

Kartik Aaryan is not okay with Sara Ali Khan, Karan Johar discussing his relationship in public



Kartik Aaryan is always discussed on Koffee With Karan 8. In fact, the last time Sara Ali Khan appeared on Karan Johar's chat show, people felt that it was more of a discussion on Kartik than Sara or Janhvi Kapoor. And this time, when this time Sara was joined by Ananya Panday on the Koffee Kouch, Sara's relationships were brought up again. Kartik Aaryan has reacted to the same now.

Kartik Aaryan, who will be next in Chandu Champion, opened up on discussion on his dating life. It comes after Sara Ali Khan was asked about being friends with her ex after Karan Johar on his chat show Koffee With Karan 8. During a chat with Film Companion, Kartik said that since the relationship is between two people, it should not be discussed outside. Kartik says if two people are in a relationship, any third person should not discuss it. The Satyaprem Ki Katha actor feels one should respect their relationship. Kartik says since he never spoke out about his relationship anywhere, he expects the same from his partner.

Further, the Pati Patni Aur Woh star says that when one gets into a relationship, they never think about the break-up. The actor shares, "You don't imagine ke yeh khatam ho jayega. I think you should respect that time, that moment. I think you should respect yourself also." Kartik feels that when someone talks about a relationship, it is not that they are thinking about only one person but two individuals. Kartik Aaryan and Sara Ali Khan are discussed on Koffee With Karan a lot of times. Karan also had a fall-out with Kartik after Dostana 2. It was said that the actor demanded a hike in fees after his successes in movies. Kartik had signed the film long back and changed his remuneration stand after his success.

Aishwarya Rai Bachchan spending more time at her mom Brinda Rai's home?



There is a lot of chatter around of all is not well between Aishwarya Rai Bachchan and the Bachchan family. And lately, there were a few instances that only ignited these rumours. And now this latest post by Aishwarya Rai Bachchan is making netizens wonder if she is spending more time at her mom Brinda Rai's home along with her daughter Aaradhya Bachchan. Aishwarya, who was immensely close to her father

Krishnaraj Rai, remembered him on his birth anniversary with an adorable post sharing a few throwback pictures and the latest ones as well.

In this picture, you can see how Ash is with her people, who give her immense happiness. Aaradhya and Brinda Rai are two pillars of Ash. As the Poniyni Selvan actress dropped this post, there was much showered love on the diva, and others questioned if she was staying at her mom's place too often. Well, it's the 21st century, and we still have a long way to go when it comes to beating the patriarchy. Talking about Aishwarya Rai Bachchan, she has never indulged in any gossip or reacted to any speculation in her life. And the diva has maintained sanity by ignoring this chatter. These are a few instances that make people wonder if all is not well between the Bachchans.

Aishwarya Rai Bachchan wasn't wished a 50th birthday by any Bachchan family member, except Abhishek Bachchan, who got picked for his dry wish. Aishwarya arrived solo at the Manish Malhotra and Diwali party this year, unlike last year, when she marked her presence with her husband. Ash cropped Jaya Bachchan and Nandaa from the family picture to wish Amitabh Bachchan's 80th birthday via granddaughter Aaradhya.

Tiger 3 star Salman Khan indirectly hints at Tiger 4 with Katrina Kaif?

Get ready for Tiger 4. Salman Khan is all set for the fourth installment of his super-hit franchise, and fans cannot get calm. The superstar had made an appearance at the World Cup 2023 finals along with Katrina Kaif, where the actress was seen candidly talking about Virat Kohli, who is also her neighbour. Speaking about his growth, Katrina said that it's interesting to see Virat only grow over the years. "Watching Virat when he started playing IPL for RCB, from then until now, just look at the journey and the graph." To which Salman interrupted and added, "And you also saw from Tiger 1 to Tiger 3 and that too at 57. Now wait for Tiger 4 at 60." And this piece of information by Salman Khan has left the fans enthralled. The fans have even started calculating that Tiger 4 will be coming in 3 years, as currently Salman is 57 and within 3 years he will be 60. Salman Khan and Katrina Kaif's film has been massively dented due to India's World Cup match, and it earned the lowest on its first Sunday and made only 10.25 crore at the box office. So far, Tiger 3 has made 224.50 crore at the box office.



