

Shahid Kapoor is waiting to move into his new Rs 56 crore worth home soon with Mira Rajput and kids



Shahid Kapoor, Mira Rajput along with their two kids Zain and Misha currently resides in a sea-facing flat in Juhu. It was a few years ago that he invested in a massive property in Mumbai's Worli location. Giving a glimpse of their new adobe, Shahid and Mira had shared pictures that gave a gorgeous view of Bandra-Worli sea-link from their home. It is said to be a duplex flat on the 42nd and 43rd floor of a high-rise building which Shahid Kapoor reportedly purchased for Rs 56 crore. Now, the actor has shared update on when will he move into his new home with his family.

In an interview, Shahid Kapoor stated that he is hoping to move into his new home by this year itself. He mentioned that he and Shahid needed more space and so did his kids. Hence, the move to shift base. He stated that making room for the family is very important and kids are growing up really fast. He also compared his family to 'adrak.'

The Kabir Singh actor was quoted saying, "We needed more space for our kids (Misha and Zain). We really liked the house we saw. It had a great vibe. It's a bigger space than what we have right now. The kids are growing up and they will need this kind of space. Right now, everything in my house is my kids' space. Mira and I need our space, too. With passing time, making more room for the family is extremely important. Family adrak ki tarah hoti hai, failti rehti hai. It grows and that feels wonderful. And as it grows, you have to be able to accommodate it with all its increasing needs."

Tiger 3 update: Salman Khan-Katrina Kaif's film suffers delay for the fourth time during COVID-19 pandemic

Salman Khan and Katrina Kaif, who have teamed up again for the much-awaited Tiger 3, were heading to New Delhi mid-January for a crucial shooting schedule that would have mostly seen the actors wrapping up the principal shooting of the highly-anticipated film! However, Yash Raj Films has postponed this shooting schedule given the omicron threat and the sharp rise in COVID-19 cases across India, including New Delhi. This is for the third time that the film has suffered a delay. Earlier, it was in March 2021 that the shooting of the film was reportedly cancelled in UAE because of the rise in Coronavirus cases. Heavy rains in Mumbai had also led to a small delay in the shoot of the film. The sets of the film were reportedly destroyed and that had led to huge losses and delay.



Shah Rukh Khan's film got delayed, Salman Khan's film also suffered. And now, due to Coronavirus, Salman Khan's film is delayed for the fourth time.

Hrithik Roshan to make a grand announcement a day before his birthday

Hrithik Roshan is all set to surprise his fans as he is going to make a very grand and good announcement that will leave his fans surprised and shocked at the same time. The Krrish star will be celebrating his 48th birthday this year and he has decided to drop a surprise bomb for his fans. He will make an announcement on his social media, so brace up fans. A close source to Bollywoodlife reveals, "Hrithik is damn excited about this announcement and he has been working on it for a few days now. However, he has kept the announcement extremely secret with the assurance that it will brighten up his fans day. Hrithik doesn't want to disclose the announcement as he wants to keep the excitement around it and so he has kept his very close people informed about it who is even helping him on the same".



people in this covid 19 crisis".

While another source close to the actor says, "Hrithik is closely associated to all social cause and even does a lot of charity. But don't disclose it in public as he likes to keep these things private. But this time he will make an announcement around a social cause and even urge his fans to join him closely. He will start something that will help

Recipes

Egg Chilli Dry



- Ingredients**
- 4 boiled egg
 - 1 tomato
 - 2 green chilli
 - 1 teaspoon red chilli powder
 - 1 teaspoon kasoori methi leaves
 - 2 cloves garlic
 - 1 large onion
 - 1 capsicum (green pepper)
 - 2 tablespoon vegetable oil
 - 1 teaspoon coriander powder
 - salt as required
 - 1/2 teaspoon garam masala powder

Method:
Heat oil in a pan. Add chopped garlic cloves, green chillies and onion. Saute for two minutes.
Now add chopped tomato and capsicum. Stir fry the veggies for 4-5 minutes.
Now add salt, red chilli powder, kasoori methi, coriander powder and garam masala. Add 2-3 tbsps water and mix well. Let the spices cook for 1 minute.
Chop the boiled eggs into two halves and add them to the masala.
Lightly toss and mix. Once the eggs are coated well in the masala, cook for just 2 minutes more.
Your Egg Chilli Dry is now ready to be served.

Lose belly fat faster with these lifestyle changes



Belly fat is extremely difficult to lose. Not only can it take a toll on your appearance, it can also pose many health challenges. As far as belly fat is concerned, it is a cluster of stubborn visceral fats, which is very dangerous. It takes rigorous efforts, diet changes and intense workout routines to reduce abdominal fats. That said, your lifestyle plays a key role in managing your weight. Here are some changes you must make to get back in shape.

Have more water
Staying hydrated is the best way to lose weight. It is great for your health and helps cut down on your fat because they help you keep fuller for a longer period of time, preventing you from eating unhealthy foods and munching on snacks that are high on sugar.

Exercise regularly
Make sure you are physically active. Working out regularly can cut down on your belly fat. Indulge in core exercises that target your waist and make you look much more leaner.



