

Alia Bhatt opens up on when she will reveal Raha Kapoor’s face to the world, explains why she hasn’t shared her pics on social media



Alia Bhatt and Ranbir Kapoor's daughter, Raha Kapoor, is already a star. And her fans are dying to get a glimpse of the little one. Ranbir Kapoor and Alia insisted the paparazzi not click their daughter's pictures in the initial time of her born and it is still being followed. And they themselves haven't shared her images yet on social media. As there's just a couple of days left for Raha to turn one, there is a lot of excitement around the look of the baby. Will Alia and Ranbir drop the first image of Raha on November 6, on her first birthday? Alia Bhatt answers.

In her latest interaction, Alia Bhatt spoke about how she and Ranbir never intended to hide their daughter's face. "I don't wanted to seem like that I am hiding my daughter's her face, I just love her, if the camera wasn't rolling I would have put her giant image of her. We are proud of our baby". Adding further, Alia explains that the intention behind not flashing their daughter's face is that they still don't know how to take it as a new parent. And the time will definitely come when Raha's face will be out, but they don't know when.

Alia even added that she and Ranbir are always there for her. In the first six months Alia was with her baby because she was feeding her, and later, when she took up Jigra, Ranbir Kapoor rescheduled his dates to be his daughter. And the actress only hopes that some lady, her little daughter Raha, will respect their decision as parents.

Ranbir and Alia are one of the most popular couples in Tinsel Town. The couple got married in April 2022, and they announced the arrival of their little one in November 2022, and now Raha is going to be one year old soon.

Randeep Hooda to marry his girlfriend Lin Laishram in November?

Bollywood celebrity wedding are always a talk of the town. They have these grand and elegant weddings and the pictures from the wedding are always so dreamy. We recently saw Parineeti Chopra and Raghav Chadha's grand wedding in Udaipur. The pictures are still the talk of the town. Now, we will get to see another big Bollywood wedding. Yes, another star couple is all set to tie the knot.

As per reports in the Times Of India, Randeep and Lin will get married in the month of November this year. It will reportedly be a private ceremony with their respective family and close friends.

Reports say that the wedding will not happen in Mumbai and that Randeep wants the wedding to be private one hence only close people will be there. Randeep is planning to announce about the wedding only when it's done.

It was just recently when Randeep and Lin made their relationship official. Randeep also shared a cute picture on Lin's birthday. Talking about the work front, Randeep will be seen in Swatantrya Veer Savarkar.



After Gadar 2 success, Sunny Deol claims there is no Gadar without him

Sunny Deol witnessed the massive success of Gadar 2 after 22 long years, and it was a glorious moment for the star. And after the super success of Gadar 2, Sunny Deol has been making several public appearances to express his gratitude towards fans for showering him with immense love. But this is the first time Sunny Deol has left his modesty on the back foot and obliged himself by admitting and claiming the fact that there can be no Gadar without him. Sunny Deol owns Tara Singh's character like no one else, and even the audience cannot imagine anyone but him as Tara Singh

In his latest interview, Sunny Deol was asked about the glorious moment and questioned if Gadar 2 was possible without him. Very humbly, he answered. "At the risk of sounding immodest, let me say, there can be no Gadar without Sunny Deol. I own that character, just like my father owned the characters in Phool Aur Patthar, Sholay, Pratiggya and Satyakam. I want my roles to belong only to me. Sunny nahin toh koi bhi nahin." Sunny Deol further added, "Very honestly, I haven't been keeping an eye on the



numbers. Hamari picture logon ko pasand aayee, bahot pasand aayee, hamare liye yehi kafi hai (people liked my film immensely is enough for me). All the rest, the best, the biggest and all that makes no difference to me."

Recipes

Moonglet



Ingredients
1 cup yellow moong dal
1/2 capsicum (green pepper)
2 tablespoon coriander leaves
1/4 tablespoon dry mango powder
2 tablespoon butter
1/2 onion
1/2 tomato
1 piece green chilli
2 Pinches asafoetida
salt as required

Method:
Soak the moong dal for 4-5 hours and then drain the water and add to a blender. Blend to form a thick paste. Now water as per need and blend again. Add water in batches and in small quantities to prepare a batter of medium consistency.

