

R Madhavan has THIS to say about becoming the new President of FTII



R Madhavan has added another feather to his hat. He has now become the President of Film and Television Institute of India. Union Minister Anurag Thakur made the announcement on X (formerly known as Twitter). He congratulated the Rocketry: The Nambi Narayan actor and sent in his best wishes. The actor has been trending on social media since the announcement and everyone has been sending in congratulations to him. Now, BollywoodLife got in touch with R Madhavan over the same. As we spoke to R Madhavan, he was on his way back to India. The Vikram Vedha star had been traveling in the US and was on his way home. He appeared extremely excited to take on this new responsibility when he touches base in India. We got to know that his phone has not stopped buzzing since the news broke with people congratulating him for the new achievement. As we wished him, R Madhavan said, "Thank you so very very much. It's a huge responsibility and I hope I can live up to expectations." R Madhavan has taken over the reign from Shekhar Kapur: The filmmaker was reportedly appointed as the President of the Film and Television Institute of India and the chairman of the governing council in the year 2020. As his tenure came to an end, R Madhavan got nominated as the President of the esteemed institution. The past few days have been every special and eventful for R Madhavan as the actor also won a National Award. His directorial debut film Rocketry: The Nambi Effect won the Best Feature Film Award at the 69th National Awards. He had penned a long note about the big win at National Awards on social media. The actor also starred in the film as the lead.

Jailer on OTT: Rajinikanth starrer to clash with Shah Rukh Khan's Jawan

Rajinikanth's latest release Jailer turned out to be a blockbuster hit. The film that released on August 10 broke several box office records. Rajinikanth proved that he is the OG Thalaivaa by delivering one of the biggest hits of 2023. The movie crossed the mark of Rs 600 crore at the box office. Now, here's another good news for all the Rajinikanth fans. The makers of Jailer have officially announced its OTT release date. Jailer is going to release on September 7. The same day Shah Rukh Khan's Jawan is releasing in theatres. Yes, you read that right! Rajinikanth's Jailer will premiere on Amazon Prime Video on September 7. The OTT platform shared the news on X (formerly known as Twitter). While the buzz for Jawan is at its peak, this move of Jailer makers have left many surprised. Rajinikanth and Shah Rukh Khan are the two biggest superstars in the country and both enjoy a massive fan following. With everyone rushing to book Jawan tickets in advance to catch first day, first show, it remains to be seen if viewership of



Jailer get affected in anyway or not.

Manushi Chhillar breaks up with businessman beau Nikhil Kamath? Here's the truth

Miss World 2017 Manushi Chhillar and Zerodha co-founder Nikhil Kamath's dating rumours started in 2021. It was being reported that the Prithviraj Chauhan actress has found love in Nikhil Kamath and they are going strong. It was after their pictures from Rishikesh went viral that rumours of their affair hit headlines. However, recently, Nikhil Kamath hit headlines as his name got linked to Rhea Chakraborty. Rumours went rife that there is something brewing between Rhea Chakraborty and Nikhil Kamath. So what's with Manushi Chhillar and Nikhil Kamath relationship? A report suggests that Manushi Chhillar and Nikhil Kamath are no more a couple. In fact, they allegedly broke up almost three months ago. The link up rumours of Rhea Chakraborty and Nikhil Kamath have nothing to do with his alleged breakup with Manushi. The portal had a source saying Manushi and Nikhil have gone their separate ways though the reason behind their split is very unclear. The source was quoted saying, "Yes, it's true that Manushi and Nikhil were dating each other for some time. But the two



of them went their separate ways a few months back, to be specific, three months ago. The reason behind their split remains unclear but the fact is that they parted ways mutually on an amicable note." The source added that Manushi Chhillar is happily single now.

