

Alia Bhatt reveals the most favourite thing she does with Raha Kapoor and it'll make you go



Alia Bhatt and Kareena Kapoor Khan are the newest guests on the Koffee Kouch, that is, Karan Johar's chat show, Koffee With Karan 8. The actresses are going to spill the tea and fans are eagerly waiting for the episode to drop. Alia Bhatt is going to talk about her daughter Raha Kapoor on the show.

Alia Bhatt is obsessed with her daughter like every parent in the world. The actress gushes that Raha Kapoor lights up her life like no one else. Alia adds that whenever someone asks her about her daughter Raha, she whips out her phone and starts showing them her pictures and videos. The gorgeous mother says Raha is great. She is healthy and happy, sunshine and the light of their lives.

Next, the National Award-winning actress spills the beans on what's her favourite thing to do with Raha. Alia reveals that she asks Raha where Raha is and the little Tiger baby points to herself. She asks where's Mamma and Papa and Raha points at her and Ranbir. The actress states she and Ranbir Kapoor are constantly doing this with their daughter.

Alia shares that it feels nice to engage and interact with Raha and see her learn and respond every day. Alia also shares that sometimes in the morning, she sits with Raha alone and expresses her feelings and also drops in some positive affirmations for her, says an Etimes report. Long back, Alia Bhatt had talked about how her priorities have changed after having Raha. The Gangubai Kathiawadi actress shares that initially, she would willingly sacrifice her family time and even her sleep. But now that she has a daughter and a husband, things have changed for her. She would not sacrifice her time with Raha but also not sacrifice her work. It's a decision she said she took consciously, that is, to be present for her daughter.

Kareena Kapoor Khan talks about her and Saif Ali Khan's parenting philosophy while raising Taimur, Jeh



Bollywood actress Kareena Kapoor Khan has been ruling the Bollywood industry and how! The gorgeous Begum has survived in this competitive industry for many decades and has been winning hearts with her roles. Kareena has been impressing the audience with her captivating acting skills and killer smile. In a recent interview, the Jaane Jaan actress Kareena spoke her heart out about her relevance in the industry and her parenting philosophy.

Kareena spoke about her journey with Saif Ali Khan and their parenting philosophy for their sons Taimur and Jeh. Kareena emphasized their commitment to treating their children as individuals and giving them respect and freedom to choose their paths. She even stated the importance of happiness in their upbringing and also stated her responsibility for her mental health.

She said that to survive in the industry, one has to find their individuality. She advised artists to find that one thing they want to own about themselves and never lose it. She further added saying that the fact that she is still pursuing to grace the cover of a magazine means that there is something that kept her going.

Kareena got married to Saif after staying in a live-in relationship for five years. The two give major couple goals with their PDA pictures.

Tamannaah Bhatia and Vijay Varma all set to tie the knot?



Tamannaah Bhatia and Vijay Varma have been making headlines for everything that they do. Be Tamannaah and Vijay were recently spotted at various Diwali parties in the city. They have been setting couple goals with their PDA at these events and also on social media. And now, Tamannaah Bhatia and Vijay Varma have grabbed headlines for their wedding rumours. You read that right, if reports are anything to go by, Tamannaah and Vijay are next to marry. Tamannaah Bhatia and Vijay Varma are all set to take their relationship to the next stage. A report in the Telugu One news portal states the couple are serious about taking the next step now. The report claims that Tamannaah who is 30-plus is feeling pressure from her family's side to get married. On the other hand, Vijay Varma, who is one of the busiest stars now also has some South projects in his kitty. He is all set to solidify his place in the South industry as well. Well, all these are conjectures for now and only Tamannaah or Vijay could confirm. But it would be amazing to see them married as they make for one handsome couple.

5 yoga poses to help manage fatty liver

Yoga is a workout that extends beyond weight loss. It has the power to improve the overall functioning of your body. Many yoga practitioners have experienced alleviation of the symptoms of their diseases after regular and consistent yoga practice. Here are 5 yoga poses to help manage fatty liver:

Triangle Pose (Trikonasana)
Stand with your feet about 3-4 feet apart. Turn your right foot 90 degrees to the right, and your left foot slightly inwards, so your heels are in line. Inhale, extend your arms out to the sides, parallel to the floor. Exhale and reach your right hand down towards your right shin. Your left arm should be extended straight up. Keep your chest open, and gaze up at your left fingertips. Hold this pose for several breaths, then return to the starting position. Repeat on the other side.

Sphinx Pose (Salamba Bhujangasana)
Lie on your stomach with your legs extended and your toes pointing away from you. Place your elbows directly under your shoulders, with your forearms and palms on the mat. Inhale and gently lift your upper body. Arch your back slightly, but keep your navel and pelvis pressing into the mat. Relax your shoulders away from your ears. Focus your gaze forward. Hold this pose for as long as it's comfortable.

Cobra Pose (Bhujangasana)
Start by lying on your stomach with your legs extended and your toes pointed away from you. Place your hands on the yoga mat under your shoulders. Inhale and gently lift your chest off the mat. Keep your pelvis on the mat, and engage your core. Straighten



your arms as much as is comfortable and arch your back. Gaze forward or slightly upward. Hold the pose for a few breaths and then lower your chest back down.

Bow Pose (Dhanurasana)
Lie on your stomach with your legs extended. Bend your knees, bringing your heels towards your buttocks. Reach back with your hands and grab hold of your ankles. Inhale and lift your chest and thighs off the mat, simultaneously kicking your feet into your hands. Arch your back and keep your gaze forward. Hold for a few breaths, then release and relax on the mat.

