

Lara Dutta REVEALS why she took a break from films; says 'I was tired of playing...'



Lara Dutta took a sabbatical from her acting career and many assumed that she got Mahesh Bhupathi and decided to focus more on her family. But this is not the truth. The actress revealed the real reason why she took a break from acting and it has nothing to do with her personal life. But she was fed up of playing the same hero's girlfriend and wife. In an interaction with PTI she said, "By the time I reached my early 30s, I honestly may have gotten a bit jaded. The industry was in a different space back then. You were cast because a glamourous actress had to be cast in a film. You were invariably playing the hero's girlfriend or wife. I got tired of it".

Lara who has done a few comedy films like No Entry, Bhagam Bhag and Housefull franchise admitted that doing comedy films gave her more than to be just someone's wife or girlfriend. "It gave me a lot more to do than be someone's wife or girlfriend. I left my mark by doing comic films that were successful and popular. That became my sweet spot and gave me the opportunity to do more than just be a pretty glamourous heroine on screen." After her wedding Lara soon had a baby and then she decided to take a break. "By the time I had my daughter in my early 30s, I had gotten jaded and tired of that. It was important and refreshing for me to take that step away" Lara is seen in three web series namely Hundred, Hiccups and Hookups and Zee 5's Kaun Banegi Shikharwati and is extremely working in this space. "I did so much work in the last 18 months, more than what I have done in the last six years put together. It has been an incredibly liberating time as an artiste to be able to play these diverse characters".

Super foods that help increase height in children



Even though one's personality is about their body language, conversation skills and education, height also plays an important role in shaping an individual's personality. Non-verbal communication is done through the body and facial expressions. The height of an individual enhances the look and gives the individual an edge over others. Often, tall people have an added advantage in terms of their personal presence. Height is largely determined by genetics but factors like lifestyle, diet and physical activity also influence the height of an individual.

A good diet plays an integral part in determining an individual's height and having a nutritious diet can increase the chances of proper growth and gaining a good height. For every child in its growing years, here are five super foods that should be included in its diet to ensure optimum nourishment and growth.

Salmon

If you're a non-vegetarian, then you should definitely have fish such as Salmon, which is a very rich source of omega-3 fatty acid that is very beneficial for growing children. It is also rich in minerals and protein that promote growth and muscle building and repair. Try and include Salmon and other fish rich in omega-3 fatty acid in your child's diet.

Eggs

Like milk, eggs too are considered as a complete meal in themselves. In addition to proteins, they also contain minerals and calcium that are vital for growth and having them daily helps steady growth and development of the body.

Sweet Potato

Sweet potatoes increase the number of good bacteria in the gut and are nothing less than a super food for children who are in their growing years. Vitamin A helps protect the bones and maintain good bone health in adults as well as children. Fibers present in sweet potato are also great for the digestive system and help improve digestion and other bodily functions.

Berries

All kinds of berries like strawberries, blueberries, raspberries are rich in Vitamin C, which is very important for cell growth and tissue repair. Phyto-nutrients present in berries are integral for growth of the body and berries should therefore be included in every day diet. Having small portions of berries every day in the evening is a healthy snacking option that can help in growth.

Leafy greens

Green leafy vegetables play an important role in promoting growth in children who are pubescent. Vitamins found in leafy greens improve bone density and make bones stronger which is an added advantage of consuming them. Having a leafy green twice a week is enough to fulfil nutritional needs of a growing child.