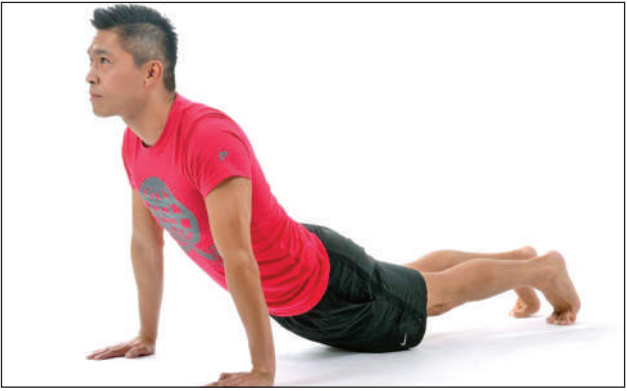
Recipes

Paneer Chaman



Ingredients
500 gm paneer
40 gm crushed coriander leaves
40 gm garlic paste
2 de seeded green chilli
1 teaspoon thymol seeds
3 clove, 1 teaspoon turmeric
150 gm fresh cream, 40 gm crushed to paste mint leaves
30 gm ginger paste, 150 gm sliced onion
50 gm ghee
1/2 cup beaten yoghurt (curd)
Method:
Heat ghee in a deep-bottomed pan. Deep fry the paneer pieces and keep aside. They should be lightly golden in color and not completely browned. In the remaining ghee, add ajwain (thymol seeds), clove and allow them to splutter. Now add onions and cook on low flame till the oil separates. Add turmeric, coriander, salt and green chilies at this point. You can always adjust the amount of green chilies depending on whether you like to have your food spicy or mild. Now, when the onions are almost cooked, add ginger-garlic paste, mint and cook for 2-3 minutes more. Once the raw smell of the spices disappear, add beaten curd.
Once the curd is partially absorbed, add the paneer and cream. Mix well and garnish with coriander leaves/mint leaves or kasoori methi.
The gravy should neither be too thick nor too thin, so you can accordingly adjust the amount of water. Serve hot with naan, paratha, roti or steamed rice.

Exercises for a toned and strong back



A strong back helps you by alleviating your back pain because it provides a structural consistency to your body frame. Not only that, but it also improves your physical appearance because it provides you with better stature. Naturally, a person with rounded shoulders looks less appealing. Toning your back involves targeting the muscles in your upper, middle, and lower back through a combination of strength and flexibility exercises. Here's a list of exercises that can help you achieve a toned back.
Pull-Ups
To do a pull-up, grip an overhead bar with palms facing away, slightly wider than shoulder-width. Hang freely, engage the core, and pull the body up by squeezing shoulder blades and bending elbows. Chin should clear the bar. Lower down with control. Aim for a full range of motion and gradually increase the reps (repetations) to increase strength.
These are great for targeting your upper back. If you're new to pull-ups, you can start with assisted pull-ups using resistance

bands until you build enough strength to do full pull-ups.
Bridge Pose
To do this lie on your back, bend knees, feet flat. Place arms alongside, palms down. Press into feet, lift hips upward. Slide shoulder blades beneath. Lift your chest, chin tucked. Breathe deeply. Hold for seconds or minutes. Release hands, roll the spine down and Relax. It engages the muscles in your lower back, glutes, and hamstrings, helping to tone and strengthen these areas. It is a very good exercise to improve posture.
Deadlifts
To perform a deadlift, begin by standing with your feet hip-width apart and a barbell positioned over the middle of your feet. Bend your knees and grip the bar just outside your knees with an overhand or mixed grip. Ensure your back is flat and your chest is up. Engage your core and lift the bar by straightening your hips and knees simultaneously. Keep the bar close to your body throughout the movement. Lower the bar back down by bending at the hips and knees with controlled movement. It engages multiple muscles, including the lower back, glutes, and hamstrings. Deadlifts can help improve overall back strength and stability.
T-Bar Rows
To do T-bar rows, load a barbell on the machine. Straddle it with slightly bent knees, bend at the hips, grip the handles, and maintain a straight back. Pull the bar towards your chest, keeping elbows close, then lower it. This exercise targets the middle and upper back muscles
Hyperextensions
It is done using a hyperextension bench or stability ball, This exercise targets the lower back muscles and helps improve spinal erector strength. To do this Cross your arms behind your head, hinge at the hips, and lower your torso. Lift back up using lower back muscles. Keep the spine aligned. Avoid overextension. Start with light weights and do at least 3 sets of 10-12 reps.