Take out the mixture in a bowl. Add salt, asafoetida and dry mango powder. Now add finely chopped onion, tomato, capsicum, green chilli and coriander leaves. Mix well to prepare a batter. Keep whisking for a few minutes until the batter seems a bit frothy.

Heat 1 tbsp butter in a small pan. Pour half of the batter into the pan and let it cook for a few minutes. Make sure that the pan is small and the batter forms a thick layer. Flip it towards the other side and cook until crispy. Repeat this step to make one more moonglet.

Serve the moonglet hot with ketchup, imli chutney or mint chutney.

What does unplugging mean in mental health?

Unplugging in mental health means when we intentionally disconnect from things which have been occupying our mind like from digital devices or professional work-in order to have a balanced life.

Few tips and tricks to unplug and find that balance-

Set boundaries:
It's very important for us to define the work hours and disconnect from a digital devices, including a smart watches which are monitoring her heart and many other things. You can always have specific times during the day or before bedtime or on weekend when you indulge with your digital devices.

Digital detox periods:
Schedule regular "digital detox" periods, which could be a few hours or an entire day, where you disconnect from the internet and your devices.

Limit social media time:
Set daily or weekly time limits for social media use. Unfollow or mute accounts that may cause stress or negative emotions.

Replace screen time with activities:
Will have a habit of trying to control or get rid of a habit



which is unhealthy for us, but we fail to understand that we develop that unhealthy habit because we did not have any healthy habit which I liked to do. So identify hobbies or activities you enjoy and replace screen time with them.

Practice mindfulness:
Incorporate mindfulness and meditation into your routine to help you stay present and focused on

the real world.

Reflect on benefits:
we make a full colourful chart of all the wonderful benefits you get if you follow the discipline of unplugging, for example, reduce stress, better, sleep, less anxiety, better connections, et cetera

Unplugging is a personal journey, and the specific strategies you choose will depend on your lifestyle and needs. The practice of unplugging offers several mental health benefits, including:

Reduced stress, better sleep, enhance focus on productivity, mindfulness, better relationships, and so many other things. So get out of your digital devices, and be in the real world.

5 must eat fruits if you want to delay ageing



Ageing is a natural process that we all go through, but there's no harm in wanting to delay its effects and maintain youthful vitality for as long as possible. While there is no fountain of youth, nature offers us a delightful assortment of fruits that can work wonders for your skin, health, and overall well-being. Let's delve into the world of age-defying fruits and explore the top five that you absolutely must include in your diet.

Blueberries: The youthful berry
Blueberries are often touted as a superfood for a good reason. These tiny, deep-blue gems are packed with antioxidants, particularly anthocyanins, which combat the damage caused by free radicals and protect your skin from premature aging. Blueberries are also rich in vitamin C, which supports collagen production for smooth and supple skin. Additionally, their anti-inflammatory properties help reduce the signs of aging.

Avocado: The creamy elixir
Avocado is a creamy and delicious fruit that's a treasure trove of nutrients for your skin. It's abundant in healthy monounsaturated

fats that keep your skin hydrated and radiant. Avocado is also a rich source of vitamin E, which helps protect your skin from oxidative damage, and vitamin C, known for its collagen-boosting properties. When it comes to age-defying fruits, this one is a must for that youthful glow.

Pomegranate: The skin savior
The pomegranate, with its ruby-red seeds, is a true skin savior. It's packed with potent antioxidants called polyphenols, which help protect your skin from UV damage and improve skin texture. Pomegranate also aids in collagen production and promotes skin cell regeneration, reducing the appearance of wrinkles. Enjoy it as a snack or add its seeds to your salads for a delightful anti-aging boost.

