

Amid wedding rumours with Shubman Gill, Sara Tendulkar spotted in an Indian attire; fans say ‘We are waiting to see you’ll together’



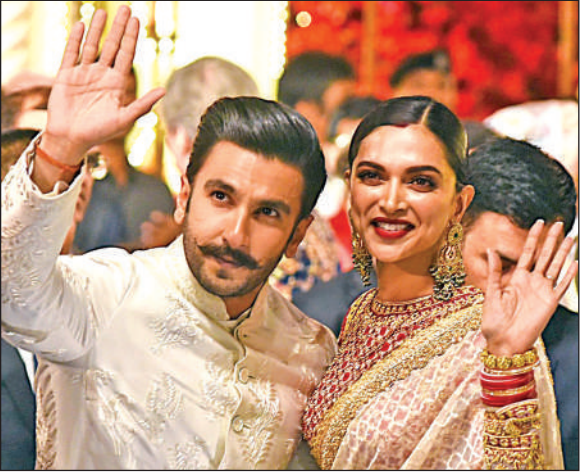
Sara Tendulkar and Shubman Gill are the most popular alleged couple in the town. Ever since UAE cricketer Chirag Suri revealed the news of them getting married, fans are going frenzy and want the alleged lovers to make an official announcement. Amid the news of Sara Tendulkar's marriage news with Shubman Gill is spreading like wildfire on the internet, the star cricketer's daughter was spotted in town wearing beautiful Indian attire. Sara flashed a million-dollar smile to the paparazzi as she was clicked by them in the town, and fans cannot get over her beauty in Indian attire and are calling her the prettiest. Sara was seen attending the semi-final match of India vs. New Zealand, and fans called her and Anushka Sharma the lady lucks for their men. Sara's association with cricket is known to all, and whenever there is a match in Wankhede, the girl makes sure she goes to the stadium and witnesses the game.

Sara Ali Khan indirectly hinted at Sara Tendulkar and Shubman Gill being with each other.

Recently, Sara Ali Khan made her appearance on Koffee With Karan 8, where the actress was quizzed about the rumours of dating cricketer Shubman Gill, which she hilariously denied, indirectly hinting at Sara Tendulkar dating Shubman. And this grabbed a lot of attention. Sara Ali Khan strongly refused the dating rumours with Shubman Gill.

Shubman Gill and Sara Tendulkar are not making it official until they get married. Shubman and Sara have strong followers on social media, where they claim that the alleged lovebirds are not making it official until they get hitched.

Deepika Padukone, Ranveer Singh ringing in their 5th wedding anniversary in Belgium?



Ranveer Singh and Deepika Padukone tied the knot five years ago in Italy. It was one of the most private weddings and the much talked about one too. Deepika and Ranveer kept everyone guessing till the end moment about their wedding. And, look at the time pass. The two have been married for five years. The two are ringing in their fifth wedding anniversary in Belgium.

A collage of pictures has been shared on Reddit in which we see the gorgeous couple in some lounge. In one pic, they are sitting on a couch and seem in a deep discussion. On the other hand, Deepika Padukone and Ranveer Singh are seen posing for a selfie with some fans.

Recently, Ranveer and Deepika grabbed headlines for their appearance on Karan Johar's chat show, Koffee With Karan 8. Their statements turned out to be explosive and courted controversies for them. The two of them did not react to the same.

Pushpa 2: Allu Arjun will astonish the audience says composer Devi Sri Prasad; shares exciting details

Pushpa 2 has been in the news ever since the first movie hit the silver screens. Allu Arjun as Pushpa left everyone in awe. He turned a character into a phenomenon. Pushpa's walk, talk and style were all copied widely across the globe. There's still time for Pushpa 2's release but the buzz around Allu Arjun and Rashmika Mandanna starrer is palpable. And now, Devi Sri Prasad, who has given the music to Pushpa 2 has shared some exciting updates on the same.

The musician says that director Sukumar narrated the storyline to him and Lyricist Chandrabose, they could resonate with every scene with such intensity. The way the scenes are narrated in the movie, it would send shivers down anyone's spine, DSP gushes over Pushpa 2. The musician shares that the screenplay is drafted in such a way that every scene will keep fans on the edge of their seats. The music will hook them and grip them and give an interval bang!