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General Knowledge Question

1. In which of the following organs of human body does maximum absorption of food take place?
A. Gullet
B. Large intestine
C. Small intestine
D. Stomach

2. Human Rights Day is on
A. 24 February
B. 10 December
C. 15 May
D. 21 July

3. In the last World Cup Hockey Finals in 2002, Germany beat _____
A. Pakistan
B. Australia
C. India
D. Spain

4. How much of blood does the normal human heart on each of its contraction pump into the arteries?
A. 30 cm3
B. 60 cm3
C. 30 cm5
D. 60 cm5

5. Hygrometer is used to measure
A. relative humidity
B. purity of milk
C. specific gravity of liquid
D. None of the above

6. India became a member of the United Nations in
A. 1945
B. 1947
C. 1959
D. 1960

7. India has
A. largest turmeric production
B. largest tea production
C. largest ginger production
D. All of the above

8. India's first indigenously built submarine was
A. INS Savitri
B. INS Shakti
C. INS Delhi
D. INS Vibhuti

9. How many medals came into the account of India during the last Commonwealth Games in 2002 at Manchester?
A. 32
B. 24
C. 69
D. 16

10. If the plane of the earth's equator were not inclined to the plane of the earth's orbit
A. the year would be longer
B. the winters would be longer
C. there would be no change of seasons
D. the summers would be warmer

11. India played its first cricket Test Match in
A. 1922
B. 1932
C. 1942
D. 1952

12. India has been represented as a non-permanent member of the Security Council (UNO) during
A. 1972-73
B. 1984-85
C. 1991-92
D. All of the above

13. How many Lok Sabha seats does Goa have?
A. 16
B. 2
C. 11
D. 15

14. In Air Force, Air Commodore has one rank higher than
A. Squadron Leader
B. Air Vice-Marshal
C. Group Captain
D. Air Marshal

15. How much districts are there in Tamil Nadu?
A. 26
B. 27
C. 28
D. 32

16. The year 1945
17. All of the above
18. INS Shakti
19. Group Captain
20. All of the above
21. 1945
22. Relative humidity
23. Mars enters Libra
24. Mars enters Libra
25. Mars enters Libra
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Ayushmann Khurrana's next after Chandigarh Kare Aashiqui headed straight to OTT?



short, life's good for Ayushmann Khurrana. However, his last release, Chandigarh Kare Aashiqui, made life a little worrying for the star, and its effects might be felt in one of his upcoming releases.

A well-placed source within the industry has exclusively apprised BollywoodLife that T-Series the producers of Ayushmann Khurrana's Chandigarh Kare Aashiqui are none too please with the box office performance of the film – despite generally favourable reviews like most of his movies, the movie just couldn't click with the audience, unlike most of his movies.

Now, since T-Series are producing two of Ayushmann's upcoming movies, our source informs us that that they're seriously contemplating a direct OTT release for the movie as while the production house is well aware of the uncertain times in theatres due to the COVID-19 pandemic and the audience having become extremely choosy, they also apparently don't want to take a chance again, more so because it now seems that the audience is only venturing into theatres for big, larger-than-life cinema (read Sooryavanshi, Pushpa), a bracket Ayushmann Khurrana clearly don't fall under.

Sonakshi Sinha's badass reply to when she's getting married will make you applaud her



quarantine for fun. Jokes apart...lots of love to all those recovering."

Tips to make your makeup last longer



Do you wish to look prim and proper all day long? If you are wondering which techniques to employ to make your make-up last longer, this read has got you covered. Listed below are a few simple hacks to prolong the effect of your makeup and keep it intact for you to look dazzling and flawless all day long.

Tone & moisturize

Using a toner after rinsing and exfoliating your skin makes it glow and feel smoother. Apply moisturizer on your skin. Stay hydrated enough, so that your skin remains hydrated at any given time. Purchases a moisturizer based on your skin type and ensures it is oil-free. This helps to prepare your skin before applying makeup.

Prep your skin with primer

Primer is the first product you must apply before you get your hands on makeup. It is the secret to keeping your makeup intact and lasting throughout the day. It helps to lock in your moisturizer so that your BB cream or foundation does not get absorbed by your skin and fade away. A good quality primer evens out skin tone and blurs out any imperfections. It takes care of any pores and fine lines on your skin too. Applying primer is the topmost tip to keep in mind to achieve an everlasting makeup look. Ensure your primer is water-based and oil-free, so it keeps your foundation and BB cream intact. Eye primers create a smooth surface for blending eyeshadows and to prevent smudging.