Cut down on sugar
Nothing tastes better than sugar. But is often known as slow poison. Sugar stays in the body for longer intervals and is difficult to burn. Sugary foods such as donuts, cakes, chocolates, cookies etc contain unsaturated fats which increase your weight tremendously.

Say no to increased salt intake
A large amount of salt intake can increase your chances of developing belly fat and obesity. Studies have shown that too much sodium can lead to obesity. It has also been speculated at salt can alter your metabolism, which is not good for weight management.

Fibre-rich foods
The key to losing weight is adding more fibre to your body. Whole grains are versatile and they are much more effective. Bread, atta, biscuits and other products that contain refined grains are less helpful but consuming whole grains is extremely helpful for weight loss. Make sure you add whole grains to your diet in one way or another.

Tips to manage mental health in 2022

With a new year comes new challenges, new opportunities and taking care of your mental health should be everyone's new years resolution. Bidding goodbye to 2021 which was a pandemic year, has even more taught us the importance of mental health.

In 2022, start your day with regular exercise, doing physical activity is not about losing weight it's about elevating your mood and enhancing happy feelings which are produced by your brain when you exercise. While keeping yourself active don't forget to take care of your diet. Eating nutritious, balanced food is very essential. It's true when they say you feel what you eat, which means your mood is also affected by your food intake. Keeping yourself hydrated is highly recommended.

Develop a healthy sleeping pattern. Ideally 6-8 hours of sleep is sufficient but even the quality of sleep matters. To improve the quality of sleep ensure you avoid screen time 2 hours before bedtime and give yourself 30-40 minutes before bedtime for self-care or what is known as me time. This time is for you to indulge in self-care activities or things which are relaxing and therapeutic. Some people would enjoy taking care of their hair and skin, some would like to read a lite hearted book, some would listen to a podcast or soothing music, do meditation, or write a journal.



This year another major goal should be improving our social and emotional support. Which comes from our relationships, our family members, friends, and associates. As we are social beings it's given that we need to socialize and since the pandemic very little of that has happened. So, indulge in communicating online or in person while keeping in mind pandemic precautions with friends and family on a regular basis. Share your emotions, feelings, and thoughts with them while also actively listening to others.

Develop new skills and challenge your capabilities but at the same time relax and enjoy your hobbies. Doing what you are passionate about will reduce stress, dissatisfaction level and improve your mood and in the long run increase your overall mental well-being.

Set realistic, feasible and achievable goals. Design your short-term goals in such a way that it will help in making you achieve your long-term goals. Focus on productivity but don't get overwhelmed by working too much or out of your boundaries. Take breaks as an when needed. While on break do things that makes you happy. Focus on your strength and not on your limitations.

General Knowledge Question

- Name the first non-Indian who received the Bharat Ratna award?
 - (A)Khan Abdul Ghaffar Khan
 - (B)Mother Teresa
 - (C)Martin Luther King
 - (D) Aubin Mehta
- In which year, the Mother Teresa won the Nobel Peace Prize?
 - (A) 1975
 - (B) 1982
 - (C) 1981
 - (D) 1979
- For making bullet-proof glass, which one of the following glasses is used?
 - (A) Soda glass
 - (B)Reinforced glass
 - (C) Jena glass
 - (D)Pyrex glass
- Which substance is used to retard the setting action of cement?
 - (A) AlO
 - (B) CaO
 - (C) NaO + KO
 - (D) CaSO.2HO
- The mineral in which India depends largely on imports is
 - (A)Mercury
 - (B)Mica
 - (C)Bauxite
- Who was the last Mughal Emperor?
 - (A) Akbar
 - (B)Noor Jehan
 - (C)Bahadur Shah
 - (D) Babur
- The Indian state which leads in agricultural production is
 - (A)Punjab
 - (B) Haryana
 - (C) Karnataka
 - (D) Tamil Nadu
- The longest mountain range in the world is known as:
 - (A)The Himalayas
 - (B)The Alps
 - (C)The Rockies
 - (D)The Andes
- The most populous city in the world is
 - (A) Paris
 - (B) Tokyo
 - (C) Peking
 - (D) London
- Which state among the following produces maximum soybean?
 - (A) Bihar
 - (B) Uttar Pradesh
 - (C) Madhya Pradesh
 - (D) Rajasthan
- Which one among the following radiations carries maximum energy?
 - (A) Ultraviolet rays
 - (B) Gamma rays
 - (C) X-rays
 - (D) Infra-red rays
- Bokaro Steel Limited was set up with the assistance of
 - (A) USA
 - (B) Germany
 - (C) UK
 - (D)Soviet Union
- The Headquarters of WTO (World Trade Organization) is situated in
 - (A) Montreal
 - (B) Geneva
 - (C) Seattle
 - (D) the Hague
- Which was the second Italian Satellite launched from Soviet Union?
 - (A) Bhaskar-1
 - (B) Aryabhata
 - (C) Rohini
 - (D) Apsara
- The metal whose salts are sensitive to light is
 - (A) Copper
 - (B) Zinc
 - (C) Silver
 - (D) Gold

