

Priyanka Chopra's latest comment on Nick Jonas' post should make fans have a sigh of relief after divorce rumours go viral



Last evening, fans got a shock after Priyanka Chopra Jonas dropped both her surnames from her bio on Instagram. Fans started speculating if the couple were headed for a divorce after three years of absolute marital bliss. Her mom, Madhu Chopra was quick to dismiss the rumours as rubbish. She told people not to spread such rumours furthermore. The actress' friend also said that it was not true. Anyways, if you are still stressed about the same then Priyanka Chopra has herself decided to end the rumours in her own style. Nick Jonas posted a pic of his lifting up weights in the gym. We can see his huge biceps. Priyanka Chopra commented, "Damn! I just died in your arms...." This should end all speculation The Jonas Brothers Family Roast is now on Netflix. This could be the reason why Priyanka dropped both her surnames from her bio. Maybe, she has a fun cameo on the show. The couple celebrated their first Diwali in their new home with a lot of fanfare. We saw Nick doing the puja of Goddess Lakshmi with the actress. They had friends over for a party. Priyanka Chopra's character poster from The Matrix Resurrections is now out. The movie is coming out on December 22, 2021. The movie is directed by Lana Wachowski. It also stars Keanu Reeves, Christina Ricci, Jessica Henwick and others. Priyanka Chopra also has Citadel in her kitty. It is a spy thriller made by the Russo Brothers for Amazon. Fans got worried, and it is understandable as the split of Samantha Ruth Prabhu and Naga Chaitanya is still fresh in their minds. It had also started with her dropping her surnames on bio.

Pooja Hegde shoots with superstar Amitabh Bachchan; ticks off her dream list

Pooja Hegde has been ruling her Instagram with some gorgeous pictures from her vacation of late. And now, the dusky South movie siren has resumed her professional commitments it seems. She has shared a BTS picture on her Instagram handle which is going viral. Pooja is seen shooting with the legendary superstar Amitabh Bachchan. While Pooja is seen having a hearty laugh at something while Big B is seen in a very quirky avatar. He has a Beauregard moustache and is seen in a checkered shirt with suspenders. Pooja called it her dream to work with the legendary actor. "The man. The Legend. Shooting with him is a dream I can finally tick off my dream list. Enough said. Stay tuned for more.. @amitabhbachchan #whendreamscometrue," she captioned the BTS picture. It seems like from a TVC. Meanwhile, both Pooja and the Piku actor have multiple projects lined up for release. Talking about Pooja's work front, she has Rohit Shetty's Cirkus that also stars Ranveer Singh and Jacqueline Fernandez. She will be seen in Radhe Shyam with Prabhas.



'Mehnat karo bhai' Salman Khan says superstars won't handover stardom to younger generations easily

Salman Khan is busy promoting his upcoming action Antim: The Final Truth with Aayush Sharma, Mahima Makwana and director Mahesh Manjrekar. And hence, all four of them are busy with interviews and promotional activities for Antim. Now, at a recent media interview, Salman Khan was asked whether this is the end of the superstars' era. OTT is a booming platform and a new space for every actor and filmmaker. Actors are exploring the platform too and hence when asked whether this was the last generation of superstars, the Tiger 3 actor said that he had been hearing about it for a long time now. However, the Bajarangi Bhaijaan actor also said that the superstars won't be giving out the stardom to the younger generation easily. The Radhe actor said that for the last four generations, he had been hearing that this one would be the last generation of superstars. HE added that they will leave and someone else would take their place. However, he said that the era of stars won't go. "It will never go. It will always be there. It now depends on a lot of things, selection of movies, what you



are in real life and more. It's a whole package of things. This younger generation will have their superstardom."

Common cold: 5 ways to prevent cold before it starts



There is a surge in common cold cases, which isn't surprising this time of the year. A runny nose, headache, body pain and sore throat can make it quite uncomfortable to perform our daily tasks, and all we want to do is curl in the bed and sip some hot beverage. On top of that, the chilly wind makes the symptoms even worse, throwing us off the track for several days. Honestly, nobody likes being sick and staying in bed all day long. So, rather than popping pills and taking steam later to relieve the congested nose, it is better to stop a cold before it even begins. Here are some tips to prevent colds this winter and stay fit and active. Wash hands regularly The pandemic taught an important lesson of washing our hands nicely before eating or touching our face to reduce the risk of COVID infection. We just have to carry on with it even in the winter season. Cold-causing viruses are spread from coughs and sneezes of an infected person, which can survive on hands and surfaces for 24 hours. So, wash your hands nicely