Talking about Allu Arjun, DSP reveals that there is one particular scene in Pushpa 2 which will leave everyone shocked. Allu Arjun will be seen in the avatar of Gangamma Talli during a sequence of Jatara. DSP boasted that Allu Arjun's performance in the scene would not just captivate



fans but also leave them astonished. It is going to be the highlight of the movie.

Recipes

Iced Pumpkin Cookies



**Ingredients**  
2½ cups all-purpose flour  
1 teaspoon baking powder  
1 teaspoon baking soda  
2 teaspoons ground cinnamon  
½ teaspoon ground nutmeg  
½ teaspoon ground cloves  
½ teaspoon salt, ½ cup butter, softened  
1½ cups white sugar  
1 cup canned pumpkin puree  
1 egg, 1 teaspoon vanilla extract  
2 cups confectioners' sugar  
3 tablespoons milk  
1 tablespoon melted butter  
1 teaspoon vanilla extract

**Method:**  
Preheat oven to 350 degrees F (175 degrees C). Combine flour, baking powder, baking soda, cinnamon, nutmeg, ground cloves, and salt; set aside.

In a medium bowl, cream together the 1/2 cup of butter and white sugar. Add pumpkin, egg, and 1 teaspoon vanilla to butter mixture, and beat until creamy. Mix in dry ingredients. Drop on cookie sheet by tablespoonfuls; flatten slightly.

Bake for 15 to 20 minutes in the preheated oven. Cool cookies, then drizzle glaze with fork.

To Make Glaze: Combine confectioners' sugar, milk, 1 tablespoon melted butter, and 1 teaspoon vanilla. Add milk as needed, to achieve drizzling consistency.

These 5 sleep-time hacks will help you lose belly fat



Weight loss is a journey that can be accomplished only with a complete lifestyle change. It is important for you to cut down your calorie intake as best as you can and complement that with regular exercise. However, it is as important for you to get a good night's sleep and complete rest to help you lose belly fat. Sleep deprivation can affect your ability to judge what is right for your body causing you to succumb to fatty and sugary cravings and also make you binge on food. Moreover, you can also shed weight while you sleep by following these simple bedtime hacks.

**Ensure cooler room temperature**

You invariably need some good fats in your body, some of which also aid in losing weight. Brown fat, also known as brown adipose tissue, is used to get your body acclimatized to your surroundings. This fat is activated by cold temperature and acts as an internal heating jacket for your body. This activates more brown fat cells and helps you burn fat. Therefore, sleeping cold may actually help you lose a few extra kilos. The more the amount of brown fat in your body, the less is the amount of white fat. White fat, like that around your belly,

stores energy we get from food.

**Sleep in a dark room**

You must sleep in absolute complete darkness to help you lose those extra kilos. For complete darkness, turning off the lights might not be the only thing you need to do. You might want to draw your curtains to blocks lights from your window as well. A dark room helps your body produce melatonin which is a sleep-promoting hormone. Even a slight light exposure can impede the production of melatonin in the body. Melatonin also influences your metabolism and especially helps in converting brown fat to white fat.

**Have green tea before bed**

Green tea might actually be more sleep-friendly than you think, even though it contains caffeine. Green tea contains a number of compounds that can help you burn fat. Antioxidants like ECGC can help you improve your metabolism. Caffeine, too, helps in stimulating the brown fat in your body. Green tea only contains one-third of the caffeine present in a cup of coffee.

**Switch off your phone**

The moment you have an electronic device in your bedroom, the more distracted you are right before you go to sleep. This means you sleep less. The less you sleep the more the body tries to make up for it by overeating. Reduced energy also means you are not as active throughout the day which impacts the amount of physical activity you get. Also, blue light that is emitted from phones may hamper melatonin production in the body. It might be best to keep your phones away when you sleep if you want to shed that extra weight.

**Sleep early**

Even if you think otherwise, you are burning calories as you sleep. your body burns more calories when you are in deep sleep. Thus, the longer you sleep soundly, the more calories you burn. This is because your brain is most active during REM sleep or deep sleep. The brain uses energy and thus your body continues to produce glucose to fuel your brain.

