

Jawan: Shah Rukh Khan overwhelmed with the response; extends gratitude to fanclubs and audience, 'Love you for loving Jawan'



Shah Rukh Khan's movie Jawan directed by Atlee released today. Since morning Jawan is trending on social media as fans are pouring in love for Shah Rukh Khan's new movie. The reviews are also out and the film is being hailed as a 'mass entertainer'. It has received a thumbs up from all corners. Jawan that also stars Nayanthara and Vijay Sethupathi marks Shah Rukh Khan's second big release of 2023 and it seems that King Khan is going to break his own record. Overwhelmed with the response, Shah Rukh Khan took to social media to thank everyone.

Shah Rukh Khan is quite active on X (formerly known as Twitter). He has been conducting AskSRK sessions promoting the film by staying connected with fans. He chose this medium to express how happy he is by the overwhelming response received by Jawan. He wrote a note and thanked everyone including the fan clubs who went all out to support Jawan. In the end, he wrote, "Love you for loving Jawan."

Shah Rukh Khan's fan clubs across the nation ensured to create as much buzz as possible for the film. From putting up life-size posters to arranging early morning shows, Jawan was all that fans could think off.

Jawan fever has just caught on and going by the buzz, it seems that the film will break many major box office records. It has Vijay Sethupathi as the menacing villain. Jawan also stars Deepika Padukone and Sanjay Dutt in special cameos. Ridhi Dogra, Sunil Grover, Sanya Malhotra and many more have interesting characters to play in the film.

Pushpa 2: Allu Arjun wants his sequel to be bigger than SS Rajamouli's RRR?

National Award-winning Telugu actor Allu Arjun is getting more and more ambitious. His last film Pushpa (Pushpa: The Rose) was a big hit at the box office, across India. And now, the Telugu star wants the sequel Pushpa 2 (Pushpa: The Rule) to be a super hit and even better than its first part. According to a report on Koimoi, someone close to Allu Arjun shared what the actor wants for this sequel of Pushpa with the director. Allu Arjun told the director, Sukumar, that he wants Pushpa 2: The Rule to be even bigger than the first one. He also wants it to be larger than SS Rajamouli's RRR which starred Jr NTR and Ram Charan. Arjun really wants Pushpa 2 to be known worldwide. The special effects (VFX) and the action scenes will be even more massive than what we saw in RRR.

The reason behind this big ambition for Pushpa 2 is the success of Gadar 2. Allu Arjun believes that the Pushpa series can make a similar impact as Gadar 2 did. So he's not taking any chances. He's determined to make Pushpa



2 as grand and impactful as possible, and his message to the team is clear: "Make it bigger than RRR."

Aamir Khan ready to entertain fans after Laal Singh Chaddha debacle and self-imposed break, check lineup

Aamir Khan has been taking a break from movies after the debacle of Laal Singh Chaddha. The Kareena Kapoor Khan, Naga Chaitanya starrer movie based on Forrest Gump tanked at the box office. And Aamir Khan put himself on a self-imposed break, to reflect on his work and future plan of action. In the meantime, the Talaash: The Answer Lies Within actor had been attending parties, weddings and Bollywood movie screenings, etc. Aamir was recently seen at Sunny Deol starrer Gadar 2 success bash. And now, Aamir is all ready and set to entertain fans once again. He has been in the buzz for a while now and all for his upcoming movies. Aamir allegedly has not one or two but 6 films in the pipeline.

The most talked about project of Aamir Khan after Laal Singh Chaddha has been a remake of Campeones, that is Champions, a Spanish sports comedy-drama film. It has been said that Farhan Akhtar will be seen joining hands with Aamir on this one. As per reports, RS Prasanna will serve as the director. Sony Picture Productions will handle the production of the movie. Though an official announce-



ment has not been made, the buzz around the remake is quite high. The schedule is said to be 70 days and the movie is apparently locked for Christmas 2024 release.

Traditional wisdom: How having neem leaves daily can keep diseases at bay?



We are not unaware of the bitter taste of the neem leaves. We are also not unaware of the amazing health benefits and medicinal values the leaves have. We often hear our parents and grandparents talk about the medicinal values of these leaves and advise us to consume them. Kids are cajoled to gulp down drinks made of neem leaves. Let's discuss the several benefits associated with consuming neem leaves on an empty stomach.

Keep the gut system free from germs

One of the major benefits of consuming healthy leaves of neem on an empty stomach is that it protects the gut system and the alimentary canal from pathogens. Our gut is prone to several infections these days because of the lifestyle we lead, the food we consume, and the random eating and drinking habits we follow. Consuming something that is naturally grown and has potential health benefits sometimes works much better.

Improve liver health

Another benefit of consuming neem leaves on an empty stom-

ach is that it keeps the liver healthy. The anti-inflammatory properties of neem leaves fights off oxidative stress that is caused due to the free radicals. Oxidative stress damages the tissues of the liver.

Regulate blood sugar level

The bitter taste of neem is often associated with diabetes and many people consume it to keep their blood sugar under control. If you have blood sugar issues, it is advisable to consume neem leaves as you can also get other associated benefits of it.

Help ease constipation

One of the most common usage of neem leaves is in curing stomach related issues and the most common one among all is constipation and bloating. The fibres present in neem leaves help in good bowel movement and also relieves of bloating.

