

Sushmita Sen talks about romance and marriage rumours with Lalit Modi, Rohman Shawl



Sushmita Sen has been one of the finest actors of Bollywood. She recently saw her ruling the OTT world with Aarya series. The third part of Aarya released recently and Sushmita Sen impressed us with her performance. Aarya 3 received all the love from the audience and Sushmita was in the news. The lady has also been in the news for her relationship rumours. She was dating Rohman Shawl and later announced separation. Post that Lalit Modi revealed that he is dating Sushmita but she never said anything about it. Sushmita later clarified that she is not married to Lalit Modi. Everyone started trolling and speculating about Sushmita Sen's love life.

Sushmita Sen has opened up about her phase with Lalit Modi. She spoke to Mid Day and said that she never disclosed about her relationship with Lalit Modi but just clarified that she is not married. She said that she put up that one clarification on Instagram because sometimes when people keep quiet, their silence is mistaken for weakness or fear.

She just wanted to put one post to let everyone know that she is laughing about the news and stories. She also added that she was enjoying the memes but if you're calling someone a gold digger, at least don't monetise the person. She also jokingly said that people need to check their facts as she likes diamonds and not gold. She also called her relationship with Lalit Modi another experience, another phase. She clarified that she if wanted to marry someone, she would do it and she never tries. Sushmita has broken up with Rohman Shawl but they have been friends. Reports say that they have rekindled their relationship.

Mahima Makwana says she didn't get work despite Bollywood debut with Salman Khan film



Mahima Makwana began her journey in the industry with TV shows. She is most popular for her TV show Sapne Suhane Ladakpan Ke. Mahima

played one of the leads in the show. It was one of the most popular television shows too. The actress made her acting debut with Antim: The Final Truth. She played the leading lady opposite Aayush Sharma. The movie also starred Salman Khan in it. Antim was a remake of Mulshi Pattern. Despite starring in a Salman Khan film, she did not get work.

While talking to an online entertainment portal, Mahima Makwana bared her heart out. She confessed to not getting work after doing Salman Khan and Aayush Sharma starrer Antim. Mahima shares that Antim was perceived well. It got a great response. Mahima reveals the thing that she never spoke on camera and that is her character in Antim going unnoticed. People also praised her and her performance in the movie. However, she did not get work. She wonders why. Mahima then talks about things she never heard in her life which are brand, marketing and star. When she did TV, all she knew was going to set and doing her job, going to the set and acting. After that, she would come home and rest.

Earlier, Mrunal Thakur's marriage rumours with a Telugu actor made headlines after Allu Arjun's father, Allu Aravind, gave blessings to the actress while presenting her with an award for Sita Ramam. The Pushpa 2 father congratulated the actress and said that he hopes she gets married soon and settles in Hyderabad. And this led to strong speculation.

Badshah BREAKS SILENCE on dating rumours with Pippa actress Mrunal Thakur

Yes, as bizarre as it can get. But lately, singer and rapper Badshah has been linked with Bollywood diva Mrunal Thakur. The picture of Mrunal holding Badshah's hand sparked their dating rumours, and indeed, fans of the celebs got excited. But there is no trying to break the news, as the singer took to his Instagram and broke the silence over his relationship rumours with the actress. The singer took a hilarious dig at the new sign him dating Mrunal and went all witty with his reaction. The statement that clears the air around the rumours of their relationship reads, "DEAR INTERNET, I APPOLOGY FOR DISAPPOINTING YOU YET AGAIN, BUT JAISA AAP SOCH RAHE HAIN WAISA NAHI HAL."

Badshah is one of the most popular singers in Bollywood, and the hype around his personal life often grabs headlines. The Pippa actress and Badshah's relationship rumours sparked with one picture of them holding hands, and this shows that the internet needs to calm down.

