

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.

"I don't think because I dance is why they don't want to cast me. Our main iconic heroines in Bollywood have been dancers who perform beautifully. And they excel in dance numbers, right? That was just a part of the package of being like an iconic heroine. I don't think it was because of that. I think it was always, oh, I don't know. It's almost like let's see who will take the chance on her [on me] and if she delivers in all the categories, meaning, the acting skills, the presence, the aura, the ability to express the language skill, then we'll all jump on the opportunity." Nora She further added, "Today the industry has become very competitive. Let's be realistic. There are only a few films a year. And sometimes what happens with filmmakers is they don't think outside of what's in front of them. So if only four girls are doing films, and they're going in rotation, and all four are getting projects nonstop, the filmmakers will only remember those four, they won't think beyond that."

Prabhas' Salaar postponed, makers to announce new release date soon; is this the Jawan effect?

One of the most highly anticipated film releases of the year, Prabhas' Salaar Part 1: Ceasefire has reportedly been postponed. With all eyes on Salaar, the makers want to leave no stone unturned to give the audiences a one-of-a-kind theatrical experience and are thus working hard on the post-production of the film. The delay in the release of the film can also be cited to Shah Rukh Khan's Jawan, which is expected to break all box office records upon its release next week. With two big budget films releasing in a short span of time, the initial box office business of Salaar might get affected due to Jawan.

The film marks Prabhas second release of the year after the mythological action film Adipurush, which failed to impress critics and the audiences. While Prabhas fans are eager to watch their favorite star in a Prashanth Neel-directorial, Salaar Part 1: Ceasefire has reportedly been pushed to the end of the year. The film has been pushed from its original release date of September 28, 2023 and the makers will be making an official announcement after they finalize



a new release date for Salaar.

Vicky Kaushal openly questioned on his guts to fall for Katrina Kaif despite being a smaller star?

Vicky Kaushal and Katrina Kaif are adored by millions across India. The couple are hailed as one of the most real and authentic jodis out here. The two tied the knot on December 9, 2021 in a dreamy ceremony in Rajasthan. As we know, some people have trolled Katrina Kaif for falling in love with Vicky Kaushal who is not a big a star as her. But her fans have defended him saying that the happiness that Katrina Kaif is radiating after marriage is something else altogether. Vicky Kaushal has often said that all he wants is to see her happy and smiling.

Vicky Kaushal has come on the show Be A Man Yaar hosted by Nikhil Taneja. It is about men and their vulnerabilities. The show calls out the notions of toxic masculinity that make life quite tough for many men the world over. He asks Vicky Kaushal on how did he gather the guts to ask Katrina Kaif out for their first ever date. We can see that he bursts out laughing. Fans have reacted on the small clip which has been shared on Reddit. They have said that Katrina Kaif is also blessed to find a husband like Vicky Kaushal in her life. Vicky Kaushal has described Katrina Kaif as the magic



element of his life.

Recipes

Ukadi Che Modak



Ingredients
75 gm rice flour
30 gm powdered jaggery
1 dash powdered green cardamom
25 gm powdered sugar
1/2 coconut
20 gm shredded mixed dry fruits
10 gm ghee

Method:
To make this Maharashtrian speciality, take a bowl and add grated fresh coconut in it. Add shredded dry fruits, powdered jaggery, powdered sugar and cardamom powder in the same bowl and mix well.

Now to prepare the dough for the modaks, add rice flour in a bowl. Make a well in the rice flour and in the centre pour some hot ghee. Mix well and add little water to make a soft dough. Take small portions from the dough and roll them into small puris with the help of a rolling pin.

Now, put a tbsp of the already prepared coconut-dry fruit mixture in the centre of the poori. Seal the edges of the dough using your hands. Shape the dough like a traditional modak. Repeat this and shape the remaining modaks. Place the modaks in the steamer and steam them for approximately 15-20 minutes. Serve hot or cold to relish the inner stuffing of Ukadiche modaks.

Tips
Try using fine rice flour when making ukadiche modak. If you can't find it, then you can use sieved regular rice flour. Knead the dough until completely smooth. It should also remain warm while kneading.

Can doing housework be a suitable substitute for exercise? Here's the answer



Household chores can sometimes feel like a full-blown workout. The constant movement, the lifting, and the scrubbing can leave you sweaty and exhausted. So can we call this tiring housework as a legitimate exercise session? While it might not replace your time at the gym, it turns out that housework does have some physical benefits.