Natural ways to boost immunity during lockdown



With the Corona virus outbreak, the world is going through a major crisis, where most of the countries have actually gone into a state of lockdown and extended it as a means of prevention against the deadly virus. Even in India, the lockdown has been extended as a measure to control the outbreak. It is a time when health has turned out to be the foremost priority. However, it isn't that easy for our body to cope up with the inactive

lifestyle. Especially, when a strong metabolism and immunity is needed to sustain the harsh virus attack. Well, here are a few ways to boost immunity in a natural way to ensure that your body has everything to combat the external harshness.

**Foods rich in vitamin D**

Vitamin D is actually considered to be proven as one of the most effective nutrients in dealing with the existing viruses in the environment. Vitamin D helps in fending off infections while it will shield from getting the infection. One of the best sources of obtaining Vitamin D is through daylight. However, in case of lockdown, when stepping out is amajor problem going for foods rich in vitamin D is the best way to give your body the natural boost of immunity. Foods like salmon, fish, eggs, cheddar and mushrooms help in boosting the metabolism as well as the immunity. Along with this, it is essential that one takes proper sleep, ditch habits like smoking and drinking, manage stress and stay optimally hydrated.” says Dr. Rita Bakshi, Senior Gynaecologist and Founder, International Fertility Center.

**Anti-Inflammatory Foods**

Anti-Inflammatory Foods are actually fundamental in reinforcing resistance levels in the body. Foods like Turnmeric, tomatoes, olive oil, ginger, fish oil, walnuts, blueberries and foods rich in Omega-3 help in improving immunity and prevents from various ailments.

**Fibre-Rich Foods**

The fibrous foods actually help in giving the body essential nutrients for strengthening immunity. They are packed with vitamins and minerals that replenish the body with adequate supplements. These even have benefits of fighting infections and viruses that can attack and weaken the immunity levels of the body.

**Ginseng Tea**

The Ginseng Tea is enriched with antioxidants that works as a shield for the body to protect against ailments and seasonal flu. The presence of antioxidants makes this healthy blend a natural remedy to fight antibodies and infections. The ginseng has been known for its detoxifying and purifying properties. It further boosts the energy levels in the body and strengthens immunity in the long run.

General Knowledge Question Answers

1. Name the first non-Indian who received the Bharat Ratna award?	(D)Iron Ore	11. Which one among the following radiations carries maximum energy?
(A)Khan Abdul Ghaffar Khan (B)Mother Teresa (C)Martin Luther King (D) Aubin Mehta	(A) Akbar (B)Noor Jehan (C)Bahadur Shah (D) Babur	(A) Ultraviolet rays (B) Gamma rays (C) X- rays (D) Infra-red rays
2. In which year, the Mother Teresa won the Nobel Peace Prize?	7. The Indian state which leads in agricultural production is	12. Bokaro Steel Limited was set up with the assistance of
(A) 1975 (B) 1982 (C) 1981 (D) 1979	(A)Punjab (B) Haryana (C) Karnataka (D) Tamil Nadu	(A) USA (B) Germany (C) UK (D)Soviet Union
3. For making bullet-proof glass, which one of the following glasses is used?	8. The longest mountain range in the world is known as:	13. The Headquarters of WTO (World Trade Organization)is situated in
(A) Soda glass (B)Reinforced glass (C) Jena glass (D)Pyrex glass	(A)The Himalayas (B)The Alps (C)The Rockies (D)The Andes	(A) Montreal (B) Geneva (C) Seattle (D) the Hague
4. Which substance is used to retard the setting action of cement?	9. The most populous city in the world is	14. Which was the second Italian Satellite launched from Soviet Union?
(A) AlO (B) CaO (C) NaO + KO (D) CaSO.2HO	(A) Paris (B) Tokyo (C) Peking (D) London	(A) Bhaskar-1 (B) Aryabhata (C) Rohini (D) Apsara
5. The mineral in which India depends largely on imports is	10. Which state among the following produces maximum soybean?	15. The metal whose salts are sensitive to light is
(A)Mercury (B)Mica (C)Bauxite	(A) Bihar (B) Uttar Pradesh (C) Madhya Pradesh (D) Rajasthan	(A) Copper (B) Zinc (C) Silver (D) Gold

