

Naga Chaitanya reveals he shares best onscreen chemistry with THIS actress



Naga Chaitanya was all over the headlines as he finally opened up about his divorce with Samantha Ruth Prabhu. It was last year that the couple decided to put an end to their almost 3 year long marriage. Their separation left their fans heartbroken. A lot was said post their split, however, Naga Chaitanya maintained a staunch silence. It was recently that he opened up about the divorce and stated that his family stood by him in tough times. He also mentioned that Samantha and him are happy in their individual lives. Now, Naga Chaitanya has revealed the name of the actress he shares the best onscreen chemistry with and you will be surprised to know

In an interview Bollywood Hungama, Naga Chaitanya was asked with whom he shares the best onscreen chemistry and he took Samantha Ruth Prabhu's name. He was also asked about a film that should be remade in Hindi and he said Majili. The film had Samantha Ruth Prabhu and Divyansha Kaushik along with him. Naga Chaitanya also revealed the 2 Bollywood actresses he would absolutely love to work with. He named Alia Bhatt and Deepika Padukone. He was quoted saying by the portal, "I love their performances. So if I ever get an opportunity I would love to share screen space with them in some way."

On the work front, Naga Chaitanya is all set to register his entry with Aamir Khan's film Laal Singh Chaddha. The movie will see Naga Chaitanya in a pivotal role. The film is all set to release in April. The film will also see Salman Khan and Shah Rukh Khan in a cameos.

Arjun Kapoor-Malaika Arora to Ranbir Kapoor-Alia Bhatt: Celebs who are getting married in 2022



We have a huge list of celebs who will be taking their relationship one step ahead and will soon get married. From Alia Bhatt – Ranbir Kapoor; Malaika Arora - Arjun Kapoor to Farhan Akhtar - Shibani Dandekar and more popular couple celebs who will walk down the aisle with their partners.

Malaika Arora - Arjun Kapoor
Arjun Kapoor and Malaika Arora are the new age couple of Bollywood and give major couple goals with their PDA. A few days back, there were rumours that Malaika and Arjun had parted ways. But, both Arjun and Malaika quashed the breakup rumours and had posted images about the same.

Ranbir Kapoor - Alia Bhatt
The much-in-love couple Ranbir Kapoor and Alia Bhatt will get married in 2022. Their fans love their chemistry and eagerly want them to get married.

Farhan Akhtar - Shibani Dandekar
One of the coolest couples of B-town - Farhan Akhtar and Shibani Dandekar are reportedly planning a lavish wedding in Mumbai on March 2022. The couple will have a registered marriage in Mumbai on February 21, 2022.

Karishma Tanna - Varun Bangera
Popular actress Karishma Tanna confirmed her wedding date with her real estate businessman boyfriend Varun Bangera. The couple will tie the knot on February 5.



Aadar Jain-Tara Sutaria
Tara Sutaria and Aadar Jain are in a relationship for a long time now and the two are often spotted attending several events together.

Mouni Roy - Suraj Nambiar
Naagin actress Mouni Roy will tie the knot with her long-time boyfriend Suraj Nambiar on 27 January in Goa.

Recipes

Gluten-free Tahini Cookies



Ingredients
3/4 cup powdered buckwheat (kuttu)
4 tablespoon tahini
1/3 teaspoon baking soda
sesame seeds as required
4 tablespoon maple syrup
1/2 cup ground almonds
1 teaspoon vanilla essence

Method:
To prepare these amazing cookies, take a bowl and mix maple syrup, tahini and vanilla essence until fully combined and there are no lumps remaining in your mixture.

