruddin Shah is one of the most sought-after actors in Bollywood. The actor has starred in over 95 films in Indian cinema and has won several awards and laurels in his decade spanning over more than four decades, including the prestigious National Film Award for Best Actor. Recently, the actor spoke about his views on the filmmaking in Indian cinema and blamed the filmmakers for ruining the taste of the audiences with cliched plots and storylines. Veteran actor spoke about how he feels that the mainstream cinema of India hasn't fully stuck to its responsibilities as a medium of art. "Our mainstream cinema has ruined the taste of the audience forever," Naseeruddin Shah said. He further added, "Filmmaker Satyajit Ray mentioned about this thing in his book titled 'Our films, their films' which he wrote 50 years ago. He wasn't running down Indian films but he was merely comparing the Indian filmmakers with international filmmakers." Naseeruddin Shah also blamed the filmmakers for their repeated storytelling and said, "It's been over 100 years for our cinema, and our mainstream cinema keeps making the same kind of films, many stories that you find in the mainstream films can be found in the Indian epics like Mahabharata which is one of the greatest epics written." The actor added, "Every mainstream film that you see in India has some or the other references from the; Mahabharata. Either that or Shakespeare. Every cliché in Hindi mainstream cinema has been heavily borrowed from Shakespeare." The actor also spoke about directing a short film Man Woman, Man Woman and revealed how after Yun Hota 'Toh Kya Hota, he felt like he would never direct a film again. "I still think that I won't make another feature film but this was something else."

Jawan creates history, Shah Rukh Khan film becomes the first Hindi film to achieve this feat at Mumbai's iconic Gaiety Galaxy

After the blockbuster film Pathaan, Shah Rukh Khan's second film of this year, Jawan, is getting more and more bigger every day. The excitement for the movie Jawan is extremely high this time. People are really looking forward to it. Even though the advance booking has recently begun, a famous theatre in Mumbai called Gaiety Galaxy is so excited about the movie that they're going to have a special show at 6 a.m., which is the earliest for any Hindi movie to date. This theatre also changed its showtime for Pathaan a few months ago.

Shah Rukh Khan's big fan club, known as the Shah Rukh Khan Universe Fan Club, shared this news on Twitter, now called X. They said they were making history by having this early show for Jawan. They also mentioned that they had done something similar for Pathaan before. They invited people to join them for the special show by sending them direct messages. Shah Rukh Khan himself told everyone that the trailer for Jawan would come out on August 31. He wrote on Twitter, now X, that he's really excited and invited



everyone to watch the trailer with him on August 31 at 9 p.m. He even requested that everyone wear red to celebrate the movie together.

Nora Fatehi opens up on why she is not getting lead roles, takes a dig at Bollywood filmmakers' bias

Nora Fatehi recently expressed her thoughts on her career and the film industry's casting decisions in a candid interview with the media. She firmly believes that her dance prowess isn't the reason she hasn't been cast in lead roles. Instead, she pointed out that the industry tends to limit its choices by continuously casting the same few actresses in their films.

Nora made her acting debut in 2020 with Street Dancer 3D but is most renowned for her electrifying dance performances in hit songs like O Saki Saki from Batla House and Manike from Thank God, among others.

Without mentioning names, Nora hinted that she hasn't landed a leading role because filmmakers often stick to familiar faces and don't explore new talent. She emphasized that only a handful of actresses dominate the industry, and filmmakers seem reluctant to look beyond them. Nora emphasized the intense competition in the industry, with only a limited number of films being produced each year. Filmmakers tend to stick with the familiar faces they know and don't always consider new talent. Nora highlighted the



need to break into this limited circle of actresses, proving her abilities in acting, presence, language skills, and overall aura.

Recipes

Stuffed Jowar Cheela



**Ingredients**  
 1 cup jowar flour, 1 large chopped onion  
 1 small chopped carrot, salt as required  
 1/2 teaspoon red chilli powder; 1 teaspoon pav bhaji masala  
 1/2 teaspoon cumin seeds  
 water as required  
 1 chopped capsicum (green pepper)  
 1/2 cup crushed paneer  
 1/2 teaspoon coriander powder  
 1/2 teaspoon dry mango powder  
 2 tablespoons vegetable oil  
 1/2 teaspoon mustard seeds

**Method:**  
 Add jowar flour in a bowl, along with salt, coriander powder, red chilli powder and dry mango powder. Add water as per need to mix well to form a batter. It should be neither too thick nor too runny.  
 Drizzle some oil on a non-stick tawa and pour a ladleful of batter on it. Spread in circular motions to give the shape of a cheela. Cook from both sides until golden brown. Make more cheelas like this.  
 Heat one spoon of oil in a pan. Add cumin seeds and mustard seeds. Let them crackle for a minute. Now add chopped onions and saute them for 2 minutes. Add chopped capsicum and carrots. Let them cook for another 3-4 minutes. Lastly, add paneer, pav bhaji masala and salt. Mix everything to prepare a mixture.  
 Now stuff 2-3 tablespoons of the mixture in each cheela and serve. You can enjoy it with ketchup, mint chutney or any other dip of your choice.

