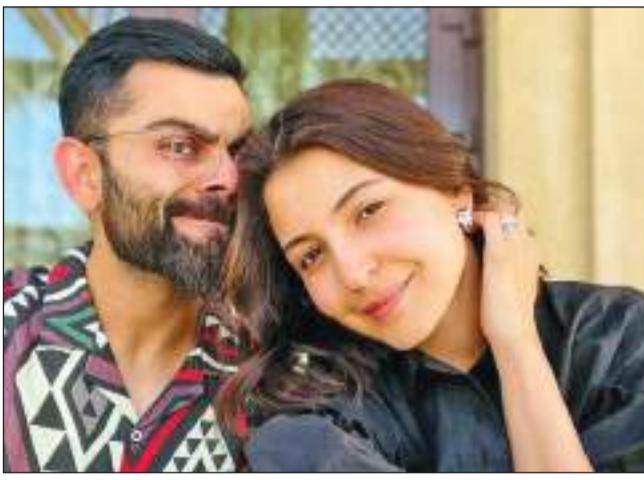


Anushka Sharma pens heartfelt note as Virat Kohli steps down as India Test Captain; 'Vamika will see the learnings of these 7 years'



It was just yesterday that ace cricketer Virat Kohli announced that he is stepping down as the Captain of the Indian cricket team for Test matches. This news left all the cricket fanatics heartbroken. On social media, many of his fans expressed displeasure and mentioned how wonderfully he had carried out his captain duties. Now, it is his wife Anushka Sharma who has penned a lengthy note praising husband's efforts. She recalled the day from 2014 when Virat had called to inform that he has been chosen as the Captain of the Indian cricket team for Test Cricket. She recalled the candid conversation Virat, MS Dhoni and she had on that day and penned about the growth that she witnessed in Virat since then.

She started off by writing, "I remember the day in 2014 when you told me that you have been made the captain as MS had decided to retire from test cricket. I remember MS, you & I having a chat later that day & him joking about how quickly your beard will start turning grey. We all had a good laugh about it. Since that day, I've seen more than just your beard turning grey. I've seen growth. Immense growth. Around you & within you." Anushka Sharma then praised the dedication and effort that Virat put in to nourish the Indian Cricket Team and mark several achievements on the way.

In the end, Anushka wrote that their baby daughter Vamika, will learn a lot of things from Virat Kohli. An excerpt from her note read, "Our daughter will see the learning of these 7 years in the father that you are to her. You did good."

## Nayanthara, Taapsee Pannu, Shriya Saran and more South actresses who are also entrepreneurs



**N**ayanthara, Taapsee Pannu, Shriya Saran, are few of the biggest names in the South film industry. These actresses have proved their mettle as an actor, and but have ruled the box office as well. But, apart from entertainment industry, these actresses have also set their foot in world of business. So, let's look at the list of South actresses who are also entrepreneurs...

### Is Saif Ali Khan and Nawazuddin Siddiqui starrer Sacred Games 3 in the making?

**S**aif Ali Khan and Nawazuddin Siddiqui's Sacred Games was one of the first Indian web series that grabbed the attention of the audiences. The first season of the series was premiered in 2018, and it had received a fantastic response. In 2019, season two of the series was released, and it got mixed responses from the critics and audiences. While the makers had earlier stated that season three of the series might not happen, recently, Anurag Kashyap took to Instagram to clarify that Sacred Games 3 is not happening.

On his Instagram, Anurag shared a fake casting call for the series and wrote, "This man rajbeer\_casting is a scamster. Pls report him. There is no season 3 of Sacred games happening. I am filing an FIR against this person."

The fake casting post reads that the female actors are required for season three and they have to be okay with bold scenes. A netizen commented on Anurag's post, "Thode der k liye me khush ho gaya tha ki season 3 aa rha hai." Another one wrote, "While we are at it, why isn't a season 3

**Nayanthara:** Nayanthara has a production house named Rowdy Pictures. The actress is also the owner of Chai Wale a food and beverage company and a cosmetic company named The Lip Balm. Reportedly, she will also be investing Rs. 100 crore in a lucrative oil business.

**Taapsee Pannu:** Taapsee is ruling the South and Hindi film industries together. But, not many would know that she also has a wedding planning company named The Wedding Factory. The actress started the company with her sister Shagun Pannu and friend Farah Parvaresh.

**Shriya Saran:** Shriya Saran has a spa named Shree Spandana Spa. It's a special spa as the employees there are visually-challenged people.