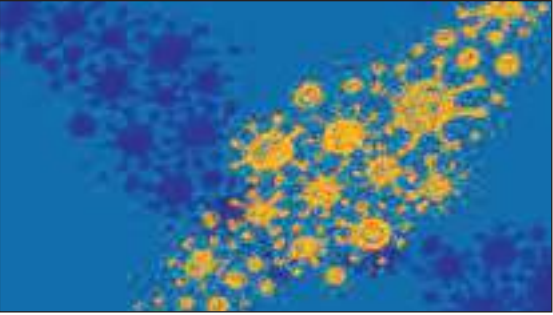
Mix in ground almonds until fully combined. In a separate bowl, combine sifted buckwheat flour and baking soda. Add it to the tahini mixture in 3 batches. The mixture will be thick and sticky so it's best to use your hands.

Divide dough into 12 even pieces. Roll each piece into a ball and dip it in a plate of sesame seeds (if using), press the ball down with a bottom of a glass to create a 1/2 cm thick 5 cm (2 in) diameter disc.

Once you get all the discs coated in sesame seeds. Put them into the fridge for about 40 minutes. When it's 30 minutes in, pre-heat the oven to 175° C / 350° F

Bake in a hot oven for 10-12 minutes. Remove the biscuits from the oven, transfer them to a cooling rack and let them cool down completely before eating.

The Omicron symptom that is the most common in fully vaccinated COVID-19 patients



COVID-19 vaccines have provided a great sense of hope and light in these dark, baneful times. Not only have they helped in preventing severe infections, but they have also minimized the risk of hospitalisation and deaths. But at a time, when new variants continue to emerge and wreak havoc, have the COVID-19 vaccines really stepped up and proved effective? Let's find out.

Recent findings suggest that the new coronavirus variant, Omicron, has the potential to escape vaccine-induced immunity. Given that it has over 30 mutations in the spike protein, experts have said that it could develop an immune-escape mechanism, which helps them evade vaccine protection.

While unvaccinated individuals remain at a greater risk of contracting the virus and developing severe illness, according to health agencies, breakthrough infections can occur and lead to various ailments.

According to the Centres for Disease Control and Prevention (CDC), "Current vaccines are expected to protect

against severe illness, hospitalizations, and deaths due to infection with the Omicron variant. However, breakthrough infections in people who are fully vaccinated are likely to occur."

Additionally, in a recent update, the World Health Organization (WHO) said that current COVID-19 vaccines may need to be reworked to ensure they are effective against Omicron and future variants of the coronavirus. This only suggests that the Omicron variant avoids some of the antibodies induced by two vaccine doses and therefore the existing vaccines may need to be updated accordingly.

Breakthrough infection is a reality we must accept
Although available COVID-19 vaccines provide a certain level of protection against the SARs-COV-2 virus, studies have shown that breakthrough infections can occur in partially and fully vaccinated individuals.

A breakthrough infection occurs when a person who has received one of both the doses of a COVID-19 vaccine contracts the virus. He or she either remains asymptomatic or develops mild to moderate symptoms. In some cases, one may also develop severe illnesses, leading to hospitalisation and in very rare circumstances, death.

Beware of this symptom if you are fully vaccinated
It has come to light that the new variant is comparatively milder than the previously existing variants, especially the Delta. Doctors have noted that most infected patients develop cold-like symptoms, and get better on their own.

Having said that, if you're someone who has received their standard COVID shots, watch out for any sign of sore, scratchy throat, says Chicago Department of Public Health Commissioner Dr. Allison Arwady.

5 must have winter superfoods for a glowing skin for the rest of the year



It is said that the best skincare doesn't always come in a jar. What you eat on a daily basis or your food habits determine the health of your skin. The dietary choices we make can determine the actual skin age and can even make you look older than the actual age. Healthy food choices leave a great amount of impact on our complete body while boosting our immune system. When you consume healthy food, it improves the skin by rejuvenating it which leaves a glowing effect on it. Some of the foods are so healthy that they can be applied to the skin directly to improve skin health. From curbing wrinkles to smoothening the skin and strengthening the nails, the food choices we make can do it all. During the winter season, you might have noticed that the skin becomes pale and dry and whichever moisturizer you use, it looks dry only. Here is a list of superfoods for Rohit Shelatkar, VP at Vitabiotics, Fitness & Nutrition Expert which are a must in winters, as they protect our skin from all types of winter problems.