Recipes

Kabuli Pinni



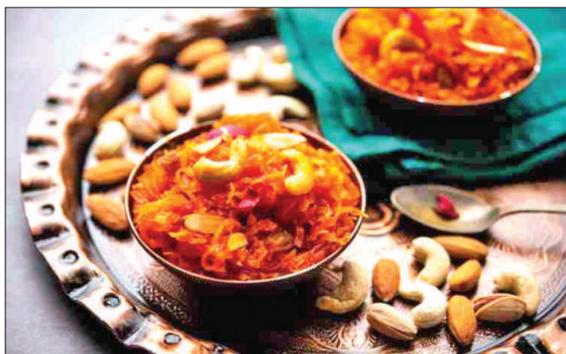
Ingredients

- 1 cup chickpeas flour
- 1/2 cup powdered sugar
- 10 raisins
- 5 pistachios
- 1/4 teaspoon powdered green cardamom
- 1 cup khoya
- 1/2 cup ghee
- 5 cashews
- 5 almonds
- 1 teaspoon milk

Method:

Heat ghee in a pan or kadhai or a thick-bottomed deep pan. Add chickpea flour and stir for 3 - 4 minutes or until it turns light brown and becomes aromatic. Transfer it to another plate and keep it aside. (It will be in liquid form but no problem. When you add khoya and sugar it will harden.) In another kadhai, dry roast the crumbled khoya until it becomes light brown in colour. Stir it constantly so that it does not stick to the bottom of the pan. (This will take around 5 - 6 minutes). Remove the pan from heat. Add the roasted flour and give a mix. Now let the khoya-flour mixture cool down a bit. Now add sugar powder and all the nuts. Add 1 tsp milk and mix well. Now let it rest for about 15 minutes. Now grease your hands with some ghee and make small pinnis from the mixture. Once all the pinnis are made, serve them and store the rest in an airtight container.

Winter food from Indian kitchen to keep you healthy



In winter, India offers a rich array of seasonal foods that bring both warmth and health benefits. Be it Gajar ka Halwa which is rich in vitamin A or Sarson da Saag with Makki di Roti, a rich source of fiber, winter never ceases to delight us with the variety of foods. Here are a few interesting recipes of winter foods commonly found in India which are not just gastronomic delight but are also rich in essential vitamins and minerals.

Carrot or gajar
Carrots, vibrant orange root vegetables, boast an array of health benefits. Packed with beta-carotene, a precursor to vitamin A, they promote eye health and enhance vision. The antioxidants in carrots combat oxidative stress, contributing to anti-aging effects. Rich in fiber, they support digestion and aid weight management. Carrots also contain vitamins C and K, promoting a strong immune system and bone health. Moreover, their natural sweetness makes them a nutritious alternative for satisfying sugar cravings. With a versatile presence in salads, soups, and snacks, carrots

offer a delicious and nutrient-dense addition to a well-balanced diet.

Mustard leaves or sarson ka saag

Mustard leaves, a nutritional powerhouse, are abundant in essential nutrients. Packed with vitamins A, C, and K, they contribute to skin health, immune support, and blood clotting. The high fiber content aids digestion and promotes a healthy gut. Mustard leaves also offer a rich source of minerals like calcium, magnesium, and potassium, benefiting bone strength and heart health. Additionally, their antioxidant properties combat oxidative stress, reducing the risk of chronic diseases. With a distinct peppery flavor, mustard leaves make a flavorful addition to salads, stir-fries, and various culinary dishes while providing a range of health-promoting nutrients.

Fenugreek leaves or methi

Fenugreek leaves, or methi, are a nutritional powerhouse with an array of health benefits. Packed with vitamins like A, C, and K, they contribute to immune support, skin health, and blood clotting. Rich in iron and calcium, fenugreek leaves promote healthy blood and strong bones. The leaves are also a good source of dietary fiber, aiding digestion and weight management. Fenugreek leaves contain essential minerals such as copper, manganese, and magnesium, supporting overall well-being. Their distinct bitter flavor adds depth to various dishes, making fenugreek leaves not just a culinary delight but also a valuable addition to a nutrient-rich diet.

Sesame seeds or til

Sesame seeds are tiny powerhouses of nutrition, offering a wealth of health benefits. Packed with heart-healthy monounsaturated fats and polyunsaturated fats, they support cardiovascular health. These seeds are rich in plant-based protein, making them an excellent addition for vegetarians. Sesame seeds are a notable source of essential minerals like calcium, magnesium, and iron, promoting bone health and preventing anemia. They contain antioxidants, including lignans and vitamin E, which combat oxidative stress and contribute to anti-aging effects. With a nutty flavor, sesame seeds are a versatile addition to dishes, providing a delicious and nutrient-dense boost to overall well-being.

Best hair oils for optimal hair growth



Are you noticing a few extra strands on your hairbrush these days? Our modern lifestyle - with its share of sleepless nights, a love affair with fast food, and increased stress levels might be welcoming an unwelcome guest: hair fall. What's the solution, you ask? A good, old-fashioned oil hair massage might just be the solution! Here is a list of hair oils that helps in hair growth.

