

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.

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



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?



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.

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.



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 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 Kapalbhathi Pranayama and Khand Pranayama are suggested for you.
Meditation techniques: There are many meditation techniques that you can practice regularly such as Shhiti Dhyam, Swaas Dhyam, Aarambh Dhyam etc.

Best essential oils for a beautiful skin



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 Blend
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 Oil
Refreshing peppermint oil can help relieve muscle or joint pain. This oil can reduce the severity of pruritus, 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 an cleanse minor skin irritations.

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. Ultrasonic waves
2. Given bellow are the psychological manifestations of noise pollution.
(i) Constriction of blood vessels
(ii) Increase in the rate of heart beat
(iii) Digestive spasms
(iv) Dilation 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.
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 mean?
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 radicleola
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. Diplococcus
D. Micrococcus
9. In poorly ventilated buildings which one of the following inert gases can be accumulated?
A. Helium
B. Neon
C. Argon
D. Radon
10. Honey is sweeter than cane sugar or corn syrup. Which one of the following carbon sugars is responsible for this?
A. Dextrose
B. Levulose
C. Sucrose
D. Fructose
11. Which Polymer is used in making non-stick kitchen ware?
A. Nylon
B. Teflon
C. Polystyrene
D. Bakelite
12. Name the polymer used in making bullet proof glass?
A. Melamine
B. Bakelite
C. Lexan
D. Vinyl rubber
13. For pipe insulation which polymer is used?
A. PVC
B. Polythene
C. Teflon
D. None of the above
14. It is a technique for producing intense beams of light, ultraviolet or infrared radiation of different wavelength. (i), (ii), (iii) and (iv) are correct
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21. 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. Diplococcus
D. Micrococcus

ASTRO SPEAK

- ARIES**
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.
- LIBRA**
The universe has steadily been testing your ability to commit to your creative concepts, Libra. Tuesday's skies touch on this narrative and encourage you to devote time and energy to deepen your relationship with your self-expression. The moon, currently in your sign, forms a supportive link with grounded Saturn, making it easy to hone your focus and apply yourself with steady follow through.
- TAURUS**
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 actually 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.
- SCORPIO**
You're in no mood to be taxed socially, as the moon's presence in reflective Libra encourages you to honor rest, relaxation, and renewal above all else. Luna's smooth connection with grounded Saturn makes it easy to work steadily, so long as you can cultivate privacy. Focus on healing any open family wounds rather than letting them continue to fester.
- GEMINI**
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 prances 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.
- CANCER**
You have no option but to heal yourself from the past to the present, Cancer. You've been steadily addressing any lingering emotional issues, especially those concerning your ability to form meaningful commitments. It's easy to gain headway in this department as the peaceful Libra moon aligns with grounded Saturn. Aim to keep things simple and connecting with family.
- CAPRICORN**
Be prepared to face the music under Monday's cosmic landscape, Capricorn. Messenger Mercury looks into a highly charged square with transformation-demanding Pluto, encouraging you to deal with frustrations concerning your independence and career path head-on. Rather than bury your messier feelings, aim to give them a voice. Later on, the moon departs from practical Virgo and slips into idealistic Libra.
- LEO**
The moon floats through balance-seeking Libra, encouraging you to wrestle with any indecisive thoughts or unfinished conversations that need completion. Luna's smooth alignment with capable Saturn makes it easy to apply yourself with focus and follow-through, especially when it comes to one-on-one interactions and building future plans.
- AQUARIUS**
Escape any of your exhausted, mundane routines, Aquarius. Tuesday's skies find you hungry for fantasy, adventure, and a widened perspective of your life as the moon floats through idealistic Libra. Luna's supportive connection with your ruling planet, grounded Saturn, helps you maintain a realistic outlook while embracing a sense of emotional equilibrium. It's an ideal day to build future plans and commitments, especially those concerning travel and education.
- VIRGO**
Honor your need to be productive and useful. Cosmic landscape thrusts you into action when it comes to your work environment and craft as the logical Libra moon aligns with self-disciplined Saturn. This supportive and steady alignment makes it simple to accomplish whatever you set your sights on, especially when your goals include activating your personal talents.
- PISCES**
The other-oriented Libra moon fine-tunes your focus on any relationship issues that need softening, and her sweet link with grounded Saturn makes it easy to look at things from a realistic perspective. It's an ideal day to prioritize healing and intimate, vulnerable connections, so aim to give your feelings a voice through creative means.

