

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.

While talking to The Dirty Magazine, 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 calls herself hot.

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.

Tiger 3 diva Katrina Kaif says she is 'thrilled' to see audience enjoying Salman Khan starrer in theatres



Tiger 3 starring Katrina Kaif and Salman Khan released on the occasion of Diwali on Sunday. And in two days, the movie crossed the Rs 100 crore mark. The day 3 of Tiger 3 was as good as the opening day. The fans are enjoying the movie in theatres and how! Worldwide, Tiger 3 has touched the Rs 240 crore mark. Katrina Kaif has expressed her feelings after seeing how fans are enjoying their movie in cinema halls.

Katrina Kaif says it is truly delightful to witness the entertainment that Tiger 3 is providing to everyone across the country. And the added bonus is the festival of Diwali. Katrina Kaif is happy to see people from all corners of the country joyfully dancing in theatres. "The enthusiasm, cheers, and whistles from the audience reflect the incredible time they are having at the cinemas during this festive season," she shares. Katrina is dedicated to entertaining the audience and hence, to witness the mania for Tiger 3 holds immense significance for her. She takes great pride in Tiger 3 and is happy that it is creating the same furore as its predecessors, Ek Tha Tiger and Tiger Zinda Hai.

The Archies team to take centrestage at IFFI 2023

With so many interesting sessions at IFFI Goa this year, the film festival is definitely looking bigger and better this year. Now we have heard that the Archies team represented by John Goldwater, The CEO and Publisher of Archies Comics, Zoya Akhtar, Reema Kagti and Sharad Devarajan I, Founder and CEO of Graphix India and Liquid Comics would be in a conversation with former film critics Rajeev Masand to discuss Archies. The session slated to take place on 21st November is titled ‘The Archies - Made in India’.

The film set to be premiered on Netflix will have Suhana Khan, Agastya Nanda, Khushi Kapoor, Vedang Raina, Mihir Ahuja, Aditi Saigal and Yuvraj Menda in leading roles. Zoya Akhtar with 4 films, 3 short stories, 1 web series, 6 Filmfare awards, an Emmy nomination, a NETPAC Award for Best Asian Film, a world premiere at Cannes and Berlin, and India's official entry to the Oscars outlines this Writer, Director, Producer has the unique ability to tell stories that break the conventions make and creating waves globally. Her 5th film, The Archies, is set to release on Netflix on December 7th, 2023. Jon Goldwater is the CEO and Publisher of Archie Comics. Jon has revitalized the brand,



bringing it into the modern era and introducing new characters and stories like Kevin Keller, Life With Archie, Afterlife With Archie, and the acclaimed Archie #1. Under his leadership, Archie has not only thrived in traditional comics but also in TV series and Netflix films, engaging both old and new fans.

Easy exercises to slow down ageing and stay youthful



Everybody wants to be glamorous and beat the test of time when it comes to staying beautiful and youthful. After reaching a certain age, people add so many extras to their skincare routines. Eye-creams, toners, retinoids and what not just to look younger. In fact, some people go the extra mile and start getting botoxes and surgeries to stay youthful.

Swimming

Swimming is an excellent exercise that not only provides a full-body workout but also acts as a low-impact activity which is suitable for all ages. The buoyancy of water reduces stress on joints, making it an ideal exercise for those who have developed arthritis or joint pain in their old age or middle years. Swimming engages various muscle groups, promoting cardiovascular health and enhancing flexibility. Moreover, the rhythmic nature of swimming encourages deep breathing, improving lung capacity and overall respiratory health. This makes swimming an excellent way to age slowly and stay youthful.

Tai Chi

Tai chi is a gentle exercise that is said to promote balance, flexibility and mindfulness. Often referred to as ‘moving meditation’, tai chi involves slow, deliberate movements and controlled breathing. It is a low-impact exercise

that is suitable for people of all fitness levels and ages, making it an excellent choice for those looking to improve their physical and mental well-being. Many researches have also suggested that it can improve cognitive function, reduce stress and enhance overall mood, contributing to a more youthful and vibrant lifestyle.

Walking

An activity as simple as it sounds, walking is the most accessible and practically free form of exercise. Regular brisk walking has been linked to various health advantages, including improved cardiovascular health, weight management and better mood. The simple act of walking makes it an excellent option for people of all fitness levels, and it can be easily included in daily routines. Whether it's a leisurely stroll through the park or a brisk walk around the neighborhood, walking can improve your agility levels and more so if you perform ‘backward walking’. Thus, completing a goal of about 6000-10,000 steps a day can help you stay fit and youthful.