- Answers:**
1. Khan Abdul Ghaffar Khan
 2. 1979
 3. Reinforced glass
 4. CaSO.2HO
 5. Mercury
 6. Bahadur Shah
 7. Punjab
 8. The Andes
 9. Tokyo
 10. Madhya Pradesh
 11. Gamma rays
 12. Soviet Union
 13. Geneva
 14. Bhaskar-1
 15. Silver

ASTRO SPEAK

- ARIES** (MAR 21 - APR 20): Your social media pages could get a bit distracting this morning, little Ram, as the moon continues its journey through technology-loving Aquarius. Try not to get too caught up in your comments and posts, or the morning could slip by without you even realizing it. Luckily, your responsible disposition will come up for air this afternoon, when Luna forms a cosmic alliance with Saturn.
- LIBRA** (SEP 24 - OCT 22): Inspiration will find you today, sweet Libra, as the Aquarius moon activates the sector of your chart that governs personal expression. If any artistic hobbies have fallen by the wayside recently, recommit yourself to them today, when Luna and Saturn form an alliance in the sky. If you feel like you need some motivation to help get you back in the groove, consider signing up for a class that can help you fine-tune your skill set.
- TAURUS** (APR 21 - MAY 20): The workday will go by quickly for you, lovely Bull, as the Aquarius moon shines a light in the sector of your chart that rules career. The vibe will be equally busy and uplifting as you flow through your daily responsibilities. Luckily, you won't be forced to grind away at tasks all day. A social element will be present as well, giving you plenty of opportunities to crack jokes with your coworkers while boosting office morale.
- SCORPIO** (OCT 23 - NOV 22): You'll find joy in the comforts of your home today, little Scorpion. If you can work remotely or swing a day off—you should! A helpful connection between the Aquarius moon and Saturn this afternoon helps you revolutionize the way you take care of your space, resulting in creating a chore wheel between you and the people you cohabitate with. Don't feel guilty about taking an authoritative role around domestic duties right now.
- GEMINI** (MAY 21 - JUN 20): You'll feel lighter and more connected with the universe, as the Aquarius moon activates the sector of your chart that rules spirituality. Synchronicities and signs from the universe should likely find you, so you might want to let the universe know where you could use some guidance. An alliance between the moon and Saturn will give you a chance to recommit to your goals and responsibilities, while a sweet connection to Mars later in the evening will supercharge your motivation.
- SAGITTARIUS** (NOV 23 - DEC 22): You'll be in a chatty mood today, dear Archer, as the Aquarius moon travels through the sector of your chart that rules communication. People will feel drawn to converse with you, but you'll need to draw some lines or put your phone on "do not disturb" this afternoon—when the moon and Saturn form an alliance, asking you to focus on your responsibilities. Don't worry, though. The good times will resume this evening when Luna enters a helpful connection to rowdy Mars.
- CANCER** (JUN 22 - JUL 23): You'll feel the plight of our world intensely today, sweet Cancer, as the Aquarius moon journeys through your eighth house. Donating to a nonprofit close to your heart can help you feel more in control of your environment, but you'll need to accept your limitations when it comes to healing the world. Be sure to step away from any topics or websites that bring you upsetting news this afternoon, when the moon shares an alliance to Saturn, asking to set healthy boundaries.
- CAPRICORN** (DEC 23 - JUL 20): Your natural intellect will help you feel secure within yourself today, as the moon continues its journey through brilliant Aquarius. However, it'll be important that you're not alienating the people around you with that big, beautiful brain of yours, even though the temptation to correct others or show off your knowledge base will be real this afternoon. Allow yourself to engage in a friendly battle of wits by inviting a few friends.
- LEO** (JUL 24 - AUG 23): Even if you're bogged down with work, you should still look for ways to flirt with your sweetest throughout the day, as the Aquarius moon shines a light in the sector of your chart that rules matters of the heart. Intellectual flirtation will come easily right now, but if the object of your affection can't keep up with you mentally, you may start to pull away emotionally. Make sure you're leaning into people with similar worldviews right now, especially in the evening when the moon shares a sweet connection to passionate Mars.
- AQUARIUS** (JAN 21 - FEB 23): You'll be a shining beacon of light today, sweet Water Bearer, as the moon makes her way through your sign. As a result, your attention will be in high demand, though you might need to take some space or set boundaries this afternoon when Luna forms a cosmic alliance with stoic Saturn. Use this cosmic climate to handle your responsibilities for the day, so you can blow off some steam without guilt this evening.
- VIRGO** (AUG 24 - SEP 23): You'll be a working machine today, as the Aquarius moon shines a light in your sixth house, bringing a supportive vibe your way as you handle business and check items off your to-do list. While you tend to be one of the more responsible members of the zodiac, you won't feel bogged down by the tasks you must complete, thanks to a cosmic alliance.
- PISCES** (FEB 20 - MAR 20): It'll be easy for you to get overstimulated today, little Fish, as the intellectually active Aquarius moon shines a light in the sector of your chart that rules the subconscious. These vibes will leave your psyche brimming with a whirlwind of thoughts and ideas, so you may need to take a time out for journaling. If you feel yourself getting off task, check in with your to-do list.