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Recipes

Chilli Garlic Paratha



- Ingredients
1 cup wheat flour
1 teaspoon chilli flakes
1 tablespoon chopped coriander leaves
1 tablespoon butter
2 teaspoon grated garlic salt as required

Method:
In a small bowl, add butter. The butter need not be melted but must be at room temperature. Now add red chilli flakes, grated garlic and chopped coriander leaves. Give a good mix to combine the ingredients.
In a large mixing bowl, add wheat flour and salt as per taste. Now add 1 cup of water in batches and mix well to form a thick and lump-free batter.
Now add the butter mixture to the liquid dough and give a good mix to make the final mixture.
Heat a non-stick tawa well. Now pour 2 laddles of the liquid dough on the tawa and spread in circular motions to give it the shape of a paratha.
Let it cook from one side, then flip towards the other side. Smear oil and again flip towards the other side.
Press all the sides of the paratha using a spatula to make it cook evenly.
Your Chilli Garlic Paratha is now ready to be served.
Enjoy!
Tips
You can add oregano and carom seeds to make the paratha more flavourful.

Best workouts to melt belly fat for beginners



Most festivities-- the sweets and the snacks-- it is common to see bloat and a few extra kilos on the scale. While a well-balanced diet and calorie deficit are important to lose those extra kilos, you should also incorporate some exercise into your routine to quicken your weight loss journey. Even within the exercise realm, melting belly fat is a common goal for many. And so, here we list down the five best workouts to melt belly fat for beginners.

Planks: Planks are amazing when it comes to engaging the core muscles and obliques and are considerably simple to do. To perform a plank, begin by getting into a push-up position, resting your weight on your forearms and toes, and maintaining a straight line from head to heels. Hold this position for 20-30 seconds and do 2-3 rounds of it. Gradually increase the duration as your strength improves. Planks not only strengthen the core but also improve posture, reducing the risk of back pain.

Crunches: Crunches are important when it comes to targeting the upper abdominal muscles. To perform crunches, lie down on your back, bend your

knees, and place your hands behind your head. Then slowly lift your upper body, using your abdominal muscles while keeping your lower back on the floor. Exhale as you crunch upward and inhale as you lower yourself back down. Aim for 2-3 sets of 10-15 repetitions to start with, focusing on proper form and controlled movements. Remember that crunches can be very tiring and it is important to not overdo them. Focus on slow movements and your energy.

Mountain climbers: Mountain climbers work like full-body cardio and engage the core while also working on the arms, shoulders, and legs. To perform, simply get into the plank position, then alternate bringing your knees towards your chest, as if you are running but with your hands in one place. Keep your core engaged and maintain a steady pace without tiring yourself out by pushing too much. At first, aim for 30-60 seconds of continuous movement, gradually increasing the duration as your endurance improves. Make sure to keep your core engaged throughout the climbers.

Burpees: Burpees are a high-intensity, full-body exercise that burns calories rapidly and targets the core muscles. They are usually done at a fast pace but low-impact alternatives can also be done depending upon your body and energy levels. To perform, start in a standing position, then squat down and place your hands on the floor. Then, jump your feet back into a plank position, perform a small push-up (optional), jump your feet back towards your hands, and then with a burst, jump up into the air. Aim for 8-10 jumps and then gradually increase the number as your fitness and strength level progresses.

Deep squats: Squats are excellent for working the lower body, including the quads, hamstrings, glutes, and core muscles, plus they are very easy to perform. If you really want to engage your body and core during the squats, try adding some weights into the routine and you will definitely feel the burn. To start, stand with your feet shoulder-width apart, engage your core, grab some weights, and lower your body by bending your knees while keeping your back intact and straight. Then aim to squat as low as your body allows you to and ensure your knees do not extend past your toes. Push through your heels to return to the starting position. Start with 2 sets of 10-12 repetitions and make sure your form is proper.

Homemade scrubs to soften your hands



Softening your hands can be achieved with simple homemade scrubs using natural ingredients. Here are a few recipes you can try:

Sugar and Olive Oil Scrub: Mix 2 tablespoons of granulated sugar with 1 tablespoon of olive oil.

Optionally, add a few drops of your favorite essential oil for fragrance. Gently massage the mixture onto your hands for a few minutes, focusing on rough areas. Rinse with warm water and pat dry.

Oatmeal and Honey Scrub: In a bowl, combine 2 tablespoons of ground oats with 1 tablespoon of honey.

Mix well until you achieve a paste-like consistency. Apply the scrub to your hands and rub in circular motions for a gentle exfoliation.