Homemade hair mask recipe to stop hair fall














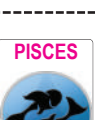
Homemade hair masks can be a natural and cost-effective way to help reduce hair fall and promote healthy hair growth. Here's a simple DIY hair mask recipe using common ingredients that can help strengthen your hair and minimize hair fall. Remember to do a patch test on a small area of your skin before applying any new ingredients to your hair or scalp to check for any allergies or sensitivities. **Ingredients:**
Banana: Bananas are rich in potassium, which can help strengthen hair and reduce breakage.
Honey: Honey is a natural humectant, which means it helps retain moisture in the hair and prevents it from becoming dry and brittle.

Olive Oil: Olive oil is packed with vitamins and antioxidants that nourish the hair and scalp, promoting healthier hair growth.
Egg: Eggs are an excellent source of protein and biotin, which are essential for hair strength and growth.
Mash a Ripe Banana: Take a ripe banana and mash it in a bowl until it becomes a smooth paste. Make sure there are no lumps.
Add Honey: Add 1-2 tablespoons of honey to the banana paste and mix well. Honey will add moisture and shine to your hair.
Mix in Olive Oil: Pour in 1-2 tablespoons of olive oil and stir it into the mixture. Olive oil will help condition your hair.
Crack an Egg: Crack an egg into the mixture and whisk it thoroughly. Eggs provide protein and essential nutrients for your hair.
Application: Before applying the mask, make sure your hair is dry. Section your hair and apply the mask generously from root to tip. Use a wide-tooth comb to ensure even distribution.
Cover and Wait: Once you've applied the mask, cover your hair with a shower cap or plastic wrap to keep the mixture from dripping. Leave it on for about 30 minutes to an hour.
Rinse and Shampoo: After the waiting period, rinse your hair thoroughly with lukewarm water to remove the mask. Then, shampoo and condition your hair as usual.
Final Rinse: You can finish with a final rinse using cold water to seal the hair cuticles and add shine. Repeat this hair mask treatment once a week to see the best results.

General Knowledge Question Answers

1. Which type of lens is thicker at the center than at the edges?	6. What is the formula for the frequency of a wave?	closed system remains constant over time?
a) Concave lens b) Convex lens c) Plano-concave lens d) Plano-convex lens	a) $v=f\lambda$ b) $E=hf$ c) $F=ma$ d) $P=VI$	a) Newton's first law b) Newton's second law c) Newton's third law d) The law of conservation of energy
2. What is the unit of frequency?	7. Which type of mirror is used in car headlights?	12. What is the formula for gravitational potential energy?
a) Hertz b) Meter c) Second d) Pascal	a) Concave mirror b) Convex mirror c) Plane mirror d) Spherical mirror	a) mgh b) $-G(m1m2)/r$ c) $1/2mv^2$ d) $F=ma$
3. Which law states that the current flowing through a conductor is directly proportional to the voltage applied across it, provided the temperature and other physical conditions remain constant?	8. What is the SI unit of work?	13. Which law states that the pressure of a gas is directly proportional to its absolute temperature at constant volume?
a) Faraday's law b) Ampere's law c) Ohm's law d) Kirchhoff's law	a) Joule b) Watt c) Newton d) Pascal	a) Boyle's law b) Charles's law c) Gay-Lussac's law d) Avogadro's law
4. What is the SI unit of electric charge?	9. What is the formula for acceleration due to gravity?	14. What is the formula for electric potential energy?
a) Ampere b) Coulomb c) Volt d) Ohm	a) $F=ma$ b) $F=G(m1m2)/r^2$ c) $a=v^2/r$ d) $g=Gm/r^2$	a) $kQ1Q2/r$ b) $V=IR$ c) $F=qE$ d) $P=VI$
5. Which type of wave does not require a medium for its propagation?	10. What is the formula for the period of a pendulum?	15. Which type of force does a stretched spring exert?
a) Sound wave b) Light wave c) Water wave d) Seismic wave	a) $T=2\pi\sqrt{L/g}$ b) $T=2\pi\sqrt{GM/g}$ c) $T=2\pi\sqrt{Lm/g}$ d) $T=2\pi\sqrt{g/mL}$	a) Frictional force b) Gravitational force c) Tension force d) Elastic force