Papaya: The skin soother
Papaya, often referred to as the "fruit of angels," is a tropical delight loaded with vitamins, minerals, and enzymes. It's especially rich in vitamins A, C, and E, which promote skin repair and renewal. The enzyme papain in papaya acts as a natural exfoliant, removing dead skin cells and unclogging pores. Eating papaya regularly can result in a brighter complexion and smoother skin.

Kiwi: The collagen catalyst
Kiwi, with its vibrant green flesh and tiny black seeds, is a collagen-boosting dynamo. It's exceptionally high in vitamin C, which stimulates collagen production and helps maintain skin elasticity. Kiwi also contains vitamin E and other antioxidants that combat oxidative stress, reducing the appearance of fine lines and wrinkles.

More than just fruits
While these age-defying fruits can be your allies in the quest for youthful skin, it's essential to remember that a balanced diet, proper hydration, and a healthy lifestyle play equally significant roles in maintaining your overall health and delaying the aging process. So, embrace these fruits, savor their deliciousness, and relish the glow they bring to your skin. Your journey to a more youthful you starts on your plate.

General Knowledge Question Answers

1. Who was the first person to walk on the moon?

- a) Neil Armstrong
- b) Buzz Aldrin
- c) Yuri Gagarin
- d) Alan Shepard

2. Which river is the longest river in the world?

- a) Amazon River
- b) Nile River
- c) Yangtze River
- d) Mississippi River

3. Who was the first Indian astronaut in space?

- a) Rakesh Sharma
- b) Kalpana Chawla
- c) Sunita Williams
- d) Abdul Kalam

4. Who invented the telephone?

- a) Alexander Graham Bell
- b) Thomas Edison
- c) Benjamin Franklin
- d) James Watt

5. What is the currency of Japan?

- a) Yen
- b) Yuan
- c) Euro
- d) Pound

6. Which is the largest desert in the world?

- a) Sahara Desert
- b) Gobi Desert
- c) Arabian Desert
- d) Australian Desert

7. Who painted the famous painting “Mona Lisa”?

- a) Leonardo da Vinci
- b) Michelangelo
- c) Pablo Picasso
- d) Vincent van Gogh

8. What is the capital of Australia?

- a) Sydney
- b) Melbourne
- c) Brisbane
- d) Canberra

9. Who is known as the Iron Lady of India?

- a) Indira Gandhi
- b) Sonia Gandhi
- c) Mamata Banerjee
- d) Margaret Thatcher

10. What is the national animal of India?

- a) Lion
- b) Elephant
- c) Tiger
- d) Panther

11. Who wrote the famous play “Hamlet”?

- a) William Shakespeare
- b) Samuel Beckett
- c) Tennessee Williams
- d) Oscar Wilde

12. Which country is known as the Land of the Midnight Sun?

- a) Norway
- b) Sweden
- c) Finland
- d) Denmark

13. Which is the largest bird in the world?

- a) Penguin
- b) Ostrich
- c) Eagle
- d) Albatross

14. What is the capital of South Africa?

- a) Johannesburg
- b) Cape Town
- c) Pretoria
- d) Durban

15. Who is the author of the Harry Potter series of books?

- a) J.K. Rowling
- b) Stephenie Meyer
- c) Suzanne Collins
- d) Dan Brown

- 12. Norway
- 13. Ostrich
- 14. Pretoria
- 15. J.K. Rowling
- 6. Sahara Desert
- 7. Leonardo da Vinci
- 8. Indira Gandhi
- 9. Indira Gandhi
- 10. Tiger
- 11. William Shakespeare

- 1. Neil Armstrong
- 2. Rakesh Sharma
- 3. Alexander Graham Bell
- 5. Yen

Answers:

ASTRO SPEAK

ARIES



MAR 21 - APR 20

The Leo moon aligns with Chiron and Mars this morning, dearest Aries, asking you to check in with your energy levels and basic needs. This cosmic climate could bring an irritable energy to the table, resulting in power struggles and snappy behaviors if you're not careful. Your patience may be tested as Luna squares off with Uranus, and stubborn dispositions could lead to personality clashes.