**Rakul Preet Singh:** Rakul Preet Singh is one of the fittest actresses we have in the industry. So, it is not surprising to know that the actress has a gym named F45-Fitness Health Club.

**Kajal Aggarwal:** Kajal Aggarwal is one of the most successful actresses down South. Along with her sister, the actress had started a jewellery brand named Marsala. long time now and the two are often spotted attending several events together.



### Gobhi Pakora



#### Ingredients

1 cup gram flour (besan)  
1 teaspoon red chilli powder  
1 green chilli  
1 teaspoon garlic paste  
1 cup mustard oil  
1 small cauliflower  
salt as required  
1 teaspoon ginger paste  
2 tablespoon coriander leaves

#### Method:

Take besan in a bowl. Add salt, red chilli powder, chopped green chilli, ginger paste, garlic paste and coriander leaves. Now add water in batches and mix well to prepare a lump-free batter. The batter should be neither too thin nor too thick.

Pour the mustard oil in a kadhai and keep on medium-high flame. Let it heat until smoke emerges from it. Make sure you heat mustard oil well to get rid of its smell.

Now wash the cauliflower properly and pat it dry. Chop the florets and collect them in a bowl.

Now dip one floret in the batter and drop in hot oil. Repeat this step and fry all the gobhi florets in batches until golden brown from outside.

Once fried, your Gobhi Pakora are now ready to be served. Pair up with dip of your choice and enjoy.

## 5 ways to boost immunity as per Ayurveda

**A** strong immune system is crucial to keep infectious diseases at bay. Keeping your immune system strong is even more vital in the current time when the COVID cases have again started to spike. Our immune system, which acts as a natural defence system protects us from foreign pathogens reducing the risk of infections, including viral diseases. Indeed boosting immunity is not an overnight task, but there are a few things that may help to increase the protective layer around you. Here we have listed some Ayurvedic remedies that may help to boost your immune health and help you stay healthy.

#### Golden milk

A cup of milk boiled with turmeric powder or root not only helps you sleep better but also works wonders for your immunity. Drinking it every night before going to bed can reduce fatigue, soothe the itchy throat and kill foreign pathogens that can cause infection. Turmeric has strong antioxidant properties that can prevent inflammation and promote the growth of brain cells. Just boil half a teaspoon of turmeric in 150 ml hot milk or half-inch turmeric root.

#### Nasya therapy

Nasya therapy is a simple technique of applying a few drops of ghee, sesame oil, or coconut oil into your nostrils to prevent the entry of infection-causing viruses and bacteria. This therapy is a widely suggested Ayurvedic remedy to clear nasal blockage. The best time to apply oil is right before stepping out of the house or before taking the bath. You just have to put two drops of oil in your nostril and lie down for a few minutes.

Chyawanprash with hot water

In winters, the risk of infection is the highest and with the rising cases of COVID, there is a double threat. To boost immunity in this season there could be nothing better than chyawanprash with hot water. Chyawanprash is made with a variety of herbs and roots that can keep you warm from the inside and reduce the risk of infection. You can have Chyawanprash with golden milk at night or with warm water. Mix 1 tablespoon Chyawanprash in a cup of warm water and have it 2-3 times a day.

#### Pranayama

Cold, flu and COVID cause infection of the upper respiratory system. The virus that causes these diseases attacks your lungs and leads to infection. Keeping this in mind, it is best to practise pranayama in this season to strengthen your respiratory system. Kapalbhati and Bhastrika are two breathing exercises that you can do to cleanse the lungs and stimulate the immune system. If you are suffering from any respiratory system related ailment or digestive issue, Nadi Shodhana is the best choice.

#### Herbal tea

Swap your cup of regular tea and coffee with herbal tea made with herbs and spices present in your kitchen. Herbs and spices are packed with anti-inflammatory and antioxidant properties. They can boost your immune system, reduce inflammation and prevent cold and flu. Two cups of tea made with tulsi, clove, ginger, cardamom and other herbs and spices in a day are enough to boost your immune health.

## General Knowledge Question

1. Squadron leader Rakesh Sharma was India's first man to go into space. He was \_\_\_\_\_ cosmonaut to be in space in the world.