ly with soap and water before eating or touching your face to avoid falling sick. Stay hydrated In winters generally, your daily water intake level decreases. Due to cold weather, we do not feel thirsty, so we do not drink much water. That is what you have to avoid this season. Water helps to flush out toxins from the body and prevent us from falling sick. So, even if you want to stay healthy, drink at least 2 litres of water in a day. You can even have soup and bone broth to up your fluid intake level. Eat healthily Eat a healthy and well-balanced diet during the season. It will help you get an ample amount of nutrients and keep you fit. Pay special attention to your zine and vitamin D intake levels. These two nutrients help to boost immunity and reduce the risk of falling sick. Eat more leafy greens, whole grains, nuts and fruits. Get enough sleep Getting enough sleep is essential for us to fight and prevent a cold. Sleeplessness or poor quality of sleep makes it harder for the body to fight viruses and infection. When we get quality sleep at night, our body produces and releases cytokines, types of proteins that target infection and inflammation. So, make sure you sleep for 7 to 8 hours daily to keep your immune system active. Exercise Exercising is not only essential for shedding kilos or building muscles. It even helps to boost immunity and prevent a cold. Studies suggest that exercising helps our immune cells travel more quickly around your body as it improves your circulation. This way, it helps the body to fight infection in a better way. Stay active by following a regular exercise routine like walking, yoga, meditation, running and strength training.

Prepping your skin for wedding

Your skincare can make or break your wedding look. According to Mehak Rao "A great bridal skincare routine is your million-dollar solution to glowing skin". Your bridal skin prep has to be on point if you are looking to achieve flawless and beautiful skin on your wedding day. While you may come across numerous bridal skincare hacks and tricks online, Your makeup artist is the one person for whom your skin is as important as you. Makeup looks twice as good on great skin versus on dull and dehydrated skin. So when it comes to glowing skin, beauty hacks for brides and bridal skin prep, they are your best friends. Below, are some tips to consider when getting your bridal beauty routine in order. Manage Stress From the top of your head to the tips of your toes, there's no end to the beauty bums headed your way if you don't get your wedding-planning stress under control. Many inflammatory conditions are partially caused by stress. As stress weakens the immune system, chronic inflammation worsens." Set up an appointment with your dermatologist There are two key reasons to get a derm in your corner early on: One, they can assess your complexion's current state way better than you and your trusty magnifying mirror. And two, they can help you devise a strategy for achieving your dream-skin goals, while knowing underlying conditions. Consider Laser hair removal There's no better excuse than your wedding to treat yourself to laser hair removal. Is it a splurge? Yes, but it will be so worth it when shaving your armpits and legs is the last thing on your mind. Visit an Aesthetician Facials are workout for skin so find a reputable aesthetician in your area to help keep skin in good shape. Talk not only about facials but also about botox , fillers, acne marks reduction, hyperpigmentation, microblading ,peels - Don't go over-

board with the treatments either. Eat clean If you want naturally glowing skin on your D-day then watch what you put on your plate. Eat more colours with fresh vegetables & fruits, snack on healthy nuts, swap coffee for green tea and most importantly, cut down on artificial sugar and processed food(don't worry! Increase water intake Mehak makeovers considers Water as the secret to their radiant skin! Brides, you must drink 2-3 lts of H2O daily. Water helps flush out toxins, clears acne, keeps your skin hydrated and supple, reduces wrinkles & fine lines, helps you lose weight...it is basically an elixir that gives you a flawless skin! Don't Lose The Snooze Wedding is a tiring affair but I must also remind you to get 8 hours of deep sleep every night. Sleep is really important to control hormones and keep skin healthy. 7-8 hours of sleep helps reduce stress & improves your overall skin health. Never skip sunscreen As a bride one has to spend alot of time in the sun every day. Sun exposure causes tan lines, wrinkles and premature aging. Make sure you don't forget to apply sunscreen that's suited best for your skin every time you step out. Don't forget CTMI: Your bridal skincare routine must have a daily CTM - cleansing with exfoliating, toning, moisturising-routine to leave your skin clean, healthy and beautiful. Always understand your skin type & choose the best bridal skin care products accordingly (or let a dermatologist help you choose!). Let your skin breathe : It is very important to remove makeup before going to bed - it can cause extensive damage to your skin during the night.The skin renews itself while you sleep, and when you leave makeup on, you are preventing that from happening. When makeup stays on for the next day, it clogs your pores and leads to the appearance of more acne.