Let it sit on your skin for a few minutes before rinsing off with lukewarm water.

Coffee Grounds and Coconut Oil Scrub: Take 2 tablespoons of used coffee grounds and mix them with 1 tablespoon of melted coconut oil. Add a teaspoon of brown sugar for extra exfoliation (optional).

Massage the mixture onto your hands, paying attention to dry and calloused areas. Rinse thoroughly and moisturize your hands afterward.

Lemon and Salt Scrub: Squeeze the juice of half a lemon into a bowl. Add 2 tablespoons of coarse sea salt and mix well.

Rub the scrub onto your hands, gently exfoliating for a few minutes. Rinse with warm water and apply a moisturizer to lock in hydration.

Yogurt and Almond Scrub: Mix 2 tablespoons of plain yogurt with 1 tablespoon of finely ground almonds.

If desired, add a teaspoon of honey for added moisture. Apply the scrub to your hands, massaging in gentle circular motions.

Rinse off with lukewarm water and pat dry. After using any of these scrubs, remember to moisturize your hands with a nourishing hand cream or natural oil, such as almond oil or shea butter. Repeat the scrubbing process once or twice a week for best results.

General Knowledge Question Answers

1 Q : Which law was passed by the British to curtail the nationalist and revolutionary extremist activities especially for targeting Ghadr party activists?

- (A) Monte Carlo Reforms
(B) GOI Act 1919
(C) Defence of India Act, 1915
(D) Public Safety Act, 1909

2 Q : India's first mission to the moon was launched in which year?

- (A) 1969
(B) 2005
(C) 2008
(D) 1998

3 Q : Who was the first interim President of the constitutional assembly, in whose leadership the first meeting of the constitutional assembly took place on 9 Dec 1946?

- (A) Sachidanand Sinha
(B) J.L. Nehru
(C) B.R. Ambedkar
(D) Rajendra Prasad

4 Q : Pietra Dura, the inlay technique of architecture can be found in which of the following monuments?

- (A) Taj Mahal
(B) India Gate
(C) Char Minar
(D) Gateway of India

5 Q : _____ is also known as 'The Light of Asia'.

- (A) Rumi
(B) Buddha

- (C) Gandhi
(D) Swami Vivekananda

6 Q : When was the battle of Haldighati fought?

- (A) 1550
(B) 1576
(C) 1650
(D) 1701

7 Q : Who was adorned with the title of 'Jarakalam' by Emperor Akbar?

- (A) Muhammad Khan
(B) Mir Syed Ali
(C) Abdusamad
(D) Mohammad Hussain

8 Q : Which Mughal ruler was called 'Alamgir'?

- (A) Aurangzeb
(B) Jahangir
(C) Akbar
(D) Shah Jahan

9 Q : Which Rajput dynasty did not surrender to Akbar?

- (A) Parmar dynasty
(B) Chauhan dynasty
(C) Chandela dynasty
(D) Sisodia dynasty

10 Q : Guru Arjun Dev was a contemporary of?

- (A) Babur
(B) Shah Jahan
(C) Akbar's
(D) Jahangir's

11 Q : Which court exercises the jurisdiction of the Union Territory of Lakshadweep?

- (A) Kerala High Court
(B) Tamil Nadu High Court
(C) Bombay High Court
(D) Calcutta High Court

12 Q : Who can change the number of judges of the Supreme Court?

- (A) Parliament by law
(B) Presidential Order
(C) Notification of the Central Government
(D) Supreme Court notification

13 Q : By which amendment of the constitution of Delhi was made NCT (National Capital Territory)?

- (A) 63rd Amendment
(B) 69th Amendment
(C) 76th Amendment
(D) 74th Amendment

14 Q : Three tier Panchayati system in India is in the states with above how many population?

- (A) 15 lakh
(B) 20 lakhs
(C) 30 lakhs
(D) 25 lakhs

15 Q : Who among the following can remove the Governor from his office?

- (A) Parliament
(B) State Legislative Assembly
(C) President
(D) none of these

ASTRO SPEAK

ARIES: As an Aries, you usually require a lot of movement and interaction to stay sane. Today's skies work to help you recognize that you're feeling a little burnt out, as the moon slides into slow and sleepy Pisces this afternoon. Today's skies pose little cosmic stress, as long as you lean into separation from tireless interactions with other people.