Invest in a good foundation

Invest in a premium and lightweight oil-free foundation so it

will not crease or give your skin a caky look. This will stay in place all day long and be weightless on your skin. Pick a foundation as per your skin type and offers full coverage lasting for 24 hours. This gives your skin a smooth texture and makeup will last longer.

Waterproof eyeliner & mascara

Choose waterproof eyeliner and mascara as these tend to smudge easily. Give this waterproof formula a try so that you do not regret the raccoon effect after a while. Avoid applying eye cream while using eyeliners and mascara.

Press powder

Invest in a good compact or lightweight powder. On applying your liquid foundation, set it with a translucent powder, a compact or banana powder. Dab the powder lightly as this helps the foundation last longer and not make your skin look caky. Pick your shade of concealer and set it gently with a little bit of powder.

Accent your eyeshadow technique

The secret behind a long-lasting eyeshadow is to apply concealer as your base. This will ensure your eye makeup lasts all night long. It will make your eyeshadow pop up and give it an enchanting look and feel. So don't forget to prime your eyelids with concealer before you set out with your smokey or neutral eyeshadow look.

Set it with a setting spray

After applying your make-up, don't forget to set it with a makeup setting spray. A setting spray works as a final touch-up and helps your makeup stay in place.

ASTRO SPEAK



Try not to read too much into your dreams from last night, dear Ram, as a cosmic imbalance between the moon and Neptune early this morning could throw your productivity a loop. Meanwhile, your ruling planet, Mars, enters Capricorn, asking you to dedicate yourself to your goals in the weeks ahead pragmatically. Make sure you're taking care of yourself as you work, or your productivity could hit a wall this afternoon.



The moon continues to journey through your sign this morning, little Libra, but that doesn't mean you'll be sailing smoothly through the hours. A fog will manifest in the morning, which could cause you to get behind with your work or duties, but try your best to stick to a reasonable to-do list. Tensions could arise within your home life this afternoon, thanks to some cosmic turbulence between Luna and Pluto.



Mars, the action planet, moves into structure-loving this morning, activating your 9th house. The universe will want you to adopt a dedicated spiritual practice over the next month, so try to think about what that might look like for you. It'll also be essential to remember that your intuition will fluctuate depending on how well you're taking care of yourself, especially this evening when the moon enters a harsh aspect with Pluto.



A desire to stay under the covers will be real this morning, little Scorpio, but you'll need to make sure you're not abandoning your responsibilities just because you don't feel like facing them. Your ruling planet, Mars, enters Scorpio this evening, asking you to dedicate yourself to the work you're assigned to. You'll feel much like yourself this evening when the moon moves into your sign.



Let yourself be a little messy this morning, dear Gemini, as the Libra moon shares an unbalanced aspect to hazy Neptune. You could have difficulty focusing during the first few hours of the day, so try to catch up later, it's okay to ease into your duties slowly. As the day progresses, you'll begin to feel more like yourself, which can help you get back on track. Just watch out for choppy waters by mid-afternoon, when Luna and Pluto form a harsh square in the sky.



Your social life will see an increase today, dear Archer, as the moon finishes up its journey through Libra. However, you'll need to make sure your social media pages and text message work are up to par. You could be more productive at work, or you could end up in some hot water as the afternoon rolls in. Luckily, you'll get a chance to decompress and shake off the day later this evening when the moon moves into Scorpio.



Look for ways to nurture yourself throughout the day and you'll be in a better way through the hours. The vibe around you could be up and down as the hours pass, so it'll be important that you're creating a safe and calm space for yourself. If you're feeling stressed out at home, it may be time to handle some chores, especially if you're overdue for a spring-cleaning session. The moon moves into Scorpio, inspiring you to throw in your cleaning towels in favor of some fun!



Make sure to double-check your work this morning as the Libra moon forms an unbalanced aspect to Neptune, which could plague you with brain fog or feelings of disconnectedness. Unfortunately, any mistakes you make will likely catch up with you this afternoon due to some cosmic tension. If you do end up caught in an error, be sure to accept responsibility before offering to remedy the situation.