How to eat neem leaves?

Commonly, neem leaves are made into a paste using a mortar and pestle and the juice obtained from it is consumed. Be careful of making a paste with neem leaves, because it is very bitter in taste, and even after cleaning the mortar and pestle the bitterness stays. Always consume freshly made neem leaves' juice. Alternatively, you can also dry roast the neem leaves on a pan, crush it using your hands, add garlic and mustard oil to it and consume it with rice.

Few health tips to note

Do not consume lots of neem leaves at a time. Many people think that the more they eat good foods, the better nutrition they will get from it. This is a poor understanding of foods and their medicinal properties. Always consume in limited quantities. Remember that foods are not a substitute for medicines. If you have a chronic condition, speak to your doctor first and get medications for it. Foods can be taken along with the medicines, but do not rely on foods solely to cure a disease.

Beauty hacks Chinese women use to stay young



Chinese women are known for their skincare and beauty routines that prioritize anti-aging and youthful-looking skin. While these beauty hacks may not be exclusive to Chinese women, they are often associated with their culture. Here are 10 beauty hacks that many Chinese women use to maintain a youthful appearance:

Green Tea: Drinking green tea is a common practice in China. Green tea is rich in antioxidants called polyphenols, which help fight free radicals and protect the skin from premature aging.

Facial Gua Sha: Gua Sha is a traditional Chinese technique that involves massaging the face with a smooth-edged tool to promote circulation, reduce puffiness, and enhance skin elasticity.

Herbal Skincare: Chinese women often use herbal ingredients like ginseng, goji berries, and licorice root in their skincare products. These ingredients are believed to have anti-aging properties.

Tui Na Massage: Tui Na is a Chinese massage technique that focuses on acupressure points. Facial Tui Na massages can improve blood flow and relax facial muscles, helping to reduce wrinkles.

Balanced Diet: Chinese cuisine typically includes a variety of vegetables, fruits, and lean proteins. A balanced diet rich in nutrients is essential for maintaining youthful skin.

Acupressure: Traditional Chinese Medicine (TCM) includes acupressure points that can be massaged to stimulate circulation and energy flow, which may contribute to a more youthful complexion.

Sun Protection: Chinese women prioritize sun protection by wearing hats, sunglasses, and using sunscreen regularly to prevent UV damage, which can lead to premature aging.

Adequate Sleep: Getting enough sleep is crucial for overall health and youthful-looking skin. Chinese culture values rest and relaxation, which can contribute to a youthful appearance.

Mung Bean Masks: Mung bean masks are popular in China for their ability to detoxify the skin and promote a clear complexion. They can help reduce blemishes and maintain youthful skin.

Tai Chi and Qi Gong: These ancient Chinese exercises focus on breathing, meditation, and slow movements. They promote relaxation, reduce stress, and improve overall well-being, which can contribute to a youthful appearance.

General Knowledge Question Answers

1. Who wrote the famous play “Hamlet”?	b) Swiss Franc c) Pound d) Dollar	d) William Shakespeare
a) William Shakespeare b) Samuel Beckett c) Tennessee Williams d) Oscar Wilde		
2. Which country is known as the Land of the Midnight Sun?	a) Berlin b) Madrid c) Paris d) London	12. Which country is known as the Land of the Rising Sun?
a) Norway b) Sweden c) Finland d) Denmark		a) Japan b) China c) Thailand d) South Korea
3. Which is the largest bird in the world?	8. What is the largest continent in the world?	13. Who discovered the theory of relativity?
a) Penguin b) Ostrich c) Eagle d) Albatross	a) North America b) Europe c) Asia d) Australia	a) Isaac Newton b) Albert Einstein c) Galileo Galilei d) Stephen Hawking
4. What is the capital of South Africa?	9. Who is known as the father of the Indian Constitution?	14. What is the capital of Canada?
a) Johannesburg b) Cape Town c) Pretoria d) Durban	a) Mahatma Gandhi b) B.R. Ambedkar c) Jawaharlal Nehru d) Sardar Vallabhbhai Patel	a) Toronto b) Ottawa c) Vancouver d) Montreal
5. Who is the author of the Harry Potter series of books?	10. Which planet is known as the Red Planet?	15. Which is the smallest continent in the world?
a) J.K. Rowling b) Stephenie Meyer c) Suzanne Collins d) Dan Brown	a) Venus b) Mars c) Saturn d) Jupiter	a) Europe b) South America c) Antarctica d) Australia
6. What is the currency of Switzerland?	11. Who wrote the famous novel, “To Kill a Mockingbird”?	16. Who was the first person to walk on the moon?
a) Euro	a) Harper Lee b) J.K. Rowling c) Charles Dickens	a) Neil Armstrong b) Buzz Aldrin c) Yuri Gagarin d) Alan Shepard

1. William Shakespeare
2. Norway
3. Ostrich
4. Pretoria
5. J.K. Rowling
6. Swiss Franc
7. Paris
8. Asia
9. B.R. Ambedkar
10. Mars
11. Harper Lee
12. Japan
13. Albert Einstein

ASTRO SPEAK

ARIES

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

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

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

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

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

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

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

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

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

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

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

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.