Onion Oil: Onion oil is packed with a wealth of nutrients such as sulfur, known for its hair-strengthening properties, and antioxidants that protect hair from free radical damage. Not only does sulfur fortify hair, making it resilient against breakage and thinning, but it also improves hair's luster and thickness by boosting collagen production - an essential element for healthy hair growth. The oil's antimicrobial and antifungal properties combat scalp infections, a common cause of hair loss, promoting a healthier scalp environment.

Argan Oil: Argan oil, popularly referred to as 'liquid gold', is loaded with vitamins C, A and E, antioxidants, linoleic acid, and omega-6 fatty

acids. It hydrates and softens the hair, reduces breakage, and protects against damage from UV rays and heat. This nutrient-rich oil promotes healthy hair growth by nourishing the hair from within, improving its elasticity, and reducing hair loss. It also moisturizes the scalp, which is crucial in maintaining a healthy environment for hair growth.

Castor Oil: Castor oil, particularly Jamaican Black Castor Oil, is the golden child of the hair care world. Rich in Vitamin E, minerals, and proteins, it is known to support hair growth and repair damage. Ricinoleic acid, a key component in castor oil, is known to balance scalp pH, replenish the scalp's natural oils, and promote the health of hair follicles.

Rosemary Oil: Rosemary oil is a potent ingredient that promotes nerve growth, improves blood circulation, and has anti-inflammatory properties. It is also rich in vitamins A, C, and B6 that keep the scalp well nourished and healthy. In many medical studies, Rosemary oil has been proven to be as effective as minoxidil, a common hair growth treatment.

Tea Tree Oil: Tea Tree oil is celebrated for its remarkable cleansing qualities. Its ability to unblock hair follicles and nourish roots makes it a great oil for hair growth. Tea tree oil can provide relief for a range of conditions, including hair thinning and dandruff. A study in the Journal of the American Academy of Dermatology demonstrated that tea tree oil effectively improved scalp health and promoted hair growth when used in shampoo.

General Knowledge Question Answers

1. Which Indian state was formed most recently?
a) Telangana
b) Uttarakhand
c) Jharkhand
d) Chhattisgarh
2. Who was the first woman Speaker of the Lok Sabha?
a) Sushma Swaraj
b) Meira Kumar
c) Sumitra Mahajan
d) Indira Gandhi
3. What is the name of the Indian Parliament's upper house?
a) Lok Sabha
b) Rajya Sabha
c) Vidhan Sabha
d) Panchayat Sabha
4. What is the minimum age for becoming a member of the Lok Sabha?
a) 18 years
b) 21 years
c) 25 years
d) 30 years
5. What is the term of a member of the Rajya Sabha?
a) 2 years
b) 3 years
c) 4 years
d) 6 years
6. Who was the first Deputy Prime Minister of India?
a) Vallabhbhai Patel
b) Lal Bahadur Shastri
c) Morarji Desai
d) Sardar Swaran Singh
7. What is the name of the Indian Parliament's budget session?
a) Monsoon session
b) Winter session
c) Budget session
d) Summer session
8. Who was the first female Chief Minister of an Indian state?
a) Mayawati
b) Mamata Banerjee
c) Sheila Dikshit
d) Susheta Kripalani
9. Who was the first President of India?
a) S. Radhakrishnan
b) Rajendra Prasad
c) Zakir Hussain
d) V.V. Giri
10. Who was the first Indian woman to win a Nobel Prize?
a) Kiran Bedi
b) Sarojini Naidu
c) Mother Teresa
d) Anamta Sen
11. Which state in India has the highest literacy rate?
a) Kerala
b) Tamil Nadu
c) Maharashtra
d) Punjab
12. Which Indian state has the highest population?
a) Uttar Pradesh
b) Maharashtra
c) Bihar
d) West Bengal
13. Who is known as the "Father of the Indian Constitution"?
a) B.R. Ambedkar
b) Jawaharlal Nehru
c) Sardar Vallabhbhai Patel
d) Rajendra Prasad
14. Which Indian city is known as the "Pink City"?
a) Jaipur
b) Udaipur
c) Jodhpur
d) Bikaner
15. Who is the current Chief Minister of Tamil Nadu?
a) M.K. Stalin
b) K. Palaniswami
c) O. Panneerselvam
d) J. Jayalalithaa

Answers:

1. Telangana
2. Meira Kumar
3. Rajya Sabha
4. 25 years
5. 6 years
6. Vallabhbhai Patel
7. Budget session
8. Susheta Kripalani
9. Rajendra Prasad
10. Mother Teresa
11. Kerala
12. Uttar Pradesh
13. B.R. Ambedkar
14. Jaipur
15. M.K. Stalin

