

Vicky Kaushal-Katrina Kaif wedding: Shoots of Sam Bahadur and Tiger 3 pushed to next year due to couple's December wedding?



One thing that is making headlines every day in Bollywood apart from Shah Rukh Khan's son Aryan Khan's case is the impending wedding of Vicky Kaushal and Katrina Kaif. The duo are said to be getting married in a true blue Maharaja and Maharani style in a 700-year-old royal fort is at Rajasthan's Sawai Madhopur. While the two haven't confirmed the same, and in fact Katrina went on record to tell us that she isn't getting married and is herself left wondering about where these rumours come up from every now and then, the rumours are showing no signs of dying.

And now, there are further speculations that the duo has pushed the shoots of their films to 2022. We hear that Vicky, who is fresh out of the success of Sardar Udham, was all set to start shooting for Meghna Gulzar's film Sam Bahadur, the biopic of Field Marshal Sam Manekshaw. However, the film's shoot is now pushed ahead and it will go on floors in 2022. A source has also exclusively confirmed to us that Katrina will now shoot for Tiger 3 only early next year. Is it because the couple wants to keep December free of any and all work commitments?

It is said that the two are all set to tie the knot in the first week of December and the details like the dates, venue, guest lists etc are already being circulating on the internet. The palace turned hotel that they are touted to get married at, Six Senses Barwara, is a luxurious palace, with each room having a valley view and complete with all plush amenities.

Ways to boost your workout motivation in winters

The winter season is setting in, and it's officially the time when it becomes difficult to get up in the mornings and the winter chill could make it harder for you to go for that morning jog or workout session. While different seasons bring with them different benefits, finding the inspiration to get out of the bed and workout during the winters can be challenging. However, as difficult as that can be, exercising during the winters can help burn more calories than the summer time! Experts also say that with the winter temperatures, endurance also increases, which can make workouts all the more effective.



Therefore, while workouts are a priority, be it summer or winter, if you are on the mission to lose weight and do not want to add extra kilos this winter, here are some ways shared by yoga expert Grand Master Akshar to make your fitness zest stronger during the winter season:

Walking/Running/ Jogging: Start your exercise routine with a brisk walk or maybe you could take a jog or run around your neighbourhood block. These are cardiovascular activities that pump up your heart rate and get you ready both mentally and physically for your upcoming workout session.

for a complete cycle. If you are a beginner you can start with 3-5 cycles and gradually increase it to 11, 21 and so on. Practising this sequence early in the morning will boost vitamin D in your body and bring many physical as well as mental health benefits.

Energy breathing: Pranayama is a breathing exercise that can be performed to gain many health benefits for both mind and body. During winter techniques such as Kapalbhati Pranayama and Khand Pranayama are suggested for you.

Meditation techniques: There are many meditation techniques that you can practice regularly such as Sthiti Dhyana, Swaas Dhyana, Aarambh Dhyana etc.

Stretching: After your jog or run make sure that you spend a few minutes on stretching. Experts recommend that you stretch before and after your workout as this readies your muscles keep them safe from injury and also effectively improves your chance of getting leaner and more toned.

Surya Namaskar: In yoga, Surya Namaskar also known as the sun salutation is considered to be a complete body workout.

The Surya Namaskar is comprised of eight different postures that are sequenced in a 12 step flow. It starts from the right side and needs to be completed on both sides

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General Knowledge Question

1.Which one of the following waves are used by the common TV remote control?

- A.Radio waves
- B.Lasers
- C.Infrared waves
- D.Ultrasound waves

2.Given below are the psychological manifestations of noise pollution.

- (i) Constriction of blood vessels
- (ii) Increase in the rate of heart beat
- (iii) Digestive spasms
- (iv) Dilatation of pupil of the eye

Select the correct options

- A.(i) and (ii) are correct
- B.(i) and (iii) are correct
- C.(ii) and (iv) are correct
- D.(i), (ii), (iii) and (iv) are correct

3.Which gas is safe and an effective extinguisher for all confined fires?

- A.Nitrogen dioxide
- B.Carbon dioxide
- C.Sulphur dioxide
- D.Nitrous Oxide

4.Which one of the following statements is incorrect about laser?