Resistance exercises

As we get older, it becomes more and more important to keep our muscles strong for overall health. Activities like weight lifting and bodyweight workouts help prevent muscle loss and boost bone density. These exercises trigger the release of growth hormones, crucial for repairing and maintaining muscles. Having more muscle can also improve metabolism, helping with weight control and lower risk of conditions like diabetes. Including resistance exercises in your routine not only tones your body but also plays a big role in slowing down the ageing process.

Yoga

Yoga is the perfect way to energize yourself and slow down the traits that come with ageing. By promoting good posture, breath control and meditation, yoga promotes flexibility, balance and mental well-being. Practicing yoga also helps to reduce stress levels, improve brain function and enhance overall mood. The focus on mindfulness in yoga results in stress reduction, which is a crucial element in the aging process. The gentle stretches, pulls and tugs in yoga promotes good joint health and improves posture which helps in maintaining a youthful appearance.

How to get glowing skin this wedding season



harsh chemicals or soap. It's crucial to cleanse your skin in the morning, before bedtime, and after physical activity. Use lukewarm water, not too hot or too cold, and gently pat your skin dry with a clean towel.

Moisturizing: Opt for a paraben-free and color-free moisturizing cream with ingredients like Vitamin E, Vitamin C, and Aloe Vera, preferably with Shea Butter. These ingredients can keep your skin soft, supple, and radiant.

Never skip sunscreen: Sunscreen is your skin's best defense against harmful UV rays. Regardless of the weather, daily application of a broad-spectrum SPF 30 or higher is a must. It not only safeguards against Sun damage but also prevents premature aging and reduces the risk of skin cancer, ensuring your skin stays both protected and radiant.

Use vitamin C serums: Vitamin C serums offer remarkable benefits for the skin. They protect the skin from damage, have anti-aging effects, work alongside sunscreen, reduce hyperpigmentation, and diminish dark under-eye circles.

Nutrition: Essential nutrients for glowing skin include Vitamins A, B complex, C, D, Zinc, and essential fatty acids. Antioxidant-rich foods like fruits, vegetables, and nuts protect skin cells from UV damage and keep your skin radiant. Melon, sunflower seeds, and nuts are rich in vitamin E, zinc, and selenium, all important for skin health. A healthy diet with reduced sugar and junk food can work wonders for your skin.

General Knowledge Question Answers

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|---|---|--|---|
| 1. Who was the first person to walk on the moon? | a) Neil Armstrong
b) Buzz Aldrin
c) Yuri Gagarin
d) Alan Shepard | b) Gobi Desert
c) Arabian Desert
d) Australian Desert | d) Oscar Wilde |
| 2. Which river is the longest river in the world? | a) Amazon River
b) Nile River
c) Yangtze River
d) Mississippi River | a) Leonardo da Vinci
b) Michelangelo
c) Pablo Picasso
d) Vincent van Gogh | 12. Which country is known as the Land of the Midnight Sun? |
| 3. Who was the first Indian astronaut in space? | a) Rakesh Sharma
b) Kalpana Chawla
c) Sunita Williams
d) Abdul Kalam | 7. Who painted the famous painting “Mona Lisa”?
a) Leonardo da Vinci
b) Sweden
c) Finland
d) Denmark | 13. Which is the largest bird in the world? |
| 4. Who invented the telephone? | a) Alexander Graham Bell
b) Thomas Edison
c) Benjamin Franklin
d) James Watt | 8. What is the capital of Australia? | a) Penguin
b) Ostrich
c) Eagle
d) Albatross |
| 5. What is the currency of Japan? | a) Yen
b) Yuan
c) Euro
d) Pound | 9. Who is known as the Iron Lady of India? | 14. What is the capital of South Africa? |
| 6. Which is the largest desert in the world? | a) Sahara Desert | a) Sydney
b) Melbourne
c) Brisbane
d) Canberra | a) Johannesburg
b) Cape Town
c) Pretoria
d) Durban |
| | | a) Indira Gandhi
b) Sonia Gandhi
c) Mamata Banerjee
d) Margaret Thatcher | 15. Who is the author of the Harry Potter series of books? |
| | | 10. What is the national animal of India? | a) J.K. Rowling
b) Stephenie Meyer
c) Suzanne Collins
d) Dan Brown |
| | | a) Lion
b) Elephant
c) Tiger
d) Panther | 16. What is the currency of Switzerland? |
| | | 11. Who wrote the famous play “Hamlet”?
a) William Shakespeare
b) Samuel Beckett
c) Tennessee Williams | a) Euro
b) Swiss Franc
c) Pound
d) Dollar |

