

## Articles for Internship

### TRENDING SONGS OF 2022

If you enjoy music, you always want to stay up to date on the latest releases. Let's see about the most popular Bollywood songs of the year.

(1) **JEE LENGE HUM** is a music video written by Mahima Bhardwaj and composed and sung by singer Shaan.

(2) **TERA THA TERA HUN** song was written by Kunal Verma and sung by Arjun Kanungo.

(3) **CHOSEN** by Dino James is the brand-new Hindi song music video directed by Himanshu Nisha Tyagi.

(4) **WHISTLE BAJA 2.0** is the new latest song from Heropanti 2. This was written by Mika Singh and Neeti Mohan.

(5) **MEHABOOBA** This song is from the movie KGF chapter 2 and is sung by Ananya Bhatt.

(6) **SHAADI KARKE LE JAYENGE MUJHE** this song is written by Asali gold and Millind Gaba and sung by millind Gaba from the movie KGF chapter 2

(7) **SULTAN AGAIN** is a song from kGF chapter-2 sung by Brijesh shandilya, Priyanka Bharali, and other vocalists.

(8) **JA RAHE HO** this music video is sung by Yaseer Desai and which is written by Kunal Verma.

(9) **MISS HAIREN** – This song is from the movie Heropanti 2 sung by Tiger Shroff and Nisha shetty and penned down by mehboob kotwal.

(10) **TERE BIN JEENA KYA** this song is from Operation Romeo, sung by Vishal Mishra and Rupali Jagga and written by Manoj Muntashir.

(11) **MAIN ROYA** is the music album that features Rohit Zinjurke and Akaisha vats.Yaseer Desai as well as Tanvir Evan has sung this song and penned down by Rana Setal

(12) **TOOFAN** is a song from the movie KGF Chapter 2 that was written by Shabbir Ahmed and sung by Brijesh Sandilya and others.

(13) **FALAK TU GARAJ TU** this song from KGF chapter 2 is written by Deepak Bharti and sung by Suchita Basrur.

(14) **JO MUJHE DIWANA KAR DE** is the music video sung by Tulsi Kumar and Manan Bhardwaj and written by Manan Bhardwaj.

~ Beena Shah

## HOW TO STAY FIT AFTER FIFTY???

It's important to stay fit at every stage of life. Here we see about how we can maintain our health after 50.

- (1) Maintain a consistent routine and eat a healthy diet. Incorporate seasonal fruits and green vegetables into your diet to boost your metabolism and keep you healthy.
- (2) As you get older, you may feel less thirsty for water, but you must remember to drink adequate water and drink fruit or vegetable juice in a short period of time.
- (3) Get enough sleep to improve your mood and maintain your health.
- (4) If you have an addiction to anything, such as drinking or smoking, abstain from it so that you can take care of your health.
- (5) Join a laughing club to relieve stress and bring pleasant attitudes into your life.
- (6) Strength training exercises, such as weightlifting and squats or lunges, should be done daily for 10 to 15 minutes to increase muscle flexibility.
- (7) Aerobic exercise keeps weight under control while also keeping the lungs healthy.
- (8) Zumba or dancing should be done twice a week if you enjoy it.
- (9) Water aerobics, swimming, or cycling will also make you feel fit and agile.
- (10) Your body will be more flexible if you undertake yoga and stretching activities twice a week.
- (11) Perform modest household chores by yourself. Do your own work without any help.
- (12) Read motivational literature that motivate you to act.
- (13) Don't ignore even minor health issues; have your eyes and teeth checked once a year.
- (14) Develop a morning and evening walking routine. Continue walking by heading to your balcony, veranda, or any garden for a while.

~ Beena Shah

## HOW WALKING KEEP US HEALTHY

Morning walks are an excellent way to begin the day.

- (1) Every action you perform is beneficial to your health in more ways than you might realize.
- (2) Walking improves every part of your body, from your head to your ankles.
- (3) It aids in the relief of joint discomfort. It gives them enough energy to help them get rid of their stiffness and soreness.
- (4) It increases blood flow to tense areas and strengthens the muscles that surround your joints, improving your range of motion and mobility.
- (5) Walking increases heart rate, which helps to prevent heart disease. It strengthens the heart and raises blood pressure.
- (6) It boosts our immune system, minimizing our risk of getting sick from an infectious disease.
- (7) It would improve your mood. The creation of natural painkilling endorphins in the body is one of the emotional benefits of exercise.
- (8) It encourages creative thinking. Walking clears your thoughts and allows you to think more creatively.
- (9) It helps you sleep better. Walking helps to relieve pain and tension, both of which can interfere with sleep.
- (10) Walking over longer periods of time burns more calories and lowers the risk of type 2 diabetes.
- (11) It improves skin health by allowing you to make greater use of oxygen by boosting blood circulation.
- (12) It reduces the likelihood of breast cancer.
- (13) It boosts your energy levels. You become more active and energetic as a result of this.
- (14) You are in control of your weight and feel lighter.

