

Koffee With Karan: When Kareena Kapoor Khan said she doesn't need to be Sara Ali Khan, Ibrahim Ali Khan's mother and won hearts



Kareena Kapoor Khan is often lauded for the way she handles her relationship with her husband and Bollywood actor Saif Ali Khan's kids, Sara Ali Khan and Ibrahim Ali Khan. Bebo is one of the most secured women in the industry. During her marriage with Saif, she admitted being warned by many of getting married to Saif due to his past relationships. But the Jaane Jaan actress trusted her instincts, and look at how beautiful her relationship is with Saif and his kids as well.

As Sara Ali Khan is going to come on Koffee With Karan 8, this old video of Kareena Kapoor Khan is being resurfaced on the internet, where the actress is seen questioning Karan Johar's question about the added responsibility of marrying a man who has two kids already. Bebo's answer won a million hearts then and even now. Very securely, she said, "I don't think I look at it as a responsibility because they (Sara and Ibrahim) don't need a mother as they already have a wonderful mother (Amrita Singh), but definitely they need a friend".

Kareena has lived to her words, and she is a close friend to Sara and Ibrahim. In fact, in her last season appearance on Karan Johar's show, Bebo reacted very normally when Karan asked about the friendship she shared with Sara and Ibrahim, and she said they are like a normal family. She even took a dig at Karan Johar as he told her about how he is being trolled for being unfair with Sara compared to Janhvi Kapoor on KWK 7.

On the professional front, Kareena just shared her fierce and fiery look from her next film, Singham Again, helmed by Rohit Shetty.

Pushpa 2: Allu Arjun's father Allu Aravind upsets fans of KGF 2 star Yash; netizens livid with his arrogant comment

Allu Arjun's father, Allu Aravind, is a huge name in the south. He is a leading producer in the industry. And his latest comment on Yash and his massive hit film KFG has brought him a lot of criticism from the Rocky Bhai fans. In his latest interaction, Allu Aravind claims that KGF became a huge hit because of the richness of the production and questioned who was Yash before KGF. "Who was Yash before the release of the KGF movie? Why did that movie make noise? It was that richness that led to the success of the movie. This is just one example. Whoever the hero of the movie is, it is because of the making that it attracts the audience". This statement of the Pushpa 2 actor's father left the fans of Yash irked, and they are strongly criticising him.

While there are certain sections of Shine who are reminding the Pushpa 2 father about his son's humble beginnings and how he was also a small-time hero once upon a time, Lately, Allu Arjun witnessed a massive success with Pushpa, and especially among the Hindi audience, the film was a great success. With Pushpa, Allu Arjun became the



first South Indian star to win the Best Actor National Awards, and it was a glorious moment for him.

Are Shubman Gill and Sara Tendulkar going to marry soon? UAE player inadvertently exposes their relationship

Come 2024, and one of the rumoured couples whom the world wants to see as confirmed are Sara Tendulkar and Shubman Gill. In fact, the cricketer has been so much in the news for his alleged relationships with Sara Ali Khan and Sara Tendulkar. He got linked to the actress after some pics of them went viral on social media. They were dining together in London. But Sara Ali Khan on Koffee With Karan 8 confirmed that people are making a mistake thinking that Shubman Gill and she are dating. This reinforced the fact that the girl might be Sara Tendulkar. Sachin Tendulkar's daughter and Shubman Gill were seen together at a public event of late.

Fans of the two are very hopeful for their positive future after a certain video went viral. It is of an interview of UAE player Chirag Suri. He was giving an interview to a channel where the host asked him who was the next player to get married. Suri took the name of Shubman Gill. He said that he has a girlfriend, Sara. On the professional front, Shubman Gill has become the top-ranked Indian player in ODIs.



Harmful side effects of consuming too much multi-vitamins



Consuming too many multivitamins or exceeding the recommended daily intake can have harmful side effects on your health. While vitamins are essential for our well-being, they must be taken in appropriate amounts to maintain a balanced and healthy lifestyle. Relying on multivitamins as a substitute for a healthy diet can create a false sense of security. While they can be a useful complement to your diet, they should not replace a well-rounded and nutritious eating plan. Here are a few of the potential adverse effects of excessive multivitamin consumption.

Toxicity of fat-soluble vitamins

Fat-soluble vitamins, such as vitamins A, D, E, and K, can accumulate in the body and lead to toxicity when consumed in excess. Vitamin A toxicity, for example, can result in symptoms like dizziness, nausea, skin changes, and, in severe cases, may damage organs like the liver and cause bone pain.

