

No breakup! All is well between Sushmita Sen and Rohman Shawl



Bollywood buffs got a rude shock on Thursday with reports of a breakup between lovebirds Sushmita Sen and Rohman Shawl. There have been ample reports that surfaced online claiming that the couple has called it quits. It was also said that Rohman has moved out of Sushmita's home with his bags and baggage. However, this is not the first time that such rumours about the Aarya 2 actress and her relationship with the model Rohman have surfaced online. Therefore, we decided to dig further. We spoke to someone close to the actress and found out that these are baseless rumours. The source revealed exclusively to Bollywoodlife, "Sushmita and Rohman are very much together. It is just that the couple is super busy in their lives."

The source further shared, "Sushmita underwent surgery recently and is recovering and is avoiding making public appearances. While Rohman is busy with his work too and he has been out of town for a while due to professional commitments. And this is one of the reasons the couple haven't been spotted together for long."

About the speculation that Rohman has moved out of Sushmita's house, the source further reveals that, "All of Rohman's stuff is at Sush's house only and he hasn't moved out. He has just gone out of town for a while. Rohman is now like family to Sush. He is not only her boyfriend but also very close to both her daughters. In fact, Rohman shares a great bond with Alisah and Renee. They are like friends."

In one of his interviews Rohman had said, "Sushmita, her daughters (Renee and Alisah) and I are a family already. Sometimes, I am like a father to the kids, sometimes, I am a friend to them, and at times, we fight, too. We live like a normal family, and we enjoy that. So, we don't dwell upon questions like 'Aap shaadi kab kar rahe ho (when are you getting married)'."

After Bajrangi Bhaijaan 2, the actor now confirms No Entry sequel

One film that has been in the news for the past many years is the No Entry sequel. The first instalment of the movie starred Salman Khan, Anil Kapoor, Fardeen Khan, Bipasha Basu, Esha Deol, Lara Dutta, and Celine Jaitly. Producer Boney Kapoor has also spoken about the film multiple times, but the movie was never officially announced. Now, Salman while talking to media on his birthday confirmed that the No Entry sequel is happening. The first part of the film, which was released in 2005, was a super hit at the box office.

Salman said that he will soon resume the shooting of Tiger 3, and No Entry 2 will go on the floors once he wraps up the spy thriller and Kabhi Eid Kabhi Diwali. Well, a few days ago, the actor had confirmed that Bajrangi Bhaijaan 2 is also on the cards and K. V. Vijayendra Prasad is writing the script. Salman now has four sequels lined up, Tiger 3, Bajrangi Bhaijaan 2, No Entry 2, and Kick 2.

This time, it is going to be 9 times the fun because the trio - Salman Khan, Anil Kapoor, and Fardeen Khan - return in triple roles. So there will also be 9 heroines in the film. It's a massive ensemble that nobody has ever seen in the history of Bollywood.

Katrina Kaif gets excited to team up with Vijay Sethupathi, Sriram Raghavan; announces release date

Bollywood actress Katrina Kaif has resumed work after her grand wedding with actor Vicky Kaushal.

The actress is back on the set of the film Merry Christmas directed by Sriram Raghavan. Katrina will be seen opposite Vijay Sethupathi for the first time. Tips Industries announces their new project Merry Christmas in association with Matchbox Pictures Pvt. Ltd. The film is all set to release on 23rd December 2022. Katrina took to her Instagram and shared the post about her new beginnings. She captioned the post as, 'New Beginnings ?'.

I've always wanted to work with Sriram Sir, He is a master when it comes to narratives that showcase thrillers and it's an honor to be directed by him. Super excited to be teaming up with @actorvijaysethupathi for this one produced by @rameshtaurani & @sanjayroutraymatchbox

Finally, the movie has gone on floors on December 22 and the first schedule will be extensively shot in Mumbai. On the occasion of Christmas, the makers of the film have announced the film. Initially, the movie was supposed to go on floors on April 15 this year, but due to COVID-19, the



shoot was delayed as Katrina tested positive for the virus.

Types of protein-rich Indian dals and their benefits



manganese etc.

Masoor Dal

This lentil is not just healthy, but at the same time it is very nutritious and light to digest. It is great for people suffering from digestive issues like acid reflux, bile reflux. What's more, it also improves the blood circulation in the body and it has around 9 grams of protein in 100 grams, which is great for a balanced diet.