Water
This one is one of the most important elements in our daily diet.

Water gives our body and skin the much-needed boost of hydration. Consuming ample water makes the skin soft, smooth and supple. If the opposite is done, it can lead to dryness, clogged pores, wrinkles and blemishes. Further, drinking less water leaves you dehydrated that can trigger fatigue and make you look older.

Fatty Acids
Omega-3 fatty acids found in walnuts, flax seeds, and fish like Salmon and Mackerel help in keeping the skin nourished. These polyunsaturated fats accelerate the production of the skin's natural oil barrier, which is critical in keeping your skin hydrated. It even makes it plumper, and younger-looking.

Carrots
Carrots are rich in beta-carotene and lycopene that protect skin from UV damage. Although the sun is not too bright in winters, UV rays are still present all around us. Carrots are also packed with Vitamin A, potassium and antioxidants that keep dry skin and uneven skin tone issues at bay.

Citrus Fruits
Winters are the time when fresh juicy and refreshing citrus fruits such as oranges, tangerine, grapefruit, and lime are available in abundance. These vitamin C rich fruits can be excellent winter superfoods.

Some common benefits provided are - Vitamin C can help boost immunity, the water content can help keep the body hydrated, and fibre can help improve digestion.

Sweet Potatoes
A winter special is loaded with tons of benefits. Sweet Potatoes are loaded with fibre which keeps the stomach full for a longer time. The high levels of beta-carotene found in sweet potatoes not only nourish the skin but also makes it glow from within. They are essential to boost immunity and help in safeguarding the body against minor ailments.

General Knowledge Question

1. Which organ of the human body produces a fluid known as bile?

- A. Pancreas
- B. Gall Bladder
- C. Kidney
- D. Liver

- A. Cerebrum
- B. Cerebellum
- C. Medulla Oblongata
- D. Spinal Cord

7. Define Blood Pressure:

- A. It is the pressure that blood clot exerts over brain.
- B. It is the pressure that blood receives on account of faulty commands from the brain.
- C. It is the pressure that fatness or old age exerts on the body's circulatory system.
- D. It is the amount of pressure on the blood as a result of the heart's pumping function and the resistance of the arterial walls.

8. Name a blood vessel which carries deoxygenated blood?

- A. Aorta
- B. Pulmonary Artery
- C. Hepatic Artery
- D. Pulmonary Vein

9. Name a hormone which controls the blood pressure in the human body?

- A. Oxytocin
- B. Estrogen
- C. Testosterone
- D. Vasopressin

10. Name the membranes which are invested by the brain and spinal cord?

- A. Arachnoid

- B. Pleural Membrane
- C. Meninges
- D. None of the above

11. The process of transfer of hereditary character from one generation to another is known as.....?

- A. Genes
- B. Mutation
- C. Variation
- D. Genetics

12. Who is known as father of genetics?

- A. Gregor Mendel
- B. Augustinian friar
- C. Norman Borlaug
- D. M.S Swaminathan

13. Who coined the term Mutation?

- A. James Watson
- B. Herman Joseph Muller
- C. Hugo de Vries
- D. None of the above

14. Which term of genetics represents the potential ability of a plant cell to grow into a complete plant?

- A. Pluripotency
- B. Totipotency
- C. Cloning
- D. Variation

ASTRO SPEAK

ARIES



MAR 21 - APR 20

Set aside some time to meditate this morning, as the Cancer moon shares a sweet aspect to spiritual Neptune. These vibes can bring through information from beyond the veil in both the waking and dream worlds, so be sure to note any odd encounters you had while you were traversing the astral plane as well. This evening, the full moon manifests, heightening your intuition and softer side.

LIBRA



SEP 24 - OCT 22

Take some time out to do a deep cleaning of your work space today, dear Libra, as the Cancer full moon shines a light in the sector of your chart that rules career. This lunar event will form aspects to transformative Pluto, who loves nothing more than to push out the unnecessary. If you work remotely, this energy is perfect for letting go of any work-related bad habits you've picked up, especially if you find that your professional life has been bleeding over into your personal time.