General Knowledge Question

1. Which countries from the membership of CACM (Central American Common Market)?	5. Where is the permanent secretariat of the SAARC?	D. 2600 BC
A. Costa Rica, EI Salvador, Guatemala, Honduras, Nicaragua	A. Kathmandu	
B. Bogota, EI Salvador, Honduras	B. New Delhi	
C. Washington DC, Bogota, Guatemala	C. Islamabad	
D. All of the above	D. Colombo	
2. Which company manufacturers low and high power communication equipment like radius for the use of defence services and paramilitary organisations?	6. Which is the oldest paramilitary force in the country?	10. Which Academy promotes and develops literature in all the 22 languages of India?
A. Bharat Electronics Limited (BEL)	A. Border Security Force (BSF)	A. Sahitya Academy
B. God Shipyard Limited (GSL)	B. Assam Rifles	B. Sangeet Natak Academy
C. Bharat Dynamic Limited (BDL)	C. Indo-Tibetan Border Police (ITBP)	C. Lalit Kala Academy
D. None of the above	D. Coast Guard	D. None of the above
3. Where is the Judicature of Orissa?	7. When was Mahatma Gandhi assassinated?	11. Which of the following agencies related to the United Nations is concerned with promoting the growth of international trade and equilibrium in balance of payments?
A. Bhubaneswar	A. 1948	A. United Nations Industrial Development Organisation
B. Cuttack	B. 1951	B. International Development Association
C. Both	C. 1958	C. International Bank for Reconstruction and Development Organisation
D. None of the above	D. 1971	D. United Nation Development Programme
4. Which of the following are the members of SAARC (South Asian Association for Regional Cooperation)?	8. Which is the India's largest and the oldest museum?	12. Which of the following are the members of CARICOM?
A. Bhutan, Bangladesh, India and Pakistan	A. Indian Museum, Kolkata	A. Angrilla, Antigua, Trinidad, Tobago
B. Bhutan, Bangladesh, the Maldives, Nepal, India, Pakistan, Afghanistan and Sri Lanka	B. National Museum, New Delhi	B. Barbados, Belize, St. Lucia, St. Vincent
C. Afghanistan, Pakistan, Thailand, Indonesia, Nepal and Sri Lanka	C. Allahabad Museum	C. Dommica, Grenade, Guyana, Jamaica
D. None of the above	D. Salar Jung Museum, Hyderabad	D. All of the above
5. When was pottery developed in the Indus Valley?	9. When was the International Monetary Fund established?	13. When was the International Monetary Fund established?
A. 5000 BC	A. 1945	A. 1945
B. 6000 BC	B. 1946	B. 1946
C. 3500 BC	C. 1947	C. 1947
	D. 1950	D. 1950