Yoga asanas that can help get relief from bloating



Performing the asana is also easy. Start by laying down on the floor/mat/ground with your feet flat and your arms by the side. Following that, raise your hips upwards till your body feels like a downward bridge. Hold for a while and repeat as needed/necessary.

**Anand Balasana:** Literally translating to 'Happy Baby Asana', performing this might feel a little childish or silly but will relieve even the oldest bloating problems. To perform, lie flat on your back with your knees bent and then put your feet up toward the ceiling while bringing both knees up toward your chest and then bend your knees. As your feet remain extended up toward the ceiling and your legs softly parted, slowly draw your knees closer to the ground. Keep your neck and head firmly planted on the ground while performing and if it feels comfortable, rock back and forth in the position for a few minutes.

**Uttanasana:** Uttanasana or 'forward fold' is the easiest asana to do and has been in our regime since childhood. In fact, we perform different versions of this asana everyday while tying our shoelaces, picking up something from the floor or while wearing socks. But for it to help with bloating, start by placing your feet hip-width apart as you stand and ensure your torso is draped across your thighs as you lean forward from the waist. Leave your neck and head hanging.

Then place your hands behind your calves, on top of your shins, or on the floor next to your feet. Hold this position for a few minutes before rising carefully to your feet.

**Paschimottasana:** This asana stretches your lower back, hamstrings and hips and further massages and tones the abdominal and pelvic organs. It can also help you relax and relieve the stress affecting your digestion which further leads to bloating or gas issues. To perform, keep your back straight and your toes flexed toward you as you sit up straight with your legs in front. Then stretch upwards while taking a deep breath and raising both arms above your head. Follow it with an exhale and slant forward. Try to maintain a straight spine and concentrate on moving toward your toes rather than down toward your knees. Repeat it a few times.

When bloated, your stomach may appear larger and your clothes may feel tighter as a result of this uncomfortable feeling of fullness or tightness. Bloating can be brought on by your eating habits, unusual reactions to food, or specific medical issues. Certain foods and drinks, as well as eating practices that lead to the accumulation of gasses in the digestive system, are frequently associated with bloating. Yoga asanas have proved to be effective in relieving bloating related discomfort as it engages different muscles of the bodies. Only consistency and hard work will help you solve these issues thus it is advised to perform these asanas regularly. Yoga Asanas that help with bloating -

**Apanasana:** An easy asana to relieve bloating and gas discomfort is the Apanasana. Put your hands on your knees, relax, and take a deep breath. Then, hug your knees to your chest as you exhale followed by releasing them after remaining like that for 5 to 10 breaths. Repeat a few times.

**Setu Bandha Sarvangasana:** This little inversion helps improve blood flow thereby relieving you from feeling bloated.

Ayurvedic drinks to combat hair fall: Nourish your tresses naturally



Hair fall, a common concern for many, often arises due to a combination of factors such as genetics, lifestyle, and environmental influences. In the quest for luscious locks, Ayurveda, the ancient Indian system of holistic healing, offers a treasure trove of natural remedies. Among these, Ayurvedic drinks stand out as potent elixirs that not only help arrest hair fall but also promote overall hair health.

**Amla Juice: The Vitamin C Booster**  
 Amla, also known as Indian gooseberry, is revered in Ayurveda for its exceptional hair-strengthening properties. Rich in vitamin C and antioxidants, amla juice nourishes hair follicles, promotes hair growth, and prevents premature graying. Consuming amla juice regularly can also address scalp inflammation, a common contributor to hair fall.

**Bhringraj Tea: The Elixir for Hair Regeneration**  
 Bhringraj, also called "false daisy," has been a cornerstone of Ayurvedic hair care for centuries. Brewing bhringraj leaves into a tea infuses it with nutrients that enhance blood circulation to the scalp,

stimulating hair follicles and encouraging hair growth. This herbal concoction also prevents hair thinning and rejuvenates damaged hair.

**Fenugreek Water: The Remedy for Stronger Roots**  
 Fenugreek, or methi, seeds are brimming with proteins and essential nutrients that strengthen hair roots and prevent breakage. Soak fenugreek seeds in water overnight and consume the water on an empty stomach. Regular intake not only curbs hair fall but also imparts a natural shine to your locks.

**Hibiscus Infusion: The Floral Delight**  
 Brewing hibiscus petals into a tea yields a revitalizing potion that curbs hair fall, prevents dandruff, and imparts a natural sheen.

**Coconut Water: Nature's Hydration Boost**  
 Rich in potassium and electrolytes, it improves blood circulation to the scalp, aiding nutrient delivery to hair follicles. Regular consumption of coconut water helps maintain a healthy scalp environment, minimizing hair fall.

**Neem Water: The Scalp Purifier**  
 Neem, renowned for its antibacterial and antifungal properties, cleanses the scalp and prevents infections that can lead to hair fall. Boiling neem leaves to create a neem water solution can be ingested to purify the bloodstream, promoting healthier hair growth.