- Digestive issues**
- Overloading your body with multivitamins can lead to digestive problems. High doses of certain vitamins and minerals, particularly iron and zinc, can cause gastrointestinal discomfort, including nausea, diarrhea, and stomach cramps.
- Kidney stones**
- Excessive consumption of vitamins like vitamin C or D can increase the risk of kidney stones. These painful mineral deposits in the kidneys can form due to an accumulation of calcium or other minerals.
- Interference with medications**
- Some vitamins and minerals can interact with medications you might be taking. For example, vitamin K can interfere with blood thinners, while calcium can affect the absorption of certain antibiotics. It's important to consult with a healthcare professional to avoid such interactions.
- Hypervitaminosis**
- Hypervitaminosis refers to the condition of having too much of a specific vitamin in your system. This can lead to various health issues, depending on the vitamin involved. For example, excessive vitamin B6 can cause neurological symptoms like numbness and tingling.
- Vitamin E and bleeding risk**
- High doses of vitamin E can interfere with blood clotting, potentially increasing the risk of bleeding disorders. This can be especially problematic for individuals on blood-thinning medications or those with clotting disorders.
- Harmful interactions with other nutrients**
- Consuming excess amounts of one nutrient can sometimes lead to imbalances with others. For instance, taking excessive amounts of calcium might disrupt the balance of magnesium, leading to symptoms like muscle cramps and heart palpitations.

10 natural remedies for beautiful nails



Maintaining beautiful and healthy nails doesn't always require expensive salon treatments or chemical-laden products. Nature offers a variety of remedies to promote strong, beautiful nails. Here are 10 natural remedies you can incorporate into your nail care routine:

Healthy Diet: A well-balanced diet rich in vitamins, minerals, and nutrients is essential for strong nails. Incorporate foods high in biotin (e.g., eggs, nuts, and whole grains), vitamin E (e.g., spinach, almonds, and sunflower seeds), and omega-3 fatty acids (e.g., fatty fish and flaxseeds) to support nail health.

Hydration: Staying hydrated is vital for nail health. Drinking enough water helps prevent nails from becoming dry and brittle.

Coconut Oil: Coconut oil is a natural moisturizer that can strengthen and nourish nails. Gently massage a small

amount of coconut oil onto your nails and cuticles before bedtime.

Lemon Juice: Lemon juice can help brighten and whiten nails. Mix equal parts lemon juice and olive oil, and soak your nails in the solution for a few minutes. This also helps to strengthen nails.

Vitamin E Oil: Vitamin E oil promotes nail growth and hydration. Apply vitamin E oil directly to your nails and cuticles or look for nail products containing vitamin E.

Tea Tree Oil: Tea tree oil has antifungal properties that can help prevent nail infections. Mix a few drops of tea tree oil with a carrier oil (like coconut oil) and apply to your nails and cuticles.

Horsetail Extract: Horsetail extract is rich in silica, a mineral that supports nail strength and growth. You can take horsetail supplements or use horsetail-infused nail products.

Olive Oil Soak: Soaking your nails in warm olive oil can help moisturize and strengthen them. Add a few drops of lemon juice for extra nourishment.

Biotin Supplements: Biotin, also known as vitamin H, supports nail growth and strength. Consult with a healthcare professional before adding any supplements to your routine.

Garlic: Garlic contains selenium, which is beneficial for nail health. Crush a few garlic cloves and mix them with a carrier oil. Apply the mixture to your nails and leave it on for about 10 minutes before rinsing.

Consistency is key when using natural remedies for nail care. Additionally, be cautious if you have allergies or sensitivities to certain ingredients. If you notice any adverse reactions or worsening of your nail condition, it's advisable to consult a healthcare professional or a dermatologist for personalized advice and recommendations.

General Knowledge Question Answers

- 1. The Sangai Festival is celebrated in __:**
- [A] Assam
[B] Manipur
[C] Mizoram
[D] Nagaland
- 2. The temples constructed at Khajuraho are:**
1. Jain temples
2. Vaishnavite Temples
3. Saivite Temples
Choose the correct option from the codes given below
[A] Only 1 & 3
[B] Only 2 & 3
[C] 1, 2 & 3
[D] Only 1 & 2
- 3. The famous 'Hornbill festival' is celebrated in which of the following States of India?**
- [A] Nagaland
[B] Mizoram
[C] Assam
[D] Meghalaya
- 4. Which of the following statements about the Gandhara School of Art is NOT correct?**
- [A] It displays Greek artistic influence and the concept of the "man-god" was essentially inspired by Greek mythological culture.
[B] Gandhara School of art enjoyed the liberal patronage of Indo-Greek rulers.
[C] Artistically, the Gandhara school of sculpture
- is said to have contributed wavy hair, drapery covering both shoulders, shoes and sandals etc.
[D] The Gandhara art primarily depicted the Buddhist themes.
- 5. Gundecha brothers are well known exponents of which among the following styles of Hindustani Classical Music ?**
- [A] Khayal
[B] Tharana
[C] Dhrupad
[D] Thumri
- 6. In which of the following city Elephant festival is celebrated annually?**
- [A] Jaipur
[B] Jodhpur
[C] Kota
[D] Ajmer
- 7. 'Me-Dam-Me-Phi' festival is a festival of which the communities in North Eastern India?**
- [A] Tai-Ahom
[B] Deori Tribe
[C] Garo
[D] Khasi
- 8. Today's Gurmukhi, Dogri and Sindhi scripts have developed from which among the following scripts?**
- [A] Brahmi Script
[B] Sarada script
- [C] Tankari Script
[D] Kushana Script
- 9. Ezhuthachan Puraskaram is the highest literary award of which among the following Governments?**
- [A] Kerala
[B] Tamil nadu
[C] Karnataka
[D] Andhra Pradesh
- 10. Which state Government confers the Basavashree award?**
- [A] Gujarat
[B] Maharashtra
[C] Andhra Pradesh
[D] Karnataka
- 11. A Fire temple is a place of worship for ____?**
- [A] Sikhs
[B] Zoroastrians
[C] Buddhists
[D] Shinto's
- 12. Bageshwari Qamar is India's first and only (possibly) woman player of which of the following music instruments?**
- [A] Ghatam
[B] Shehnai
[C] Pakhawaj
[D] Santoor

