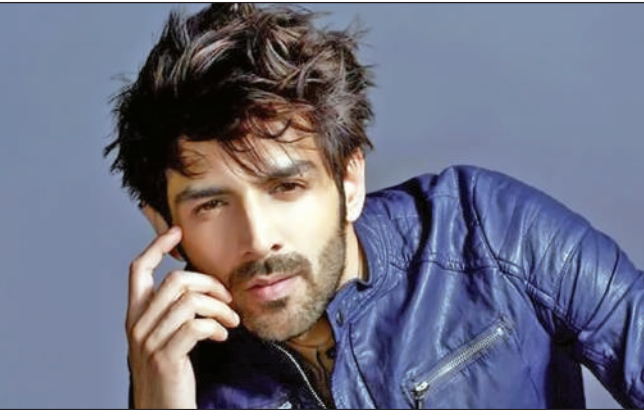


Kartik Aaryan on the challenges after a SUPER HIT and how NOT to get stereotyped



Kartik Aaryan is a fan-made star and the youngest superstar who has been winning hearts with his back-to-back releases. The Bhool Bhulaiyaa 2 star is right now receiving rave reviews for his psycho-thriller Freddy, he did an exceptional job with the film. But not many were expecting him to go out of the box after tasting success with masala entertainer. But that is what Kartik Aaryan wants, you can expect the unexpected from it. The Satya Prem actor got candid with BollywoodLife where he spoke about the challenge the actor faces after a superhit film and why he never wants to get stereotyped.

In an interaction with us, he insisted that how he wanted to do something different, " There was, of course, an intention to do something different because what happens is that when you do a super hit film, you start getting the offers of the films in the same genre and personally I also don't want to let go of good script on the same genre. But intentionally right now I was finding a film something like Freddy that hasn't been made in India right now, going into this thrilling space."

Kartik added that he personally loves to watch thrillers, " I also used to watch such films a lot, and when Freddy came to do it, I was like I wanted to do this only. I knew that this character would take a toll on me because they never wanted to see a Kartik Aaryan in me. It was an opportunity mixed with a lot of difficulties and I was so happy that I had to again prove myself."

Kartik spoke on never wanting to be stereotyped and get labelled of being this genre actor, " I want to be that actor who is never stereotyped. I would love to comedy and love to do romcoms, comedy and more, and I am glad that my brain works differently". The actor will be seen next in Satya Prem along with Kiara Advani.

Alia Bhatt and Ranbir Kapoor's baby girl Raha to make public debut at Kapoor's Christmas 2022 lunch?

Alia Bhatt and Ranbir Kapoor have gone into an incognito mood ever since they welcomed their daughter. Alia Bhatt gave birth to the Kapoor princess on November 6, 2022. Since then, they have kept themselves away from the paparazzi. The new parents have refrained from posting any pictures of Raha Kapoor on social media. Fans haven't got a glimpse of the little one as yet. Even when Alia Bhatt, Ranbir Kapoor stepped out of the hospital with their daughter, they did not pose for pictures. But fans are eager to get a glimpse of the little one. So here's an update.

A source tells us that Raha Kapoor will finally make a public debut when she will make her appearance at the annual Christmas Lunch on Kapoors. Every year, the family gets together to celebrate Christmas at Randhir Kapoor's home and this year is special. Source states that Ranbir and Alia will make an appearance at the lunch along with their daughter, however, they'll ensure to keep their little one covered. But there is a possibility that fans will get to see the perfect family portrait of the new parents and their baby. How adorable it would be thought if fans get to



see a picture of siblings like Taimur, Jeh, Raha Kapoor and others together.

Mission Majnu Teaser: Kiara Advani gives a shout-out to bae Sidharth Malhotra; calls it 'OUTSTANDING'

A couple of hours ago, the makers of Sidharth Malhotra and Rashmika Mandanna starrer movie Mission Majnu dropped the teaser of the film. The action thriller movie is going to release on the OTT platform, Netflix. Mission Majnu teaser has been going viral online. Kiara Advani, who is said to be dating Sidharth Malhotra gave a shout-out to the teaser. The lovebirds' exchange will send their shippers and stans into a tizzy.