ASTRO SPEAK

ARIES  MAR 21 - APR 20	The Virgo sun and Taurus moon align this morning, dear Ram, bringing a grounded yet efficient energy to the table that's perfect for methodically checking tasks off your to-do list. Meanwhile, Mercury retrograde and Jupiter share a sweet exchange, elevating your senses while bringing opportunities for prosperity when you work hard and share ideas. Good vibes flow just before afternoon.	LIBRA  SEP 23 - OCT 22	The Taurus moon aligns with the Virgo sun this morning, darling Libra, bringing a transformative energy to the table that's perfect for realizing what no longer serves you. Meanwhile, Mercury retrograde and Jupiter share a sweet exchange, bringing an optimistic energy to the table that's perfect for knowing your worth and shooting for the stars.
TAURUS  APR 21 - MAY 20	The moon continues its journey through your sign, dearest Taurus, forming a sweet connection with the Virgo sun that's sure to elevate your mood and confidence. Meanwhile, Mercury retrograde and Jupiter align overhead, bringing some extra sparkle and luck to your aura. Don't be afraid to move outside of your comfort zone, especially when it comes to making friends or expressing creative ideas.	SCORPIO  OCT 23 - NOV 22	Consider expressing what's in your heart via creative outlets, dear Scorpio, as the Taurus moon connects with Neptune and Pluto. This cosmic climate also promotes self-love and artistic outlets, bringing inspiration and romance to your mind. Conversations will also feel light and playful, marking the perfect occasion to get your flirt on.
GEMINI  MAY 21 - JUN 20	The Taurus moon blows a kiss to the Virgo sun encouraging you to ground and emotionally center. Meanwhile, Mercury retrograde and Jupiter share sweet exchange, helping you find comfort at home and within your familiar relationships. You'll want to watch your words when Venus becomes agitated, especially when it comes to your internal dialogue and how you communicate with yourself.	SAGITTARIUS  NOV 23 - DEC 22	The Taurus moon connects with Neptune and Pluto bringing a grounding and therapeutic energy to the table. Be sure to honor your physical self under this cosmic climate, thanking your body and senses for carrying you through and connecting you to our beautiful world. Good vibes continue to flow when the moon enters Gemini this afternoon, bringing a romantic and harmonious energy to the table.
CANCER  JUN 22 - JUL 23	The vibe will be chatty as the Taurus moon aligns with the Virgo sun this morning, dear Cancer, infusing your day with joyful interactions and plenty to discuss. Meanwhile, Mercury retrograde and Jupiter share a sweet exchange, furthering your desire to connect while presenting opportunities to smooth over any rough edges in your dynamics.	CAPRICORN  DEC 23 - JUL 20	You'll feel cool, collected, and elated as the Taurus moon connects with Neptune and Pluto. Allow yourself to move from a place of grace and power, sharing visionary ideas and striking up playful conversations to light up any room you enter. Check-in with your to-do list once the moon enters Gemini this afternoon, activating the sector of your chart that governs work, routine, and wellness.
LEO  JUL 24 - AUG 23	The Taurus moon and Virgo sun share a sweet exchange helping you strike a healthy balance between leisure and hard work. Mercury retrograde and Jupiter align overhead, and opportunities from the past could reemerge to bring forth prosperity. However, you'll need to be wise with your spending when the moon and Venus square off, being mindful to find gratitude for what you already have.	AQUARIUS  JAN 21 - FEB 23	Allow your heart to guide you this morning, dear Aquarius, as the Taurus moon connects with Neptune and Pluto. This cosmic climate will put you in touch with your emotions, though it'll be important that you find ways to support yourself. Do your best to find gratitude and beauty, allowing these themes to sink in at a core level. You may need to pull back this evening when Luna and Saturn square off.
VIRGO  AUG 24 - SEP 23	The universe will conspire to support and lift you up as the sun and moon share a sweet exchange overhead. Mercury retrograde and Jupiter align, supercharging the sector of your chart that governs spirituality and luck. This cosmic climate marks a highly sacred moment for you, making it important to check in with your manifestation goals, deepest wishes.	PISCES  FEB 20 - MAR 20	Give yourself space to socialize and mingle within your community as the Taurus moon aligns with dreamy Neptune and intimate Pluto. You'll be in a unique position to scratch beneath the surface without crossing boundaries or making others uncomfortable. You'll want to pull back from extended friendships to focus on your private life this afternoon as the moon enters Gemini.