Kabooli Dal

Kabooli dal is packed with the goodness of protein and fiber. Around 1 cup of Kabooli dal has around 15 grams of protein.

Moreover, a daily intake of this dal can help in boosting the blood circulation and increasing the hemoglobin levels as it is rich in folate and iron.

Toor Dal

Toor dal is widely consumed in India for its nutritional value. With around 12 grams of protein per 100 grams of serving, this dal is loaded with the goodness of protein, dietary fiber, which not only helps in boosting immunity but it is also good for digestion and metabolism.

Urad Dal

Urad dal has a high concentration of protein as good as 26grams in 100 grams serving. However, if you have stomach ailments it is always advised to soak this dal overnight to reduce its acidic nature, which impacts digestion. Urad dal is rich in proteins and Vitamin B.

Green Moong Dal

This dal is popular among health enthusiasts for its low calorie content. However, if you are looking for a protein packed dal then this green split is good for your bones as it is packed with calcium as well it has around 8 grams of protein per 100grams serving.

Lobia Dal

Black eyed peas also known as Lobia dal is a powerhouse of protein. With approx 13 grams of protein in one serving, this dal is great for boosting muscle strength, immunity and the presence of zinc in this dal makes it good for overall health.

Dals and legumes have also been an inseparable part of Indian cuisine, but have you ever thought, why dals were a part of every Indian meal? Dals and legumes are one of the best plant-based protein sources, which makes them great for development of body, brain, bones and overall immunity. Here are a few desi dal that are packed with goodness of amino acids, which help in boosting your daily meals with the healthy and fat-free proteins.

Moong Dal

Moong dal is one of the most diet friendly dals, which are low in calories, rich in iron and potassium. Around 100 grams of Moong Dal has around 24grams of protein, which can fulfill your daily need of protein.

Bengal Gram

Dal Chana dal or Bengal gram dal is one of the most loved and delicious dals. This delightful dal has around 13 grams of protein in 100 grams of serving, which is great for a healthy diet. Apart from that, Bengal Gram is also a source of health enriching minerals like copper,

How to prevent your lipstick from smudging

Y our lipstick has the power to make or break your outfit, also to make your kiss memorable. Imagine kissing and not having to touch up your make-up. Sounds perfect, right? Let's face it, no one has the time for endless touch-ups. To save you time, here are 5 lipstick hacks that will keep your look fresh throughout the day and obviously, kissable.

No long lasting lipstick can withstand dry, chapped lips. To make your lipstick last longer, use a gentle exfoliator to remove any flaky patches and follow it up with a moisturizing lip balm. This will provide an even base to your lip color and help it last the entire day.

Lip pencils have waxier formulas in contrast to lipsticks. Because of this longer staying power, it creates a barrier that keeps the color intact within your lips. By adding this step, the lipstick will cling to your lips keeping your make-up flawless through the day. You can use a lip pencil closest to the shade of your lipstick or go for a neutral or universal lip liner. Start by outlining the lips and then fill them in using the lip pencil.



Just like the rest of your face, your lips require some prepping too! Lip primers were created to go under lip pencils, lipsticks or gloss. This product creates a smooth surface for your lipstick and prevents the lipstick from spilling out of your lips. Foundation provides the same service as the primer and can be used in place of it too.

A secret among make-up artists and beauty gurus is blotting. It soaks up the excess oils and prevents the lipstick from smudging. First, tuck a tissue between your lips and apply light pressure for several seconds. Next, take some setting or translucent powder along with a fluffy brush and gently dust it on your tissue. Lastly, apply another coat of color and you're good to go.

Selecting the right lipstick is a crucial decision. Long wear lipsticks do hold up to their claims as they contain extra pigment and lesser moisturising agents so they tend to last longer than creamier products. In order to get long lasting lip color, go for matte or waterproof lipsticks. Steer clear of glosses and opaque lipsticks as they tend to fade away quickly.

ASTRO SPEAK

ARIES



The day will get off to a rocky start for you, as the Libra moon shares harsh aspects with Mercury, which could leave you feeling unrested and out of sorts as your workday begins. Luna's energy will dissipate by noon, and spirits will lift as Luna shares her sweet connection to auspicious Jupiter. A short time later, the moon will enter Scorpio, helping you officially shake off any funk that could have manifested during your morning routine.

TAURUS



You'll likely feel disorganized and a bit run down this morning, as the Libra moon shares some rough connections with Mercury, and Pluto. Visceral and strange dreams could also manifest under this cosmic climate, which you could have trouble shaking off as you begin your day. Do your best to get in a meditation or cardio session before heading into work to help you release any funk that might have found you in the a.m.