**Coriander Seed Water: The Detoxifier**  
 Coriander seeds possess detoxifying qualities that can indirectly impact hair health. Soak coriander seeds overnight and consume the infused water to flush out toxins from the body. This detoxification process supports overall health, which in turn reflects in the vitality of your hair.

General Knowledge Question Answers

- Which of the following is not an example of an operating system?  
 a) Windows  
 b) Linux  
 c) Google Chrome  
 d) macOS
- What is a WAN?  
 a) A local area network used to connect devices within a small geographic area  
 b) A global network used to connect devices across the internet  
 c) A type of computer memory  
 d) A device used for data storage
- What is a server?  
 a) A software program used to manage computer resources  
 b) A device used to display images on a screen  
 c) A hardware device used to store and manage data or provide services to other devices on a network  
 d) A device used to input data into a computer
- What is cloud computing?  
 a) A type of computer memory  
 b) A device used for data storage  
 c) A model of computing where data and services are accessed over the internet rather than on local

- What is encryption?  
 a) A method of disguising data to protect it from unauthorized access  
 b) A device used for data storage  
 c) A type of computer memory  
 d) A software program used to manage computer resources
- What is malware?  
 a) A device used to input data into a computer  
 b) A software program used to manage computer resources  
 c) A type of computer memory  
 d) Malicious software that is designed to damage, disrupt, or gain unauthorized access to a computer system
- What is a cookie?  
 a) A device used for data storage  
 b) A type of computer memory  
 c) A software program used to manage computer resources  
 d) A small text file that is stored on a user's computer by a website, allowing the website to remember user preferences and activity
- What is a backup?  
 a) A copy of data that is stored separately from the original, used to restore the original data in case of loss or damage  
 b) A hardware device used to store and manage data or provide services to other devices on a network  
 c) A software program used to manage computer resources  
 d) A security system that monitors and controls incoming and outgoing network traffic based on predetermined security rules

- A type of computer memory
- A device used for data storage
- A software program used to manage computer resources
- A copy of data that is stored separately from the original, used to restore the original data in case of loss or damage
- What is a firewall?  
 a) A type of computer memory  
 b) A device used for data storage  
 c) A software program used to manage computer resources  
 d) A security system that monitors and controls incoming and outgoing network traffic based on predetermined security rules
- Which programming language is used to create web pages?  
 a) Python  
 b) HTML  
 c) C++  
 d) Java
- What is a motherboard?  
 a) A device used for data storage  
 b) A computer display device  
 c) The main circuit board of a computer  
 d) A device used to connect to the internet

- The main circuit board of a computer
- Google Chrome
- A hardware device used to store and manage data or provide services to other devices on a network
- A model of computing where data and services are accessed over the internet rather than on local devices
- A method of disguising data to protect it from unauthorized access
- Malicious software that is designed to damage, disrupt, or gain unauthorized access to a computer system
- A small text file that is stored on a user's computer by a website, allowing the website to remember user preferences and activity
- A copy of data that is stored separately from the original, used to restore the original data in case of loss or damage
- A security system that monitors and controls incoming and outgoing network traffic based on predetermined security rules
- State Bank of India (SBI)
- HTML
- The main circuit board of a computer

ASTRO SPEAK

<p><b>ARIES</b></p>  <p>MAR 21 - APR 20</p>	<p>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.</p>	<p><b>LIBRA</b></p>  <p>SEP 24 - OCT 22</p>	<p>The stars conspire to bring curiosity and optimism to your mind, dear Libra, as the moon migrates into Sagittarius and your solar third house. This cosmic climate is perfect for exploring new topics, making friends, and spreading joy, so be sure to direct your focus accordingly. You may feel slightly overstimulated when Luna and Saturn square off this morning, making it important that you ease into the day.</p>
<p><b>TAURUS</b></p>  <p>APR 21 - MAY 20</p>	<p>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.</p>	<p><b>SCORPIO</b></p>  <p>OCT 23 - NOV 22</p>	<p>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.</p>
<p><b>GEMINI</b></p>  <p>MAY 21 - JUN 20</p>	<p>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.</p>	<p><b>SAGITTARIUS</b></p>  <p>NOV 23 - DEC 22</p>	<p>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.</p>
<p><b>CANCER</b></p>  <p>JUN 22 - JUL 23</p>	<p>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.</p>	<p><b>CAPRICORN</b></p>  <p>DEC 23 - JUL 20</p>	<p>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.</p>
<p><b>LEO</b></p>  <p>JUL 24 - AUG 23</p>	<p>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.</p>	<p><b>AQUARIUS</b></p>  <p>JAN 21 - FEB 23</p>	<p>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.</p>
<p><b>VIRGO</b></p>  <p>AUG 24 - SEP 23</p>	<p>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.</p>	<p><b>PISCES</b></p>  <p>FEB 20 - MAR 20</p>	<p>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.</p>