ASTRO SPEAK	
<b>ARIES</b>  MAR 21 - APR 20	Today's skies offer the break you've been needing, Aries. The moon sifts through mentally active Aquarius, imploring you to reach out and connect with your community and friend groups—without the burden of yesterday's tensions. Even though Aries are notorious for being individualistic, you'll feel at your best when you're a part of something larger than yourself.
<b>TAURUS</b>  APR 21 - MAY 20	You've been facing some setbacks in advancing your career, Taurus. Mars and Saturn are both working hard to restructure and reframe what you want to do with your life, and that can feel extremely disorienting. The moon, on the other hand, floats agenda less through visionary Aquarius this afternoon—sensitizing you to your public reputation and helping you further contemplate your next move.
<b>GEMINI</b>  MAY 21 - JUN 20	Break your routine in whatever way you can today, Gemini. The moon floats through high-minded Aquarius this afternoon, pulling you into a dreamworld of potential "what ifs" in your grand view of life. Get lost in the world of a foreign film, begin a new book, or do something out of the ordinary to keep that curious mind of yours content.
<b>CANCER</b>  JUN 22 - JUL 23	Today's skies are less emotionally stirring than yesterday's skies, Cancer. The moon tiptoes through mentally stimulated Aquarius, making no aspects to other planets throughout the day. This signals that it's best to keep overextroverted or initiatory actions to a minimum. Partnership, intimacy, and psychological explorations dominate your thoughts today—so crack open up a deep conversation with a lover.
<b>LEO</b>  JUL 24 - AUG 23	You've been rearranging your perspective on life and all of its functions recently, Leo. The cosmos of late haven't been so easy to navigate, especially on one's own. Today's skies lighten the load as the moon floats through other-oriented Aquarius, drawing you to a deeper understanding of relationship matters. Your one-on-ones take priority today, so refrain from keeping everything to yourself.
<b>VIRGO</b>  AUG 24 - SEP 23	You need a project to unleash your energy towards right now, Virgo. Today's cosmic mix is undoubtedly easier to handle than the past few days, as the moon floats solo through visionary Aquarius. Work, errands, health, and exercise are calling out for your attention today. So, tune into your body and pick a project that you can activate your natural busybody tendencies.
<b>LIBRA</b>  SEP 24 - OCT 22	Libras despise tense confrontations of any kind. While yesterday's skies made that quite apparent, today the cosmos offer a moment to mend and release—as the moon peacefully floats through objective Aquarius. Relationships may have gotten rocky recently, so with today's amicable skies, work to patch things up with a lover.
<b>SCORPIO</b>  OCT 23 - NOV 22	The concept of home has been more important to you than ever, Scorpio. Today's Aquarius moon sensitizes you to your home base and your connection to family. You need reassurance now that the foundations you're building are the right ones. Mars and Saturn in Aquarius are working to reframe your living environment, helping you get deeply in touch with what you require in a home.
<b>SAGITTARIUS</b>  NOV 23 - DEC 22	A much needed wave of relief washes over your mind this afternoon, Sagittarius. The moon floats through freethinking Aquarius today, totally uninhibited from other contacts in the sky. This gives you time to gather your thoughts and understand what's next for you. Communication is critical to your comfort today, and need for exchanges in your environment.
<b>CAPRICORN</b>  DEC 23 - JUL 20	You've been waiting for an alleviating moment for a while now, Capricorn. Today's skies deliver you the break you've been craving, as there's relatively little action throughout the day. The moon ambles through offbeat Aquarius throughout the day, calling attention to your natural abilities and talents and asking you to reignite your interests in things you've left on the back burner. Get lost in it and love what you do.
<b>AQUARIUS</b>  JAN 21 - FEB 23	Today calls attention to your appearance and physical health, Aquarius. The moon ambles freely through your sign throughout the afternoon, making no aspects to other planets and leaving you to your own devices. Today's skies are unequivocally lighter than the past few days, so take advantage of the levity and reconnect with your body.
<b>PISCES</b>  FEB 20 - MAR 20	Alone time is important to foster in your environment today, Pisces. The moon drifts without a care in the world through Aquarius this afternoon, lifting the crushing weight off your shoulder the past few days. Your sensitivities are running high today and you still may wish to refrain from much interaction with other people. Silence your phone, run a bath, and let your spirit refresh itself.