GEMINI



Try not to fret over appearances this morning, sweet Gemini, as the Libra moon squares off with aesthetically driven Venus, who is currently in retrograde. Keep in mind that bad hair days are a possibility, so you may want to wash and style again. So, try to take on the day with your chin up even if you're not feeling your best. Things will get much better in the afternoon when the moon moves into Scorpio, shifting your focus toward work that needs to be done.

CANCER



Try not to let conflict in your domestic life or romantic issues bring you down this morning, sweet Cancer, as the moon squares off with Mercury, Venus, and Pluto. These vibes can bring up all sorts of issues within your personal life, though the energy will clear up once the afternoon rolls in and Luna finds her way into Scorpio. Use this evening as an excuse to recharge at home, and try not to let this morning's upset linger in your psyche.

LEO



Watch out for misunderstandings and miscommunications this morning, little Lion, as the Libra moon makes a series of unfortunate aspects in the sky. Luckily, these vibes will dissipate as the afternoon rolls in. A helpful connection between Luna and auspicious Jupiter will help you kiss and makeup with anyone you run into issues with. The moon moves into Scorpio by mid-afternoon, which will leave you longing for the comforts of your personal space.

VIRGO



You'll notice that the people around you are struggling this morning, but it would be best to stay out of their way, so they can sort out their issues on their own. Keeping your head down and focusing on your own issues can help you survive this turbulent cosmic climate, though the vibe will lighten up as the afternoon rolls in.

PISCES



You'll be extra sensitive to the emotions of those around you, Pisces, but a series of harsh aspects in the sky could inspire you to low during the first part of the day. Luckily, you'll be safe to come out for air this afternoon when the moon changes signs into Scorpio and the vibe shifts to a happier place. Auspicious Jupiter enters your sign, marking an advantageous time for you as the year unfolds.

General Knowledge Question

1. The chief constituent of gobar gas is

D. of its mineral content

2. The countries that had maintained research stations in Antarctica under Antarctic Trade are

A. Hartsfield-Jackson Atlanta International Airport, USA
B. Lhasa Airport, Tibet
C. King Abdul Aziz International Airport, Saudi Arabia
D. Chicago O' Hare International Airport, USA

3. The first development flight of SLV-3 took place on

A. May 31, 1981
B. April 17, 1983
C. December 21, 1999
D. December 28, 1995

4. The Enron project is a

A. hydro-electric project
B. thermal power project
C. atomic power project
D. gas-fired power project

5. The chief purpose of crop rotation is to check the loss of top soil

A. by water erosion
B. by wind erosion
C. by weathering
D. by leaching

6. The first historical mention of the holding of the ancient Olympic Games occurred about

A. 2000 years ago

7. London Airport, USA

8. Dhalde, Mumbai
9. All of the above
10. 2775 years ago
11. Hyderabad, Andhra Pradesh
12. Dhaka, Bangladesh

13. London International Airport, USA

14. All of the above
15. One year

16. Hyderabad, Andhra Pradesh

17. London
18. All of the above
19. 2250 years ago
20. 2500 years ago
21. 2775 years ago

22. The first Afro-Asian Games were held in

A. Hyderabad
B. Sydney
C. Cairo
D. Kuala Lumpur

23. The first meeting of the SAARC was opened in

A. Dhaka, Bangladesh
B. Bangalore, India
C. Kathmandu, Nepal
D. Islamabad, Pakistan

24. The first rice straw power plant has been set up at

A. Kolkata
B. Jalkheri, Punjab
C. Trombay, Maharashtra
D. None of the above

25. The first meeting of the UN General Assembly was held in which of the following cities?

A. London
B. New York
C. San Francisco
D. Teheran

26. The founder member of EFTA are

A. Austria, Denmark, Norway
B. Portugal, Sweden, Switzerland
C. UK, Austria, Sweden
D. All of the above

27. The Central Command of Army is located at

A. Pune
B. Udhampur
C. Lucknow
D. Mhow

28. The first rice straw power plant has been set up at

A. once a month
B. after every three months
C. twice a year
D. once year

29. The fighter force of Air Force is comprised of

A. MIG-21 variant
B. MIG-23s, MIG-25s, MIG-27s, MIG-29s
C. Jaguars
D. All of the above

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34. The Central Command of Army is located at

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D. Mhow