Housework: More than just cleaning

Doing housework is not easy as it demands strength and stamina. It involves mobility and stretching. Physical movements carried out during housework, such as lifting, carrying, squatting, and reaching overhead are all movements you might perform during a strength training

workout.

Intensity matters

While it's clear that housework involves physical effort, whether it qualifies as exercise depends on the intensity. A key factor in determining this is the amount of effort you put into it. According to experts, about an hour of intensive cleaning could be roughly equivalent to a 20-minute low-impact workout. Activities like scrubbing, vacuuming, and lifting all demand energy, similar to what you'd expend in body-weight workouts.

Lack of structure in housework

However, before you decide to forgo your regular exercise routine and opt for housework as a substitute, it is important to note that housework lacks the structured approach of a workout. In a gym, your exercises, the amount of weight you lift, and other variables are all carefully chosen to help you achieve your specific fitness goals. With housework, there's far less structure. While it keeps you active, doing chores won't provide the tailored benefits of a well-designed workout.

Not a replacement for dedicated exercise

Housework should never fully replace a dedicated exercise routine. Cleaning cupboards won't give you the benefits of yoga. The biggest issue with relying solely on housework for your physical activity is the risk of injury. While gym workouts can strengthen your back in the long run, constantly bending over a vacuum cleaner could lead to back problems. Many women who regularly do housework end up having knee or back problems as they grow old because of the lack of an exercise routine in their life.

The value of outdoor exercise

Lastly, the benefits of outdoor exercise cannot be overstated. Being cooped up indoors while you tackle your household chores may have negative effects on both your mental and physical well-being. Regular outdoor exercise, even a simple walk, is essential for a holistic approach to health.

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 exam-

ple, 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.

Avoid Smoking and Sun Exposure: Smoking and excessive sun exposure can contribute to premature skin aging. Quitting smoking and using sun protection can help maintain skin firmness.

General Knowledge Question Answers

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| 1. What is the capital of Russia? | 6. Which country is known as the “Land of the Rising Sun”? | 11. What is the capital of Canada? |
| a) Moscow | a) Japan | a) Toronto |
| b) St. Petersburg | b) China | b) Ottawa |
| c) Novosibirsk | c) South Korea | c) Montreal |
| d) Yekaterinburg | d) Vietnam | d) Vancouver |
| 2. Which country is the largest in the world by area? | 7. What is the capital of Australia? | 12. Which country is the largest island in the world? |
| a) United States | a) Sydney | a) Australia |
| b) China | b) Melbourne | b) Greenland |
| c) Russia | c) Perth | c) Madagascar |
| d) Canada | d) Canberra | d) Indonesia |
| 3. What is the capital of Brazil? | 8. Which country is home to the world's tallest mountain, Mount Everest? | 13. What is the capital of Mexico? |
| a) Sao Paulo | a) China | a) Mexico City |
| b) Rio de Janeiro | b) Nepal | b) Guadalajara |
| c) Brasilia | c) India | c) Monterrey |
| d) Salvador | d) Bhutan | d) Cancun |
| 4. Which country has the longest coastline in the world? | 9. What is the capital of Egypt? | 14. What is the capital of South Africa? |
| a) Russia | a) Cairo | a) Johannesburg |
| b) Canada | b) Alexandria | b) Pretoria |
| c) United States | c) Luxor | c) Cape Town |
| d) China | d) Giza | d) Durban |
| 5. What is the capital of Italy? | 10. Which country is known as the “Land of the Midnight Sun”? | 15. Which country is the smallest in the world by land area? |
| a) Rome | a) Norway | a) Monaco |
| b) Florence | b) Sweden | b) Vatican City |
| c) Milan | c) Finland | c) San Marino |
| d) Venice | d) Iceland | d) Liechtenstein |

ASTRO SPEAK

ARIES

MAR 21 - APR 20

LIBRA

SEP 24 - OCT 22

TAURUS

APR 21 - MAY 20

SCORPIO

OCT 23 - NOV 22

GEMINI

MAY 21 - JUN 20

SAGITTARIUS

NOV 23 - DEC 22

CANCER

JUN 22 - JUL 23

CAPRICORN

DEC 23 - JAN 20

LEO

JUL 24 - AUG 23

AQUARIUS

JAN 21 - FEB 23

VIRGO

AUG 24 - SEP 23

PISCES

FEB 20 - MAR 20

Answers:

1. Moscow

2. Russia

3. Brasilia

4. Canada

5. Rome

6. China

7. Japan

8. Nepal

9. Cairo

10. Norway

11. Toronto

12. Greenland

13. Mexico City

14. Pretoria

15. Vatican City

