

Sania Mirza and Shoaib Malik gave up divorce decision for THIS reason?



For a few days, Sania Mirza has been hitting headlines due to the rumours of getting separated from Pakistani cricketer husband Shoaib Malik. It was claimed by many Pakistani media that Sania and Shoaib are heading for a divorce due to his cheating on her. While May's entertainment portal even claimed that they are officially divorced based on their close friend behind the source. But seems like now the couple is giving a second chance to their marriage and the reason behind it is their son Izhaan Mirza Malik.

Amid their divorce rumours, Sania and Shoaib even announced hosting a show together and leaving their fans confused. And now Bollywood life is learnt that the couple has given up the thought of getting separated for their son Izhaan. Sania always wanted a happy family and hence she is known that to make one, one must look over many things. Sania has always been this family girl; she immensely loves her son Izhaan and never wants him long for anything, which is why she gives her 100 per cent to make him happy.

The source further adds, "Sania and Shoaib are the most mature couple and are working on their marriage for now. Everyone's marriage goes through a rough patch and if one feels that it can be worked in that why not give it a second chance?". Sania has been focusing her professional growth amid these speculations for her marriage going through rocks. She was seen attending an event in Dubai just a few days ago and even shared the entire video of her on her Instagram profile. While Sania's one Instagram story ignited her divorce rumour with hubby Shoaib Malik where he shared a quote that read, "Where do broken hearts".

Quickest and easiest coping strategies to overcome anxiety



Feelings of anxiousness can overtake your peace and ability to think clearly at the moment. You may panic and feel like everything is falling apart. It is natural to get triggered and feel anxious. However, if you develop anxiety as a health condition, then you should not take it for granted and seek help from a doctor. Here are some simple and effective techniques to reduce your level of worry and anxiety.

Blow out candles

When you get anxious, you might notice that your breath gets shallow and quick. In order to set your mind at ease, practice deep breathing – inhaling and filling your belly with air, and then exhaling slowly through your mouth. An easy trick to remember this is to blow out candles. Think of how many candles you need to feel better. Now blow all of them one by one.

The 5-5-5 techniques

Anxiety often results from spiraling thoughts, which could be

Rajkummar Rao says he would love to have a daughter like Shehnaaz Gill: 'Sweet, sundar, simple'

Shehnaaz Gill is slowly and steadily climbing the ladder of success like never before. She is already gearing up for her big Bollywood debut with Salman Khan's upcoming film Kisi Ka Bhai Kisi Ki Jaan. And now she has come up with her new celebrity chat show called Desi Vibes. And her first guest was none other than Rajkummar Rao who wished to have a daughter like Shehnaaz Gill.

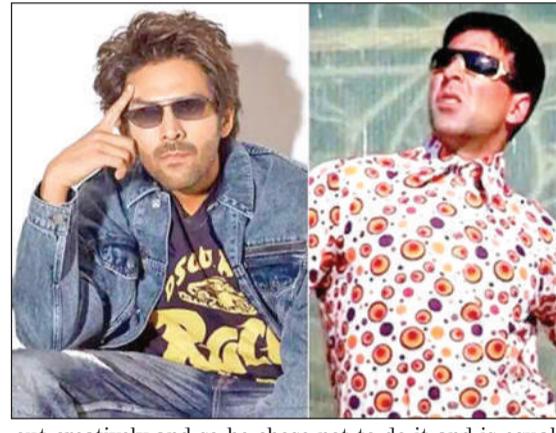
On the chat show, Rajkummar was seen promoting his recent film Monica O My Darling. He also spoke to Shehnaaz in Punjabi and shared his plans on starting his family. Shehnaaz told Rajkummar that he and his wife Rakalekha were looking lovely together at the airport.

As Alia Bhatt and Ranbir Kapoor recently became proud parents to a baby girl, Shehnaaz asked Rajkummar about his intentions of becoming a father soon. Rajkummar laughed and replied, "Mai kab baby kar raha hoon? Yeh to mere ghar wale bhi nahi puchte. To be honest, I have not thought about it. I just feel like I am still a small kid." To which, Shehnaaz said, "Acha theek hai jab mann kare tab



kar lena." Then Rajkummar added, "If I have a baby girl, I want her to be like you. Sweet, sundar, and talented."

Hera Pheri 3: Akshay Kumar replaced by Kartik Aaryan for demanding an insane fee?



out creatively and so he chose not to do it and is equally sad with his exit. Akshay Kumar clearly is unhappy of not doing Hera Pheri 3.