Half Lord of the Fishes Pose (Ardha Matsyendrasana)?
Start by sitting with your legs extended in front of you. Now bend your right knee and place your foot on the outside of your left thigh. Inhale and lift your left arm, then twist your torso to the right and hook your left elbow on the outside of your right knee. Use your right hand for support behind you. Gaze over your right shoulder. Hold the position for a few breaths. Release and repeat on the other side.

Quick remedies to control hair fall immediately



Use oils like coconut, almond, or olive oil and add a few drops of essential oils like lavender, rosemary, or peppermint. Warm the oil slightly and gently massage it into your scalp in circular motions. Leave it on for at least 30 minutes before shampooing.

Avoid Harsh Chemicals: Overuse of chemical-laden hair products like shampoos, conditioners, and styling products can lead to hair fall. Opt for mild, sulfate-free products that are gentle on your hair and scalp. Additionally, limit the use of heat styling tools like straighteners and curling irons, as excessive heat can weaken the hair shafts.

Aloe Vera Gel: Aloe vera is known for its soothing and healing properties, and it can also help control hair fall. Apply fresh aloe vera gel directly onto your scalp and leave it on for about 45 minutes before rinsing it off with a mild shampoo. Aloe vera helps balance the pH of the scalp, reduces inflammation, and promotes healthy hair growth.

Proper Hair Care Routine: Establishing a proper hair care routine is crucial for preventing hair fall. This includes regular washing with a suitable shampoo, conditioning to keep your hair hydrated, and using a wide-toothed comb to detangle wet hair gently. Avoid vigorous towel-drying and opt for air-drying whenever possible. Additionally, try to minimize hair tying and, when you do tie it up, use soft, fabric-covered hair bands.

While it's essential to remember that controlling hair fall is a gradual process and immediate results may vary, these five remedies can certainly help kickstart your journey towards healthier, stronger hair. Remember, consistency is key, so make these practices a part of your regular routine for long-lasting results. Additionally, if you're experiencing severe or prolonged hair fall, it's advisable to consult a healthcare professional or a dermatologist for personalized advice and treatment options.

General Knowledge Question Answers

1. The Hemis National Park is famous for	6. Who is the first Chief Minister of Jammu and Kashmir	C. 8 D. 9
A. Golden Eagle B. Tiger C. Wolf D. Snow Leopard	A. Hari Singh B. Syed Mir Qasim C. Ghulam Mohammed Sadiq D. Sheikh Abdullah	11. Which of the following lakes of India is located in Jammu and Kashmir
2. The Shalimar Bagh was built in the year	7. Sheikh Abdullah died in the year	A. Phuljhar Lake B. Koleru Lake C. Anchar Lake D. Hamirsar Lake
A. 1606 B. 1619 C. 1627 D. 1635	A. 1978 B. 1982 C. 1985 D. 1989	12. Which town in Jammu and Kashmir is also known as Apple Town
3. Which city has the most population in Jammu and Kashmir	8. Which article of the Indian constitution give special state status to Jammu and Kashmir	A. Sopore B. Anantnag C. Shupian D. Jammu
A. Udhampur B. Jammu C. Srinagar D. Anantnag	A. Article 120 B. Article 180 C. Article 260 D. Article 370	13. Between which mountain ranges is Kashmir Valley located
4. The kargil war was fought in the year	9. From which year the Constitution of Jammu and Kashmir implement	A. Himadri – Pir Pranjhal B. Shivalik – Himachal C. Karakoram – Himachal D. Himadri – Himachal
A. 1998 B. 1999 C. 2000 D. 2001	A. 1956 B. 1962 C. 1963 D. 1965	14. Which one is the longest river in Jammu and Kashmir
5. Who was the last ruling Maharaja of Jammu and Kashmir	10. Total number of Lok Sabha Constituency in Jammu and Kashmir is	A. Indus River B. Jhelum River C. Chenab River D. Doda River
A. Hari Singh B. Pratap Singh C. Ranbir Singh D. Gulab Singh	A. 4 B. 6	

11. Anchar Lake
10. 6
9. 1965
8. Article 370
7. 1862
6. Ghulam Mohammed Sadiq
5. Hari Singh
4. 1999
3. Srinagar
2. 1619
1. Snow Leopard
- Answers:

ASTRO SPEAK

ARIES MAR 21 - APR 20	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 SEP 24 - OCT 22	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 APR 21 - MAY 20	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 OCT 23 - NOV 22	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 MAY 21 - JUN 20	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 NOV 23 - DEC 22	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 JUN 22 - JUL 23	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 DEC 23 - JUL 20	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 JUL 24 - AUG 23	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 JAN 21 - FEB 23	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 AUG 24 - SEP 23	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 FEB 20 - MAR 20	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.



Paneer Kalakand



Ingredients
5 cup paneer
2 cup sugar
3 cup milk powder
1 teaspoon powdered green cardamom
3 cup fresh cream
For Garnishing
2 tablespoon crushed lightly almonds
3 tablespoon crushed lightly pistachios
Method:
To start with, take a deep bottomed pan, keep it on medium flame and add grated paneer, sugar, fresh cream, milk powder. Mix well and cook for 20 minutes. Keep stirring to avoid the burning of mixture. Once done, remove from flame and add cardamom powder.
Take a big thali and grease it with ghee/oil. Pour in the mixture in the thali.
Spread the almond and pistachios slivers on the mixture and make sure they stick to the mixture properly.
Freeze the mixture take a proper shape. Cut into pieces and serve. Make sure you try this easy recipe, rate it and leave your comments in the section below.
Tips
You can add some rose essence if you want the kalakand to be aromatic.
You can also add some extra fruit and nuts like cashews and raisins, as per your choice.