TAURUS



APR 21 - MAY 20

If you tend to doubt your intuition, you should make a vow to let go of such habits, as the Cancer full moon manifests this evening. This lunar event will aspect transformative Pluto, bringing forth abundant, releasing energy with it. Try to check in with your third eye throughout the day, especially if you feel like you might be picking up on the thoughts or emotions of others.

SCORPIO



OCT 23 - NOV 22

This full moon will be a profound one for you, little Scorpion, sets up camp in the sector of your chart that rules spiritually while aspecting your modern ruler, Pluto. These vibes will encourage you to speak up about your wants and needs, allowing you to express yourself on a deeper level. This cosmic climate could also drum up issues within your relationships, especially if you feel like someone isn't operating on the same wavelength as you.

GEMINI



MAY 21 - JUN 20

Today will be an intense day, sweet Gemini, as the Cancer full moon faces off with brooding Pluto, dusting up deep-seated emotions and perhaps a few fears. These vibes can have detrimental effects on your relationship, especially if you or your partner allow possessive or jealous behaviors to come out. Even if your feelings are throwing you for a loop, try to stay grounded, calm, and diplomatic within your interactions, or major blowouts could ensue.

SAGITTARIUS



NOV 23 - DEC 22

Avoid spending frivolously today, dear Archer, especially if you find yourself making purchases while emotionally charged. Today's Cancer full moon will shine a light on your finances and investments, asking you to take a look at where your money goes each month. If you've been bad at saving your pennies over the last few years, you may want to get serious about how you can build up your finances moving forward.

CANCER



JUN 22 - JUL 23

You'll be deep in the feels today, little Crab, as the Cancer full moon manifests in your sign this evening. Both your third eye and intuition will open up under this cosmic climate, though you'll need to make sure you're directing your energy in a healthy and productive way. Thanks to Pluto's influence in this lunar event, an obsessive disposition could wash over you, especially when it comes to your relationships.

CAPRICORN



DEC 23 - JUL 20

With Venus continuing her journey through your sign, you've likely been dropping the ball with your self-care game lately, dear Capricorn. However, with today's Cancer full moon manifesting in the sector of your chart that rules love, it may be time to bestow some TLC upon yourself. Even if your friends invite you to an exciting evening out, you will want to forgo social situations that don't involve your romantic partner.

LEO



JUL 24 - AUG 23

You're a proud and strong sign, dear Leo, but if anyone can call you on your flaws, it's you. With the Cancer full moon manifesting in your sixth house this evening, it might be time to get real about what needs to change within your day-to-day life and behaviors. Luckily, letting go of any patterns that aren't serving you should come easily now, thanks to a helping hand from transformative Pluto. Just remember to be gentle with yourself as you go about this business, especially if you start to pick yourself apart.

AQUARIUS



JAN 21 - FEB 23

Today is perfect for breaking cycles, dear Aquarius, as the Cancer full moon manifests this evening while aspecting transformative Pluto. However, to make the most of these vibes, you'll need to take a serious look at yourself, identifying which habits are and are not conducive to your highest potential. Adapting new routines is often easier than breaking existing ones, but you'll need to address the latter before you can build up new patterns.

VIRGO



AUG 24 - SEP 23

You've likely noticed your friendship circle changing over the last six months, dear Virgo. With Cancer full moon camped out in the sector of your chart that rules community, these shifts are likely to continue. You could run into issues with your long-standing pals, especially if they feel threatened by or jealous of the new connections you've been making.

PISCES



FEB 20 - MAR 20

If you've been wanting to adopt a new hobby or artistic practice, today could be the day, as the Cancer full moon manifests in the sector of your chart that rules creative expression. Look for ways to get excited about embracing a new skill, especially if it involves registering for a local class. Getting involved with your community through the arts will greatly alter and expand your friendship circle.