- Answers:-**
1. Manipur
2. 1, 2 & 3
3. Nagaland
4. Gandhara School of art enjoyed the liberal patronage of Indo-Greek rulers.
5. Dhrupad
6. Jaipur
7. Tai-Ahom
8. Sarada script
9. Kerala
10. Karnataka

ASTRO SPEAK

- ARIES**
- The moon migrates into harmonious Libra and your house of partnerships. Lean into these vibes by prioritizing unity amongst loved ones and peers, moving with grace while encouraging everyone to play nice. Watch out for overindulgence this evening when Luna and Jupiter form an unbalanced connection, putting you in the mood for decadence without limitation.
- LIBRA**
- You'll have a clearer understanding of who you are and what you want as the moon migrates into your sign forming a cosmic union with Venus. Now is the time to consider what exactly you are manifesting. You may feel overwhelmed by the idea of commitment this evening when Luna and Jupiter form an unbalanced connection, so try not to pressure yourself into making big decisions.
- TAURUS**
- Take a mindful approach to your morning routines, dear Taurus, as the moon enters Libra and your solar sixth house. These vibes are perfect for adding just a little more beauty to each day, though you may also feel inspired to get organized while tidying up. Healthy eating will also bring a heightened sense of satisfaction, and you'll feel continuously inspired to do right by your body when Jupiter activates this evening.
- SCORPIO**
- Stay in bed late if you can swing it, as the moon enters Libra and your solar twelfth house. This luminary placement asks you to go deep within, allowing shadowy emotions and ideas to slowly float to the surface without pressuring yourself to change who you are. Accept any darkness or grief lingering beneath the surface, using self-care as a way to facilitate release, especially when Jupiter activates this evening.
- GEMINI**
- You should wake up with a newfound sense of pride and grace. Meanwhile, Venus steps in to bring some extra glow to your aura, granting permission to unapologetically adore yourself. However, you should consider taking a step back this afternoon when Jupiter activates, which could cause anxiety to creep up, especially if you feel responsible for entertaining others.
- SAGITTARIUS**
- The socialite within will emerge stronger and more graceful than ever, as the moon enters Libra while forming a supportive alliance with Venus. This cosmic climate activates the sector of your chart that governs community while reconnecting you with the hopes you have not only for yourself but for humankind as a whole. People will be drawn to your unique perspective once Mercury enters your sign later tonight.
- CANCER**
- Let softness into your heart as the moon enters Libra and your solar fourth house, dear Cancer, helping you sympathize with the needs, challenges, and strengths of those around you. This cosmic climate is perfect for bringing healing to your home and private affairs, offering a kind word to those who could use cheering up while showing plenty of affection to loved ones.
- CAPRICORN**
- A sense of calm control carries you through the remainder of the work week, and your solar tenth house. You'll gain respect anytime you showcase diplomacy without deviating from the facts and what must be accomplished. Take a direct approach toward working with others within your professional and romantic relationships. Just be mindful of your self-awareness later this evening when Jupiter activates.
- LEO**
- You'll feel mentally agile yet relaxed as the moon migrates into Libra this morning, dear Leo, forming a sweet connection with harmonious Venus. This cosmic climate brings softness to the sector of your chart that governs communication and learning, making it easier to navigate conversations and new information. Just try to be sensitive that not everyone will be in the same place as you.
- AQUARIUS**
- Take a moment to fully appreciate the quiet that only morning can bring, as the moon enters Libra. Take into consideration any meaningful dreams that occurred during the night, finding beauty in symbolism and your spirituality. You may be called to nurture others when Jupiter activates this evening, though you should remember to take care of yourself as well, even if you have plenty of love and energy to give.
- VIRGO**
- Take a moment to your surroundings as the Libra moon encourages you to seek beauty and harmony. This cosmic climate will also elevate your personal aesthetics and tastes, making it a good time to step forward as a trendsetter. Touch base with your spirituality when Jupiter activates this evening, as manifestation may occur in strange yet lucky ways.
- PISCES**
- Gentle release will find you in the early hours, as the Libra moon aligns with Venus. You should awaken feeling empowered and refreshed, especially when you take a moment to appreciate these tranquil vibes before starting the day. Be careful of the expectations you place on others this evening when Luna and Jupiter form an unbalanced connection, especially when it comes to matters of commitment.