Kartik Aaryan has become the official choice of the makers when it comes to the replacement of superstar Akshay Kumar. First Bhool Bhulaiyaa and now Hera Pheri 3, however, can you imagine Hera Pheri without the OG stars, we wonder what magic Kartik brings to the plate, seeing the history of Bhool Bhulaiyaa 2 at the box office one can definitely rely on this true-blue star of Bollywood. But fans of Akshay are expressing their disappointment over his absence.

As per reports, Akshay Kumar got replaced by Kartik Aaryan due to his insane demand for fees. Bollywood Hungama reports that Akshay Kumar demanded 90 crore for the film and the mares weren't the date to fulfil this demand of the superstar and chose to find a replacement and found Kartik Aaryan who reportedly demanded 30 crore for the film which is almost one-fourth amount of the superstar's demand. While recently in an interaction Akshay Kumar confessed that he backed out of Hera Pheri because he wasn't happy with how it shaped

Recipes

Puran Poli



Ingredients

1 cup blanched chana dal, 2 tablespoon ghee

1/2 teaspoon fennel seeds powder

1 cup all purpose flour

1/2 teaspoon refined oil

1 cup powdered jaggery

1 teaspoon powdered green cardamom

1 teaspoon nutmeg powder, 1/4 teaspoon turmeric

1/4 cup water

Method:

Put a saucepan over medium flame and add ghee to it. Once the ghee is melted, add blanched dal in it. Roast for 2-3 minutes and then add jaggery, ginger powder, cardamom powder, fennel powder and nutmeg powder into it. Mix all the ingredients and cook the dal for another 2-3 minutes. Once done, turn off the flame and let it cool. Then mash the dal using a masher.

In a dough kneading plate, add all-purpose flour, turmeric, to taste and refined oil. Mix well and then add a little water at a time and knead to make a stiff dough. Divide the dough into 3 parts and keep it aside.

Take one part and press it a little to make space in the centre. Once done, take the chana-jaggery mixture and fill it in the centre. Close and shape again like a ball. Grease your hands a little and make roti with your hands. You can roll it out using a rolling pin too.

Put a tawa on medium flame and place the roti on it. Add 1/2 teaspoon ghee and cook well from both sides. Serve hot or pair with tea or coffee.

Tips to choose the right serum



anything from a triggering past event to fear of a future event with too many unsettling 'what ifs'.

Getting your mind back to your present moment can help ease the anxiety. Use the 5-5-5 technique – 5 things, 5 sounds and 5 movements. Name 5 things you see around yourself. Next, listen for 5 different sounds in your background. Finally, move any 5 body parts, such as shake your head, roll your shoulders, rotate your ankles, etc. At the end of this practice, you will hopefully feel much better.

Get up and walk

Getting your body moving can help to reduce anxiety. Walking will increase your levels of feel-good neurotransmitters. It will also automatically encourage deeper breathing and distract your mind from just sitting and zoning out. In any case, regularly engaging in strenuous exercise can lower your risk of developing an anxiety illness by 25%, according to research.

Grab a pen and paper

Writing is a powerful way to articulate your way back from anxiety. Start talking back to anxiety as if it was a person. When anxious, your mind can go into the darkest pits and you may end up feeling awful about yourself. So move your mind towards the good stuff. You can count your blessings, or write your achievements, think of a good day or a good friend. The idea is to balance your thoughts and drive focus away from the catastrophic.

Call someone who understands

Call your friend or your mom or your partner – anyone who knows you well and understands you. Just pouring out can help you feel more relaxed. When anxious, people often tend to feel lonely. Having a caring person to listen to can be very calming. They may not necessarily have a solution and that is ok, the idea is to feel better and get out of the end-of-the-world worrying.

Serums have become a skincare staple due to their enumerable benefits for the skin. Serums are concentrated forms of active ingredients that are applied before the moisturizer in a daily skincare routine. They contain smaller molecules than moisturizers and hence they penetrate into the deeper layers of the skin, giving skin the necessary nourishment.

With regular use, serums can improve skin texture and target specific skin concerns like dullness, pigmentation, acne marks, blackheads, whiteheads, open pores, signs of ageing, and many more.

However, serums can be of various types and you must choose the right one according to your skin type and skin concern to get the best results. With so many serums around, it might be confusing to find the right one for you. But our expert Dermatologist is here to solve all your doubts and queries.