ASTRO SPEAK

- ARIES** (MAR 21 - APR 20)
The moon creeps into Pisces and governs secrets, putting you in a quiet mood. Saturn steps in to remind you of the importance of boundaries, though you should remember to let loved ones in when you need support. Good vibes flow this afternoon when the Scorpio sun aligns with transformative Pluto, presenting opportunities to break down old structures so you can enable new ones.
- LIBRA** (SEP 24 - OCT 22)
The moon creeps into Pisces and the sector of your chart that governs wellness, dear Libra, heightening your physical sensitivities. Pay attention to the subtle messages your body sends as Saturn activates, acting as a cosmic reminder to take care of yourself. Meanwhile, the Scorpio sun and Pluto join forces in our skies, encouraging you to slow down, release stress, and nurture yourself.
- TAURUS** (APR 21 - MAY 20)
You'll feel connected with loved ones both near and far today, dear Taurus, as the moon migrates into sensitive Pisces and your solar eleventh house. Meanwhile, Saturn steps in to encourage responsible action, especially when it comes to your role as a contributing member of society. Love lingers this afternoon when the Scorpio sun aligns with Pluto, helping you connect in new and spiritually fulfilling ways.
- SCORPIO** (OCT 23 - NOV 22)
You'll feel free-spirited and eager to enjoy life as the moon enters Pisces, activating the sector of your chart that governs self-expression and fun. Meanwhile, Saturn activates to bring a slightly serious message to the table, urging you to bring structure to your artistic pursuits. You'll feel empowered this afternoon when the sun and Pluto align, giving your voice the power to transform yourself and others.
- GEMINI** (MAY 21 - JUN 20)
You'll feel motivated to reach new levels of achievement as the moon enters Pisces and aligns with Saturn, dearest Gemini, encouraging you to breach old boundaries in order to make headway in professional goals. Meanwhile, the Scorpio sun and Pluto share a sweet exchange, asking you to pull away from unhealthy behaviors or vices.
- SAGITTARIUS** (NOV 23 - DEC 22)
The moon creeps into Pisces and your solar fourth house putting you in a calm, sensitive, mood. Use this energy to set important emotional boundaries with yourself and others when Saturn activates, encouraging you to protect yourself. The desire for solitude will be strong when the Scorpio sun aligns with Pluto this afternoon, and time spent in nature can help you transform and evolve in meaningful ways.
- CANCER** (JUN 22 - JUL 23)
Lighter vibes flow as the moon migrates into gentle Pisces supercharging the sector that governs spirituality, philosophy, and intuition. Use this energy to craft your own belief system, but don't hesitate to pull from tradition as Saturn activates. Demonstrations of love will bring you closer to that special someone as the afternoon settles in, thanks to a helpful exchange between the Scorpio sun and Pluto.
- CAPRICORN** (DEC 23 - JUL 20)
Your heart and mind will work together, dear Capricorn, as the moon enters Pisces to form a cosmic union with Saturn. This energy is great for seeking clarity, though you may be required to set verbal boundaries or seek advice from more experienced sources. You may notice shifts within your friendship circle as the Scorpio sun aligns with Pluto, helping you attract a community that reflects who you have become.
- LEO** (JUL 24 - AUG 23)
You'll feel deeply as the moon migrates into Pisces, activating the sector of your chart that governs intimacy and commitment. Relationships that have gotten stale will need to evolve along with this cosmic climate, though a helping hand from Sat. Scorpio sun and Pluto encourage you to transform emotionally and physically, pushing you to embrace new wellness practices. m allows you to establish new ground rules.
- AQUARIUS** (JAN 21 - FEB 23)
The moon departs your sign and enters sensitive Pisces bringing depth to your relationship with the material realm. Meanwhile, Saturn steps in to promote financial responsibility, making it a good time to check in with your spending habits. Luckily, it'll be easy to break free from unhealthy behaviors when the Scorpio sun and Pluto align, helping you find the strength and resilience to implement change.
- VIRGO** (AUG 24 - SEP 23)
Allow your lighter side to shine through today, as the moon enters Pisces. Helping hand from Saturn makes it easier to block out unpleasant energy, people, and situations. Your skills as a conversationalist and creative dramatically increase this afternoon when the Scorpio sun aligns with Pluto, though you may want to evolve by trying new things.
- PISCES** (FEB 20 - MAR 20)
The moon drifts into your sign this morning, dearest Pisces, helping you separate yourself from others so that you can stand apart in the crowd. Meanwhile, Saturn activates to strengthen your influence, though you'll need to get serious about your personal goals, backing them up with hard work and dedication. Outline a financial strategy this evening when Mercury blows a kiss to Chronos.