

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 Bajrangi 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 stardom."

Common cold: 5 ways to prevent cold before it starts



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 zinc 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.

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 nice-

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General Knowledge Question

1. Which countries from the membership of CACM (Central American Common Market)?

- A. Costa Rica, EI Salvador, Guatemala, Honduras, Nicaragua
- B. Bogota, EI Salvador, Honduras
- C. Washington DC, Bogota, Guatemala
- D. All of the above

2. Which company manufacturers low and high power communication equipment like radius for the use of defence services and paramilitary organisations?

- A. Bharat Electronics Limited (BEL)
- B. God Shipyard Limited (GSL)
- C. Bharat Dynamic Limited (BDL)
- D. None of the above

3. Where is the Judicature of Orissa?

- A. Bhubaneswar
- B. Cuttack
- C. Both
- D. None of the above

4. Which of the following are the members of SAARC (South Asian Association for Regional Cooperation)?

- A. Bhutan, Bangladesh, India and Pakistan
- B. Bhutan, Bangladesh, the Maldives, Nepal, India, Pakistan, Afghanistan and Sri Lanka
- C. Afghanistan, Pakistan, Thailand, Indonesia, Nepal and Sri Lanka
- D. None of the above

5. Where is the permanent secretariat of the SAARC?

- A. Kathmandu
- B. New Delhi
- C. Islamabad
- D. Colombo

6. Which is the oldest paramilitary force in the country?

- A. Border Security Force (BSF)
- B. Assam Rifles
- C. Indo-Tibetan Border Police (ITBP)
- D. Coast Guard

7. When was Mahatma Gandhi assassinated?

- A. 1948
- B. 1951
- C. 1958
- D. 1971

8. Which is the India's largest and the oldest museum?

- A. Indian Museum, Kolkata
- B. National Museum, New Delhi
- C. Allahabad Museum
- D. Salar Jung Museum, Hyderabad

9. When was pottery developed in the Indus Valley?

- A. 5000 BC
- B. 6000 BC
- C. 3500 BC

D. 2600 BC

10. Which Academy promotes and develops literature in all the 22 languages of India?

- A. Sahitya Academy
- B. Sangat Natak Academy
- C. Lalit Kala Academy
- D. None of the above

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. United Nations Industrial Development Organisation
- B. International Development Association
- C. International Bank for Reconstruction and Development Organisation
- D. United Nation Development Programme

12. Which of the following are the members of CARICOM?

- A. Angrilla, Antigua, Trinidad, Tobago
- B. Barbados, Belize, St. Lucia, St. Vincent
- C. Dommica, Grenade, Guyana, Jamaica
- D. All of the above

13. When was the International Monetary Fund established?

- A. 1945
- B. 1946
- C. 1947
- D. 1950

ASTRO SPEAK



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.



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.



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 camp of Scorpio and moves into the happy-lucky Sagittarius. Mercury's lime 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.



Mental Mercury departs from memory-focused Scorpio and moves forward into playful 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.



Things are beginning to lighten up in your inner world, Leo. Messenger Mercury abandons the dreamy 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 treks through your sign and aligns with the sun and Mercury, offering an easy flow of energy towards romantic pursuits.



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.



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.



Malai Chaap



Ingredients

- 8 soya chaap, 1 cup fresh cream
- 1 teaspoon ginger paste, 1 teaspoon garam masala powder
- salt as required, 5 tablespoon vegetable oil
- 1 large chopped onion, 1 cup yoghurt (curd)
- 1 teaspoon coriander powder, 1 teaspoon garlic paste
- 1/2 teaspoon black pepper
- 2 tablespoon chopped coriander leaves
- 1 teaspoon lemon juice

Method:

Soak the chaaps in water for 20-25 minutes. In a bowl add curd, cream, coriander powder, garlic and ginger paste, garam masala, pepper, 1 tablespoon oil, lemon juice and salt. Mix the ingredients well.

Take out the chaaps from water, squeeze out excess water and add them to the bowl. Coat them well with the marinade. Cover the bowl and keep it in the refrigerator for about an hour. In a pan, heat 3-4 tbsp oil and transfer just the marinated chaaps to it and not the entire mixture. Pan-fry the chaaps until golden in colour. Remove from flame and cut the chaap into pieces.

Now add 1 tbsp oil to a pan, saute the onions for a few minutes. The onions should not become soft. Add the pan-fried pieces of chaaps and the leftover marinade in the pan.

Mix all the ingredients well. Cover the pan with a lid and let the chaaps cook for 3-4 minutes on low flame and add salt as per taste. Remove from heat, mix well and transfer the chaaps to a bowl. Garnish with chopped coriander leaves and serve.