ASTRO SPEAK

ARIES

The moon creeps into innovative Aquarius early this morning, dear Aries, bringing out your unconventional side. Lean into this energy by trying new things and thinking outside the box, trusting the experimental nature of this luminary placement. Bright ideas could lead you closer toward manifestation goals this evening when Luna aligns with Jupiter.

LIBRA

The moon sneaks into Aquarius and your solar fifth house this morning, dear Libra, bringing excitement and fun your way just in time for the weekend. However, you should take care to deviate away from your normal Saturday plans, forging bonds with your closest friends by seeking new experiences. An expansive and intimate energy comes to the table this evening when Luna aligns with Jupiter.

TAURUS

The cosmic tides turn this morning when Luna migrates into Aquarius, activating the sector of your chart that governs public life and success. Just try not to get too wrapped up in your image or what other people think when the moon and Jupiter square off this evening, as it would be easy to overcompensate while trying too hard to impress peers.

SCORPIO

Spend your Saturday catching up on domestic duties and living up the vibration of your home, dear Scorpio, as the moon enters Aquarius and the sector of your chart that governs domestic bliss. Nurturing loved ones will also bring a sense of fulfillment, making it a great time to host brunch for your besties. You'll feel the love as Luna aligns with Jupiter, and others will be eager to show their gratitude.

GEMINI

The moon migrates into Aquarius helping you feel refreshed. Though you tend to operate from a place of logic, allow optimism and faith to guide you throughout the next two days. You may require solitude when Luna and Jupiter square off this evening, taking a moment to reconnect with your deepest desires while remaining open to messages of support and guidance from beyond.

SAGITTARIUS

You won't be in the mood to lay low this weekend, dear Archer, as the moon enters Aquarius and your solar third house. A desire to learn, discuss, and interact may cause you to deviate from plans you made to catch up on errands, though you should reconnect with pressing items on your to-do list as evening rolls in and Luna squares off with Jupiter.

CANCER

You'll feel intrigued by all things unconventional and taboo, as the moon migrates into Aquarius. Allow your perspective to evolve throughout the next two days, taking on new information as a way to expand your mind while peering beneath the surface. This cosmic climate is also great for reaffirming commitments you appreciate, though you'll also be in a unique position to break free from those you do not.

CAPRICORN

You'll be in the mood to spend and reap the rewards of your hard work, dearest Capricorn, as Lady Luna migrates into Aquarius and the sector of your chart that governs luxury. This luminary placement grants permission to indulge, though you should take care not to overdo it when Luna and Jupiter square off this evening, as it would be easy to lose track of your expenses.

LEO

Love fills the air as the moon moves into Aquarius and your solar seventh house, dear Leo, putting you in the mood for connection and fun. An unconventional approach toward nurturing your relationships will feed your spirit, making it a good time to try new things, discuss fresh topics, and move outside the box with your nearest and dearest. Just try not to lose touch with your weekend responsibilities.

AQUARIUS

The moon enters your sign in the very early hours, granting permission to do as you please just in time for the weekend. Don't hesitate to take charge when it comes to rallying family or friends, putting in your two cents when it comes to preferred activities, foods, and company. You'll need to play nice as afternoon rolls in and Luna squares off with Jupiter, which could trigger stubborn or temperamental attitudes.

VIRGO

A buzz lingers in the air as the moon migrates into revolutionary Aquarius. You'll work hard to create a lifestyle that allows you to feel both efficient and autonomous, though you should remember that it's okay to ask for help as well. Teamwork can help you reach your dreams faster, especially when Luna aligns with Jupiter this evening.

PISCES

You'll feel like laying low and sorting through your thoughts this weekend, as the moon migrates into Aquarius. Use this energy as an excuse to catch up on creative projects, journaling, and self-care, understanding the importance of solitude for finding balance. Don't be afraid to let your guard down with someone special as midnight closes in and the moon aligns with Venus.