~ Beena Shah

## BEST HOME REMEDY FOR PIMPLE

The most prevalent ailment among youngsters is pimples. Let's look for some home treatments to help them get rid of it.

**(1) GREEN TEA:** putting green tea on your skin decreases inflammation and redness, allowing pimples to recover.

**(2) ALOEVERA:** The most effective natural treatment for pimples is aloe vera. To get the best results, combine garlic and aloe vera mixture.

**(3) APPLE CIDER VINEGAR:** Dilute some raw ACV with water at a 1:3 ratio. Wash your face with a gentle cleanser, then use a cotton ball to apply ACV solution to pimples and let for 5 to 10 minutes before washing with cold water and apply a moisturizer.

**(4) HONEY:** A dab of honey can help a lot to cure pimples.

**(5) TEA TREE:** after mixing 1 to 2 drops of tea tree oil with 10 to 12 drops of jojoba carrier oil, Apply tea tree oil to your pimples using a Q\_ tip, wait for it to dry, then use moisturize.

**(6) BANANA PEEL:** the peel of a banana is high in potassium, so don't throw it away. Place the inner white side of the banana over your skin for 10 minutes and then wash your face. Do this twice a day.

**(7) ICE CUBES** Make use of ice cubes: Repeat twice a day by placing a single ice cube immediately on top of a pimple and leaving it there for around 3 minutes.

**(8) BAKING SODA:** apply a paste of baking powder and water to your pimple and leave it on for 10 minutes. Do this every other day.

**(9) COCONUT OIL:** massage coconut oil between your palms and gently dab it over the problematic regions of your face for a better outcome.

**(10) ORANGE PEEL POWDER:** Combine orange peel powder and honey and apply to affected areas. Leave on for 15 minutes before washing with warm water.

**(11) ASTRINGENT WITCH HAZEL:** Apply a few drops of hazel toner to a cotton pad and apply all over your face once a day. After that, apply moisturizer.

**(12) BESAN:** make a paste with besan, rose water, and lemon juice, apply it to your face and neck, let it dry, and wash it off with plain water. Do this every other day for the best results.

**(13) DRY SKIN:** Excessive oil production is primarily caused by dry skin. Drinking eight glasses of water every day will keep your skin hydrated at all time.

~Beena Shah

## **SPENDING TIME WITH GRAND PARENTS CAN HELP CHILDREN GROW INTO A BETTER HUMAN BEING**

Grandparents play an important role in the upbringing of their grandchildren in today's modern era:

- (1) They provide a stable, loving, and fun environment for their grandchildren;
- (2) they provide both social connections and solidity, as well as an important family relationship;
- (3) It reduces their stress levels;
- (4) It increases responsibility among them.
- (5) Kids who spend a lot of time with Grandma and Grandpa are less likely to suffer emotional or behavioral issues.
- (6) Their connection can shield the children from depression. improve brain function and lead to a longer life
- (7) working parents have peace of mind regarding their children because their own parents are looking after them.
- (8) They learn to do the right thing at the right time
- (9) Grandparents are always available to answer their questions and spend time with them, so children constantly observe them and learn all the good things from them
- (10) The child receives encouragement and motivation from them and grows into an independent and caring adult.
- (11) They always use a relevant example to explain the problem to the youngster, making him or her pleased and content.
- (12) The child develops the ability to distinguish between good and bad;
- (13) The youngster receives a detailed understanding of their family history from their grandparents and learns to appreciate relationships.
- (14) When the youngster is with the grandparents during the night, he or she feels safe. This boosts their development.

## AKSHAY KUMAR AND HIS HIT MOVIES

Let's have a look at some of Akshay Kumar's most well-known films...!

**(1) KHILADI:** His first hit picture, Khiladi, was a suspense thriller released in 1992. By forming a stunning duo with Ayesha Julka, Akshay became everyone's favorite. Its tunes are still remembered by many.

**(2) MOHRA:** arrived in 1994 and collaborated with Raveena Tandon. This was an action thriller with a soundtrack that was well received by the crowd.