- A.It is a technique for producing intense beams of light, ultraviolet or infrared radiation of different wavelength.
- B.Even in diamond laser beam can drill a hole.

C.A variety of lasers have been made from solids like the ruby crystal and semi conducting materials, liquids and gases.

- D.All waves in laser, travel in phase.

5.Which one of the following elements the drum of a Photostat machine is made up of:

- A.Aluminium
- B.Selenium
- C.Barium
- D.Caesium

6.If we say the child has an IQ of 100, what does this means?

- A.The performance of the child is below average.
- B.The performance of the child is above average.
- C.The mental age of the child is equal to his actual age.
- D.The performance of the child cannot be better.

7.Which bacteria is responsible for the formation of curd?

- A.Lactic acid bacteria
- B.Lactobacillus Acidophilus
- C.Lactobacillus aureus
- D.Bacillus radicicola

8.Which one of the following bacteria present in the soil produces a peculiar smell if it rains on perched soil?

- A.Streptomyces
- B.Staphylococcus
- C.Diplomyces
- D.Micrococcus

ANSWERS:
1. Infrared waves
2. (i), (ii), (iii) and (iv) are correct
3. Lactobacillus Acidophilus
4. It is a technique for producing intense beams of light, ultraviolet or infrared or equal to his actual age.
5. Streptomyces
6. The mental age of the child is 101.Jerulose
7. Lactobacillus Acidophilus
8. Streptomyces
9. Radon
10. Lactose
11. Teflon
12. Lexan
13. PVC

Shah Rukh Khan all set to break his silence on Aryan Khan case?

Bollywood superstar Shah Rukh Khan is reportedly being approached by several international media outlets for an interview on his son Aryan Khan's recent drug case. Recently, Shah Rukh was spotted at Mumbai airport as he was off to Delhi with his team. The actor took a private airplane from the Kalina terminal in Mumbai.

According to a report in IndiaToday.in, Shah Rukh's manager Pooja Dadlani has received multiple requests from US and UK media outlets to get Shah Rukh Khan to speak exclusively to them on his son's Mumbai drug case. Aryan was arrested by the Narcotics Control Bureau (NCB) on October 3 along with the other 20 accused. The star kid was in 25 days' custody and was kept in Arthur Road jail in Mumbai. But if reports are to be believed the Bollywood Badshah Shah Rukh has turned down all such requests from foreign media and has decided to maintain his silence on the sensitive subject.

Aryan was released on bail by the Bombay High Court on October 28 and his family was happy as their son was back with them. Post Aryan's release, Shah Rukh did not release any statements and was away from social media. Moreover,



he was not spotted much in public. According to reports, Shah Rukh will soon release an official statement through his social media in the coming days. But there is no official confirmation on the same.

Rajkummar Rao and Patralekhaa to tie the knot in a low-key ceremony post Diwali?

As of now, everyone's focus is on the Vicky Kaushal and Katrina Kaif wedding that is supposed to happen in the first week of December. But now news is coming that Rajkummar Rao and Patralekhaa might just marry before that. As per a report in Pinkvilla, they are planning to tie the knot in a low-key ceremony after Diwali. The couple have decided to ditch the idea of a fancy destination wedding and will have a simple ceremony. The dates are apparently from November 10-12. It seems like close friends of Rajkummar Rao and Patralekhaa are aware of the same. The couple have not made any formal announcement on the same.

The couple have been together for a decade. Theirs is one of the most low-key and ever-lasting relationships in Bollywood. Patralekhaa has said that she saw him for the first time on screen in the film Love Sex Aur Dhoka. She said, "I thought that the weird guy he played in the film was



actually what he was like. My perception of him was already tarnished. He told me later, that he had first seen me in an ad and thought, 'I'm going to marry her.' It was so ironic!"

Recipes

Pista Sandesh



Ingredients

- 2 litre milk
- 200 gm pistachios
- 1/2 teaspoon citric acid
- 1 cup sugar
- For Toppings
20 pistachios

Method:

To start with, take a deep bottomed pan and keep it on medium flame. Add milk in the pan and boil it. Meanwhile, in a bowl, mix together citric acid and water. When the milk gets boiled, slowly add this citric acid mixture to the milk and let the milk curdle. Wait for the paneer to be formed.