The moon travels through Libra today, sweet Lion, putting you in a chatty and flirtatious mood. Unfortunately, not everyone will be swayed by your charms, especially this afternoon when Luna enters a harsh square with brooding Pluto. That's fine, though, if you find yourself in hot water at work, some of your charm could help you escape any issues at hand. Luckily, this energy will break up by evening when the moon makes its way into transformative Scorpio.



Try to get in a meditation session this morning, sweet Aquarius, as the Libra moon brings light to your spiritual center. The universe will be looking for ways to communicate with you, making it important that you're opening yourself up to its messages. Just try not to get too carried away by angel numbers or synchronicities this afternoon, as a harsh aspect between the moon and Pluto could put you in an obsessive headspace if you're not careful.



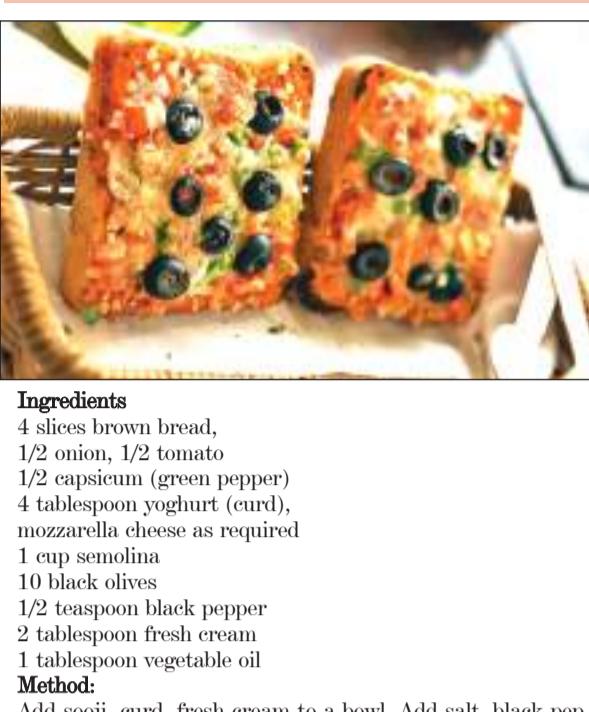
The urge to spend will be real right now, as the Libra moon tantalizes you with a hunger for luxury. It's totally okay to spoil yourself a tad, but don't go overboard and make sure you're sticking to a reasonable budget. You'll also feel inspired to bring more structure into your home life as passionate Mars enters stabilizing Capricorn.



The vibe will be up and down for you today, as the moon finishes up its journey through Libra, activating your 8th house. Try to catch yourself before your emotions get too intense, and avoid fixating on your relationships when you should be working. You could lose a few followers this afternoon when the moon squares off with brooding Pluto, so you may want to avoid making any controversial posts.



Sooji Pizza



Ingredients
4 slices brown bread,
1/2 onion, 1/2 tomato
1/2 capsicum (green pepper)
4 tablespoon yoghurt (curd),
mozzarella cheese as required
1 cup semolina
10 black olives
1/2 teaspoon black pepper
2 tablespoon fresh cream
1 tablespoon vegetable oil
Method:
Add sooji, curd, fresh cream to a bowl. Add salt, black pepper and give a nice mix to prepare a thick batter. Now add chopped onion, tomato, capsicum and mix well. Make sure the consistency of the mixture is thick.

Place the brown bread slices on a plate and equally divide the mixture on each of them. Spread the mixture properly to cover the whole bread. Now add 1-2 tbsp of grated mozzarella cheese on each slice. Top it with some olive pieces and press down gently with your hands.

Now drizzle a few drops of oil on a non-stick pan. Place the bread slices on the tawa from the side on which the batter is spread. Let them cook until golden brown in colour. Now flip towards the other side and let it cook for two more minutes.

Once all the slices are cooked, serve them with tomato ketchup and enjoy.