**(3) KHILADIYON KE KHILADI:** was a 1996 action film in which he collaborated with Raveena Tandon once again.

**(4) HERA FERRI :** In the year 2000, the comedy film Hera Pheri was released. His Jugal bandi alongside Paresh Rawal and Suniel Shetty kept the audience laughing throughout the performance.

**(5) KHAKHI:** In 2004, he starred as a police officer in the film Khaki, which was well received by the audience.

**(6) BHOOL BHOLAIYAA:** was released in 2007, and it was a very interesting and gripping film in which Akshay played a psychologist. This film did very well, and the songs were well received.

**(7) RAWDY RATHORE :** This film was released in 2012. The film was a remake of South film and was full with action and romance. Akshay Kumar performed with Sonakshi Sinha in this film.

**(8) SPECIAL TWENTY - SIX:** This film was about stealing, and Akshay Kumar played a key role as an income tax official. This was a fantastic film of 2013.

**(9) Jolly LLB 2:** This was a light comedy with a touch of courtroom drama. It is also considered one of Akshay Kumar's best flicks. It released in the year 2017.

**(10) SOORYAVANSHI:** This film was released in 2021. Despite the fact that this was an action flick, Katrina Kaif was seen with Akshay Kumar in this movie and was appraised by audience.

**(11) GOOD NEWS :** This film was released on December 27th, 2019. In which Akshay's romance with Kareena Kapoor was effectively thawed. Surrogacy was the subject of the film.

**(12) KESARI:** On March 21, 2019, this film was released. Akshay Kumar portrayed a soldier in the film, which was based on a true story.

**(13) Toilet Ek Prem Katha:** On November 8, 2017, this film was released. The film is about the difficulties that women in a hamlet without toilets confront.

**(14), RUSTOM:** On August 17, 2016, a film based on a true story was released. It was also a romantic and action packed film. The audience was enthralled by it.

~ Beena Shah

## **HOW HEAVY BREAKFAST IS BETTER THAN SKIPPING THE BREAKFAST???**

Breakfast is the most important meal of the day, so we'll discover why eating a large breakfast is preferable than to skipping it.

- (1) Many people who skip breakfast have a tendency to overeat at other times of the day, so eating a large breakfast can help you reduce your portion sizes at lunch and dinner.
- (2) Your blood glucose energy levels are balanced after having a cheerful breakfast, which is beneficial for weight loss or maintenance of it.
- (3) Eating a high-protein breakfast in the morning can help minimize late-morning cravings for fast food, which are likely to be heavy in sugar, starch, and calories.
- (4) Eating a hearty breakfast can help you maintain portion control.
- (5) A breakfast rich in whole grains keeps you feeling alert and energized throughout the day.
- (6) Those who skip breakfast have a higher glycemic response, which can lead to weight gain.
- (7) A heavy breakfast can help you perform better in the morning or early afternoon.
- (8) Skipping your morning meal can result in nutrient and vitamin insufficiency, which can lead to sleeplessness, depression, and infection propensity, thus it's best not to do it.
- (9) Many people skip it because they aren't hungry, but research shows that it is important to have it even if you aren't hungry in order to stay energized throughout the day.
- (10) Your mind is fresh in the early morning hours after a good night's sleep, so having a good breakfast provides fuel for it to activate more.
- (11) In today's hectic world, everyone is going out for their studies or jobs, and they become stressed during their working hours, ignoring their health and becoming less energetic, so when they have a full breakfast, they can concentrate well on their work and their health is unaffected.

**~ Beena Shah**

## THE PROPER SLEEP CYCLE AND GOOD HEALTH

Sleep is just as vital as food and exercise for optimal health. Let's look at how good sleep benefits us:

- (1) It reduces your risk of serious health problems like diabetes and heart disease;
- (2) It improves your mood;
- (3) It helps your brain prepare to learn, remember, and create. so it functions more efficiently after a good night's sleep.
- (4) Your brain has a drainage system that removes toxins and even proteins linked to Alzheimer's disease. As a result, your brain's efficiency will improve following a good night's sleep.
- (5) Sleep is a time for repair for everything from blood vessels to the immune system, so if you don't get enough sleep, those processes will be disrupted.
- (6) If you want to be healthy throughout your life, you should get at least 7 hours of sleep each night.
- (7) If you don't get enough sleep, you risk gaining weight and raising your blood sugar levels
- (8) A good night's sleep boosts your metabolism and makes you look younger.
- (9) It improves your thinking power and allows you to focus better on your task.
- (10) It strengthens your immune system.
- (11) It boosts your energy levels.
- (12 ) It assists you in losing weight.
- (13) It assists in the prevention of cancer.
- (14) It improves your alertness and intelligence.

~ Beena Shah