ASTRO SPEAK	
ARIES  MAR 21 - APR 20	Messenger Mercury emerges from the depths of sensitive Scorpio and marches forward into adventure-seeking Sagittarius, uplifting and redirecting your mental energy towards educational pursuits and travel plans in the weeks ahead. Meanwhile, the playful Leo moon's meet-up with chatty Mercury and the life-giving sun makes it easy to feel good and express yourself creatively.
LIBRA  SEP 24 - OCT 22	A much-needed change of pace arrives, Libra. Messenger Mercury departs from conservative Scorpio and moves forward into excitable Sagittarius, pointing your mental focus towards educational concerns, local travel, and writing projects in the weeks ahead. Meanwhile, the playful Leo moon aligns with the energy-giving sun and chatty Mercury, making it an ideal for tackling important conversations that need to run smoothly.
TAURUS  APR 21 - MAY 20	Your mind is summoning you towards a new mode of thinking, Taurus. Mental Mercury departs from Scorpio and moves forward into Sagittarius, sending your focus on unhealed relationship and intimacy wounds. Elsewhere, the moon prowls through Leo and reaches out to the self-concerned sun and expressive Mercury, making it an ideal day to lay low and involve yourself in important, healing conversations.
SCORPIO  OCT 23 - NOV 22	You may feel parts of your personality starting to shift under cosmic landscape, Scorpio. Expressive Mercury departs from your sign and moves forward into fiery Sagittarius today, pointing your mental focus to the ins and outs of your finances and the activation of your skills. Elsewhere, the proud Leo moon meets up with the energetic sun and brassy Mercury, making it an ideal day to plug away at career projects.
GEMINI  MAY 21 - JUN 20	As a Gemini, you receive cosmic guidance from the quick-footed messenger planet, Mercury. Wednesday's skies find Mercury on the move, as it departs from the melancholic caverns of Scorpio and moves forward into happy-go-lucky Sagittarius. Mercury's time here works to send all of your focus on the current relationship stories stirring in your world, so prepare yourself to speak your truth with those you're closest to in weeks to come.
SAGITTARIUS  NOV 23 - DEC 22	You're beginning to feel more like yourself, Sagittarius. Expressive Mercury departs from introverted Scorpio and bounces forward into your sign, where it works to re-invigorate your famous charisma, sense of humor, and self-expression in the weeks to come. Meanwhile, the show-stopping Leo moon links up with the life-giving sun and chatty Mercury, making it an ideal day to make your skills visible and known to others.
CANCER  JUN 22 - JUL 23	Mental Mercury departs from intimacy-focused Scorpio and moves forward into far-reaching Sagittarius, redirecting your focus towards becoming better organized with your workflow and deepening your connection to your health. Meanwhile, the ambitious Leo moon meets up with expressive Mercury and the life-giving sun, making it easy to tackle your workload.
CAPRICORN  DEC 23 - JUL 20	Messenger Mercury departs from highly-focused Scorpio and retreats into reflective Sagittarius today, where its presence aims to help you work through emotional baggage and self-sabotaging mental patterns in the weeks ahead. Elsewhere, the big-hearted Leo moon reaches out to the life-giving sun and expressive Mercury, making it an ideal day for therapeutic endeavors and healing conversations.
LEO  JUL 24 - AUG 23	Things are beginning to lighten up in your inner world, Leo. Messenger Mercury abandons the dreary realm of sensitive Scorpio and moves forward into playful Sagittarius, redirecting your mental focus towards creative self-expression and pleasure-seeking in the weeks ahead. Meanwhile, the nurturing moon tees through your sign and aligns with the sun and Mercury, offering an easy flow of energy towards romantic pursuits.
AQUARIUS  JAN 21 - FEB 23	The universe is thrusting your mind into a new direction. Mercury finds itself transitioning out of sharp Scorpio and moving into Sagittarius, turning your mental focus towards friend groups, community concerns, and long-term aspirations in the weeks ahead. Elsewhere, the romantic Leo moon convenes with the energetic sun and talkative Mercury, making it an ideal day for important conversations that need added support, especially on the relationship front.
VIRGO  AUG 24 - SEP 23	Take a beat and slip away into your private world today, Virgo. Your ruling planet, messenger Mercury, is on the move once more. Mercury transitions from sharp-tongued Scorpio and moves forward into reflective Sagittarius, where it works to direct your focus on home and family issues in the weeks to come.
PISCES  FEB 20 - MAR 20	You've got all your eggs in one basket right now, Pisces. Mercury departing from Scorpio and moving forward into adventure-seeking Sagittarius, placing your mental focus on getting ahead with career matters and ambitions in the weeks ahead. Meanwhile, the self-concerned Leo moon aligns with the energetic sun and brainy Mercury, making it an ideal day to tackle work projects that need to run smoothly.

12. All of the above

13. 1950

8. Indian Museum, Kolkata

9. 3500 BC

10. Sahitya Academy

11. International Bank for Reconstruction and Development

7. 1948

6. Assam Rifles

5. Kathmandu

4. Bhutan, Bangladesh, the Maldives, Nepal, India, Pakistan, Afghanistan and Sri Lanka

3. Cuttack (BEL)

2. Bharat Electronics Limited

1. Costa Rica, EI Salvador, Guatemala, Honduras, Nicaragua
12. All of the above

13. 1950

8. Indian Museum, Kolkata

9. 3500 BC

10. Sahitya Academy

11. International Bank for Reconstruction and Development

7. 1948

6. Assam Rifles

5. Kathmandu

4. Bhutan, Bangladesh, the Maldives, Nepal, India, Pakistan, Afghanistan and Sri Lanka

3. Cuttack (BEL)

2. Bharat Electronics Limited

1. Costa Rica, EI Salvador, Guatemala, Honduras, Nicaragua
12. All of the above

13. 1950

8. Indian Museum, Kolkata

9. 3500 BC

10. Sahitya Academy

11. International Bank for Reconstruction and Development

7. 1948

6. Assam Rifles

5. Kathmandu

4. Bhutan, Bangladesh, the Maldives, Nepal, India, Pakistan, Afghanistan and Sri Lanka

3. Cuttack (BEL)

2. Bharat Electronics Limited

1. Costa Rica, EI Salvador, Guatemala, Honduras, Nicaragua