TAURUS: These past few weeks have felt particularly isolating for you, Taurus. Aries season tends to draw you inward for an annual process of 'letting go.' It's time to abandon things that are no longer serving you. Today's skies bring you ease of expression, helping you to better communicate that which you've been experiencing--as Mercury and Venus coax your words out and help you find stability.

GEMINI: Opportunities for advancement are being gifted to you from the universe today, Gemini. Your ruling planet, communicative Mercury, meets up with bond-building Venus. This sweetens your presence in your community and allows friends to bestow you with new opportunities. As the moon slides into personable Pisces, you're at your most visible.

CANCER: You've been getting your hands dirty in your personal relationships lately, Cancer. Your hard work is paying off as you're beginning to digest more clearly what's happening within your understanding of intimacy. Today's skies stir up your need to see the world from a larger perspective. Leave the mundane behind through music and film, as the moon in Pisces enchants you to escape.

LEO: It's easy to slip and fall between the psychological crevices of your mind today, Leo. The moon dives into Pisces in the afternoon, not stirring up any trouble, but instead making you extremely sensitive to your environment and the people in it. Today's sweet union of Mercury and Venus is the perfect time to talk out some of your hidden problems with a partner or someone you trust.

VIRGO: You've managed to keep yourself exceedingly busy the past couple days, Virgo. The cosmos today call on your close relationships for further exploration, as the moon slides into your opposite sign of dreamy Pisces. A low-key day spent with a lover or calling up a close friend is an ideal way to pass the time today, as the skies are seeking some stress relief.

LIBRA: Dealing with other people has dominated most of your time lately, Libra. The moon slides into Pisces, coaxing you towards accomplishing errands, completing work, and reconnecting with your body. Idea-sharing Mercury links up with your ruling planet Venus, this afternoon. This is helping you express yourself with charisma, appeal, and artistic flare in any projects that you wish to undertake this afternoon.

SCORPIO: Your emotions have been dizzying lately, Scorpio. The skies work today to give you a much needed break from the hard stuff, as the moon slips into Nirvana-seeking Pisces. This movement helps release the stress you've collected by transforming it into a creative outlet. Find a way to express yourself by doing what you genuinely enjoy, and climb upon your own stage today.

SAGITTARIUS: Sagittarians live to explore the open road, so when it comes to hunkering down at home, it can feel like a prison cell rather than a cozy sanctuary. Today's skies see that you attend to your need for roots and a place to return regularly--as the moon dips into Pisces. Your love life benefits from your stillness too, as Mercury and Venus invite smooth, yet critical conversations.

CAPRICORN: You're likely to be busier than usual today, Capricorn. The moon slides into Pisces this afternoon, ramping up your connections to others. It's likely your phone will be blowing up and there's a ton of emails to respond to, or you may just wish to reach out and connect with others, as you crave communication. Mercury and Venus also bring up new opportunities in your work environment.

AQUARIUS: Your finances are calling out for your attention today, Aquarius. Are you doing what you can to better save and budget your money? The moon dips into Pisces this afternoon, helping draw your attention to how you could rearrange your financial story to operate a little smoother. Elsewhere, the playful union of Mercury and Venus allow your voice to seek an artistic opportunity for self-expression.

PISCES: The moon slides onto your home turf today, Pisces. The moon's visit to your sign helps bring awareness to your current set of needs, emotionally and physically. Your body is reaching out for your awareness, since you tend to float away from its responsibilities once in a while. Take stock of the pressing emotional matters that come to the surface today, as they reveal building blocks of your changing identity.

- 15. President
11. Kerala High Court
12. 13th Amendment by law
13. 69th Amendment
14. 20 lakhs
7. Mohammad Hussain
8. Aurangzeb
9. Abdusamad
10. Jahangir's
3. Sachidanand Sinha
4. Taj Mahal
5. Bibi Mahal
6. 1576
7. 2005
1. Defence of India Act,
-Answers:
1915