- A. 12th
- B. 107th
- C. 139th
- D. 151st

2. Philology is the

- A. study of bones
- B. study of muscles
- C. study of architecture
- D. science of languages

3. The 2006 World Cup Football Tournament held in

- A. France
- B. China
- C. Germany
- D. Brazil

4. Satellite launching station is located at

- A. Sriharikota (Andhra Pradesh)
- B. Solapur (Maharashtra)
- C. Salem (Tamilnadu)
- D. Warangal (Telangana)

5. The 'Black flag' signifies

- A. revolution/danger
- B. peace
- C. protest
- D. truce

6. Republican party is

- A. One of the important parties in USA
- B. the political parties which has no definite principles
- C. the political party which changes with the change in the times and circumstances in the country
- D. All of the above

7. Study of life in outer space is known as

- A. endobiology
- B. exobiology
- C. enterobiology
- D. neobiology

8. School of Aviation Medicine (Air Force) is located at

- A. Allahabad
- B. Hyderabad
- C. Bangalore
- D. Jalahalli

9. Recession is

- A. slowing down of economic activity over a limited period
- B. period during which unemployment may rise and demand and output may fall, leading to slump in trade
- C. period that results from accumulation of unsold goods, owing to fall in demand
- D. All of the above

10. Sir Thomas Fearnley Cup is awarded to

- A. a club or a local sport association for remarkable

- 11. All of the above
- 12. prove
- 13. 1929
- 14. a dip or a local sport association for remarkable

- 15. All of the above
- 16. Benzoilogeny
- 17. exobiology
- 18. Benzoilogeny

- 19. All of the above
- 20. 1139th
- 21. 1139th

- 22. science of languages
- 23. German
- 24. 3. German

- 25. Shriharikota (Andhra Pradesh)
- 26. Profound
- 27. Profound

- 28. 1139th
- 29. 1139th
- 30. 1139th

able achievements

- B. amateur athlete, not necessarily an Olympian
- C. National Olympic Committee for outstanding work
- D. None of the above

11. Pythagoras was first to \_\_\_\_\_ the universal validity of geometrical theorem.

- A. give
- B. prove
- C. both
- D. None of the above

12. Soil acidity is generally corrected by

- A. proper irrigation
- B. adding sodium hydroxide
- C. liming
- D. application of fertilizers

13. Oscar Awards were instituted in

- A. 1968
- B. 1929
- C. 1901
- D. 1965

14. Small amounts of iodine are necessary in our diet to

- A. prevent pellagra
- B. compensate for underactive the thyroid gland
- C. stimulate clotting of blood
- D. stimulate pituitary gland

## 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 your past in a vein that's both healing and dream-worlds, so be sure to notate any odd encounters you had while you were traversing the astral plane as well. This evening, the full moon manifests, heightening your intuition and sooter side.



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.



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 tears. These vibes can have you feeling like you're being tested, 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.



CANCER  
JUN 22 - JUL 23

You might hear unexpectedly from a long-lost friend this evening, dear Cancer. The moon blows a soft kiss to full-of-surprises Uranus. Meanwhile, with the moon camped out in your sign all day, your popularity will only continue to grow as people gravitate toward your familiar aura. However, you'll want to make sure you're not exhausting yourself as you respond to this influx of messages and phone calls, or you could end up hitting an emotional and mental wall.



LEO  
JUL 24 - AUG 23

If you've been feeling lost within your career lately, a solution could find you this morning, when the Cancer moon shares a helpful aspect to evolutionary Uranus. Pay attention to what inspires you right now—it can lead you to a new professional path. Your personal growth process comes through patience, dedication, and hard work, and try not to lose faith in yourself based on the amount of work that lies ahead. You might need to map out a budget for yourself, so you can save up to invest in your goals.



VIRGO  
AUG 24 - SEP 23

You'll be feeling powerful and confident with yourself today, dear Virgo, as the sun and Pluto form a cosmic alliance, encouraging you to be yourself unapologetically. Now is the perfect time to chip away at your artistic or passion projects. However, you'll want to make sure you stay grounded and humble, especially this afternoon.



PISCES  
FEB 20 - MAR 20

Don't feel bad about purging your phone, followers, or friends today, dear Pisces, as the sun and Pluto cozy up in your eleventh house. These vibes will ask you to clean house when it comes to people that aren't operating on your level, especially if a moral or political divide has created distance in your relationship. You shouldn't feel guilty for removing any virtual toxicity from your life.



LIBRA  
SEP 24 - OCT 22

Today, dear Scorpio, your voice will strike with power as a cosmic alliance manifests between the sun and your ruling planet, Pluto. Don't be afraid to advocate for yourself while articulating your wants and needs since people will be able and willing to hear you out. Just try not to get too caught up in these vibes, as you could find yourself on a power trip. Moon faces off with sweet Venus, causing people to lose patience with such antics.



SCORPIO  
OCT 23 - NOV 22

Sometimes it's okay to throw money at your problems, dear Archer. And with the sun and Pluto forming an alliance