Determine your skin type

Everyone has a different skin type and what is suitable for a dry skin type may not be suitable for an oily skin

type. If you have oily acne-prone skin, consider choosing serums containing Salicylic acid, Retinol, or Niacinamide, as they work wonders for this skin type. Hyaluronic acid is an amazing active for people with dry skin, as it helps attract moisture in the skin making it plumper. If you have a normal skin type and are just looking for skin maintenance, Vitamin C or Hyaluronic acid are great options.

Look for suitable serums according to their age

Since serums are packed with active ingredients, you must be careful while choosing the right one for you. It is always best to start with a low percentage of actives to make your skin accustomed to the serum. If you are a teenager, a simple routine of cleanser, moisturizer, and sunscreen is enough. If you are in your early 20s, Niacinamide or Hyaluronic acid are great options for beginners. If you are someone who is from the era of shows like Kyunki Saas Bhi Kabhi Bahu Thi, friends, greys anatomy etc. (i.e. in your late 20's, 30/40's), it's time to start Retinol.

Find your skin issues

If you are dealing with uneven skin tone, dark spots, and post-acne marks, Alpha-hydroxy acids like Glycolic acid/lactic acid, Azelaic acid, Vitamin C, and Kojic acid are great options to incorporate into your routine as needed. If you want to fight the signs of aging, a retinol serum is a good choice. For blackheads/whiteheads - again, Retinol or Salicylic acid are good options.

Don't start all the actives at once. This may do more harm than good. Start one active at a time and make sure to choose the right ingredient in your serum according to your age, skin type, and skin concern for healthy, nourished, radiant skin. Always consult your Dermatologist before starting any strong activities in your skincare.

General Knowledge Question

1. The ozone layer restricts

6. Goa Shipyard Limited (GSL) was established in

A. Visible light
B. Infrared radiation
C. X-rays and gamma rays
D. Ultraviolet radiation

A. 1958
B. 1957
C. 1956
D. 1955

2. Eugenics is the study of

7. Who was the first Indian Commander-in-Chief (C-in-C) of the Indian Army?

A. altering human beings by changing their genetic components
B. people of European origin
C. different races of mankind
D. genetic of plants

A. Gen. K.M. Cariappa
B. Vice-Admiral R.D. Katari
C. Gen. Maharaja Rajendra Singhji
D. None of the above

3. Euclid was

8. FRS stands for

A. Fellow Research System

A. Fellow Research System
B. Federation of Regulation Society
C. Fellow of Royal Society
D. None of the above

4. Ecology deals with

9. Escape velocity of a rocket fired from the earth towards the moon is a velocity to get rid of the

A. Earth's gravitational pull

A. Moon's gravitational pull
C. Centripetal force due to the earth's rotation
D. Pressure of the atmosphere

5. Filaria is caused by

10. GATT (General Agreement on Tariffs and Trade) is

A. Bacteria
B. Mosquito
C. Protozoa
D. Virus

A. international agreement signed in 1947 between non-communist nations with the object of encouraging international trade unobstructed by

6. Goa Shipyard Limited (GSL) was established

11. Relation between density by change in

A. Density

A. Density
B. Temperature
C. Pressure
D. Volume

7. Gen. K.M. Cariappa

12. Low melting point

8. Relation between organic acids and

13. Golden Temple, Amritsar is India's

A. Largest Gurdwara

A. largest Gurdwara

B. Oldest Gurdwara

B. oldest Gurdwara

C. Both option A and B

C. Both option A and B are correct

D. None of the above

D. None of the above

9. Relation between organic acids and

14. Oilss

A. Relation between organic acids and

15. Relation between organic acids and

B. Relation between organic acids and

16. Relation between organic acids and

C. Relation between organic acids and

17. Relation between organic acids and

D. Relation between organic acids and

18. Relation between organic acids and

A. Relation between organic acids and

19. Relation between organic acids and

B. Relation between organic acids and

20. Relation between organic acids and

C. Relation between organic acids and

21. Relation between organic acids and

D. Relation between organic acids and

22. Relation between organic acids and

A. Relation between organic acids and

23. Relation between organic acids and

B. Relation between organic acids and

24. Relation between organic acids and

C. Relation between organic acids and

25. Relation between organic acids and

D. Relation between organic acids and

26. Relation between organic acids and

A. Relation between organic acids and

27. Relation between organic acids and

B. Relation between organic acids and</p