Once the paneer (chenna) is formed, strain it out and let it cool. Don't forget to drain out the excess water from the paneer. Dry grind the pistachios till they turn into a fine powder. Keep them aside.

Take a pot and roast the paneer that you just made along with sugar for 6-7 minutes. Keep the flame low. In a grinder, grind this mixture and let it become tender. Add powdered pistachios to this mixture and mix well. Make small balls of these mixture and garnish with pistachios.

Tips

To make it more creamy you can add in some crushed cashew nuts.

To make it more enticing you can add in some condensed milk.

Best essential oils for a beautiful skin



The centuries old tradition of using essential oils is one with lasting impact—for good reason.

With hundreds of oils to choose from, essential oils can treat everything from acne scars to wrinkles, with aromatherapy benefits that create a sense of calm. Mix a few drops in your moisturizer, or dilute it in a carrier oil, but make sure you understand the usage before coating your face with these potent products. Surbhi Bansal, CBO, Nirmalaya shares some of the best essential oils for the skin.

Peppermint Essential Oil

Antioxidant and vitamin rich, argan oil is extremely hydrating and nourishing, making it the perfect oil to work into your routine if you suffer from dry skin and wrinkles.

The combination of vitamin E and fatty acids is easily absorbed, meaning that you'll see the effects of argan oil almost instantly.

Cedarwood Organic Essential Oil

If you've ever been stuck with an unrelenting pim-

ple—you know the kind—may we introduce you to the almighty cedarwood oil? Add a few drops to a non-comedogenic oil and you've got yourself an acne-fighting formula for even the most stubborn of spots.

Vetiver Essential Oil

For those who live in areas with high pollution, vetiver is your saving grace. Not only is it known to have anti-aging properties (it's extremely hydrating—only use a little!), it also has regenerative properties that can reduce the appearance of acne scars and stretch marks.

Thieves Essential Oil

Thieves oil is a powerful blend of several essential oils: clove, cinnamon bark, eucalyptus, rosemary, and lemon. While many of its benefits remain up in the air, thieves' oil has antimicrobial properties, great for removing harmful bacteria or fungi that live on the surface of your skin.

Peppermint Essential Oil

Refreshing peppermint oil can help relieve muscle or joint pain. This oil can reduce the severity of pruritis, a chronic itchy skin condition, and help calm irritation. Even better? Breathing in peppermint oil can help reduce stress and fatigue.

Lavender Essential Oil

Lavender is an all-around great pick for an essential oil to use on your skin. Lavender is great for the skin because it is so calming, gentle, and nourishing. Lavender oil can reduce the appearance of blemishes and give your skin a youthful glow. The oil can also help if you're prone to skin irritation or sun burns—we recommend using lavender oil to help soothe and cleanse minor skin irritations.

ASTRO SPEAK



ARIES



TAURUS



GEMINI



CANCER



LEO



AQUARIUS



VIRGO



PISCES

As an energetic Aries, it can be hard for you to focus on accomplishing one thing at a time. Tuesday's skies aim to slow your pace and help you hone your focus as the balance-seeking Libra moon forms a supportive alignment with capable Saturn. Use this steady and smooth energy to tackle future-oriented conversations in partnerships or group settings, as it's easy to ground plans and follow through.

Give yourself a project to sink your teeth into today, Taurus. You have all the willpower and energy you need to apply yourself towards something you truly care about in your craft as the logical Libra moon enjoys a supportive alliance with level-headed Saturn. It's an ideal day to chip away at work projects and create plans for the future, as well as reconnect with your exercise regimen and healthy eating.

When was the last time you tended to your own personal creative projects, Gemini? Encourage you to reconnect with your own talents and find a way to make them shine as the moon passes through artistically inclined Libra. Luna's supportive connection with grounded Saturn makes it easy to apply yourself with follow-through and steadiness towards any project that speaks to you.

You have no option but to heal yourself from the past to the present, Cancer. You've been steadily addressing any