LIBRA



SEP 24 - OCT 22

It may be difficult to engage with your extended community as the Leo moon squares off with Mars this morning, dear Libra, especially when it comes to the online realms. Staring at screens should also be avoided, leaning into self-care and the pursuit of harmony as Chiron steps in to offer support. You'll feel more social as the afternoon sets in, making it a good time to meet with friends for lunch.

TAURUS



APR 21 - MAY 20

You may receive more comfort from within than through loved ones this morning, dear Taurus, as the Leo moon aligns with Mars and Chiron. Try not to take it personally if family or friends seem edgier than usual, as this cosmic climate could bring out temperamental behaviors. Focus on nurturing yourself as the hours pass, though your emotions may be difficult to navigate this evening when Luna squares off with Uranus.

SCORPIO



OCT 23 - NOV 22

Be strict with your boundaries as the Leo moon squares off with Mars but try not to abandon grace when drawing lines with others. Chiron steps in to lend a helping hand, encouraging you to stay busy with chores or wellness practices as a way to avoid conflict. Emotional walls could manifest suddenly within your love life this evening when Luna squares off with Uranus.

GEMINI



MAY 21 - JUN 20

You'll crave fresh perspectives as the Leo moon aligns with Mars and Chiron which could cause you to feel caught up in a rut. Lean into your community online or in your area, asking for support or help if you're overwhelmed and tired of trying to do it all. Find a healthy outlet to vent your frustrations as evening settles in and Luna squares off with Uranus, especially if your internal dialogue takes a negative turn.

SAGITTARIUS



NOV 23 - DEC 22

You'll feel torn between having fun with friends and laying low as the Leo moon aligns with Mars and Chiron, dear Sagittarius, putting you in a restless yet private mood. Rather than forcing yourself to get out, consider staying in to chip away at passion projects and artistic outlets. Touch base with your spirituality as the hours unfold, asking for guidance or support from beyond.

CANCER



JUN 22 - JUL 23

The Leo moon aligns with Mars and Chiron which could cause you to feel creatively restricted. Look for ways to break down any self-imposed barriers that have prevented you from having fun or taking artistic risks. Avoid the temptation to zone out with your screens as evening settles in and Luna squares off with Uranus, focusing on ways to connect with the material realms instead.

CAPRICORN



DEC 23 - JUL 20

Don't feel guilty about canceling plans this morning if you'd rather stay home, dear Capricorn, as the Leo moon aligns with Mars and Chiron. This cosmic climate will bring tension to the collective, though your space will offer a safe reprieve from which you can recharge. Reflect on any personal changes you hope to make as the hours unfold, using Luna's transformative placement to evolve and grow.

LEO



JUL 24 - AUG 23

The moon continues its journey through your sign aligning with Mars and Chiron as the day begins. While you may be faced with moody housemates leaning into your spirituality while doing your own thing can help you navigate away from temperamental characters. Don't be afraid to shine amongst cloudy skies as the hours unfurl, though you could encounter unexpected roadblocks when Luna and Uranus square off this evening.

AQUARIUS



JAN 21 - FEB 23

Set strict boundaries with anyone who threatens your sense of harmony, as the Leo moon aligns with Mars and Chiron. This cosmic climate is also perfect for initiating positive discussions around matters of the heart, bringing healing to the dynamics you choose to invest in. Opportunities for romance will grow as the hours unfold, though a harsh square between Luna and Uranus this evening could bring unexpected drama.

VIRGO



AUG 24 - SEP 23

The Leo moon aligns with Mars and Chiron this morning, dearest Virgo, granting permission to lay low. Surface-level interactions will be difficult to withstand, though connecting with your closest companions can help you feel supported and motivated to evolve. Avoid large crowds as the hours continue to unfurl, as it would be easy to feel overstimulated by too many faces.

PISCES



FEB 20 - MAR 20

You may feel torn between handling your responsibilities and embracing leisure this morning, dear Pisces, as the Leo moon aligns with Mars and Chiron. Give yourself some grace when it comes to tackling to-do lists, allowing personal pampering to take precedence. You'll have plenty of time to run errands and catch up on chores as the hours continue to unfurl.