Sidharth Malhotra is coming up with impressive work. He left everyone in awe with Shershaah. And ever since fans have been looking forward to his work. He also won hearts with his stint in Thank God starring Rakul Preet Singh, Ajay Devgn and others. And the Mission Majnu teaser has impressed everyone yet again. Sidharth plays a secret agent in the movie and his style and acting chops have incredibly improved. Sidharth Malhotra's girlfriend, popular actress Kiara Advani is mighty impressed with the Mission Majnu teaser. She took to her social media handle and shared the teaser.



7 superfoods to relieve joint pain in winters



People who suffer from pain in joints and bones, either due to age, arthritis, or any other condition, may find themselves in much more pain and discomfort during the winter months. The cold is believed to exacerbate the aches and pains.

For those dealing with arthritis, getting some daily exercise as recommended by your doctor, improving your posture, taking prescribed medications and enough rest can help relieve your symptoms.

Although there is no diet cure for arthritis, eating certain foods can also strengthen bones and reduce swelling in your joints. Take a look at these superfoods:

**Fatty fish**

Fatty fish varieties like salmon and mackerel are rich in omega-3 fatty acids and vitamin D. This gives them anti-inflammatory properties which can help relieve your pain in joints. Multiple studies have shown that omega-3 fatty acid supplements can help decrease

the intensity of your joint pain, morning stiffness, and the number of painful joints.

**Garlic**

Garlic and other root vegetables like onions contain diallyl disulfide, which is an anti-inflammatory compound. This can help fight inflammation, relieve pain and improve overall joint health.

**Ginger**

Consuming ginger regularly, in either fresh or dried form, can provide relief from joint inflammation. You can add in it your daily tea, gravies as well as mix with honey or add in a cup of warm water.

Ginger blocks the production of substances that promote inflammation in the body.

**Nuts and seeds**

Nuts and seeds are rich in healthy fats and omega-3 fatty acids. Eating small portions of nuts and seeds like walnuts, almonds, flax seeds, chia seeds, and pine nuts regularly may provide relief from joint inflammation.

**Fruits and berries**

Fruits like apples, cranberries and apricots are rich in antioxidants. These can help the body eliminate harmful free radicals and reduce inflammation.

Eating cherries, which are rich in anthocyanins, may also be effective in reducing swelling in joints and muscles.

**Bone broth**

Drinking mutton or chicken bone broth can also boost your bone health. It is rich in glucosamine, chondroitin and amino acids, which aid bone growth. Drinking hot bone broth regularly can also provide relief from joint pain.

**Olive Oil**

Olive oil is an unsaturated, healthy fat, and a source of Omega-3. Olive oil also contains oleocanthal that can provide relief from inflammation. Include olive oil in your daily diet – such as for cooking eggs, use it in salads, etc.

Trending lipstick shades for Christmas Eve

The holiday party season is the ideal time to try new lip colours, whether you stick to the tried-and-true bright reds or branch out with dark, gothic hues or copious amounts of glitter. Celebrity Makeup Artist, Gunjan Aghera Patel shares some trending lipstick shades for the festive season.

**Classic Red**

Everyone agrees that a bright red lip colour is always appropriate, whether it's Christmas or any other time of the year.

**Nude Shade**

The nude lip is a sophisticated, classic fashion. Moreover, many ladies favour earthy hues. It looks chic and understated! If your outfit is all glitz and glam then then to understate the look you can apply a nude lipstick and you are good to go! Whether your wedding attire lineup includes gold, white, or even deep crimson, naked lips are a timeless lip trend to rely on that allows your gown do all the talking. Due to its adaptability, it has recently quickly supplanted the traditional crimson shade that brides would pick.



**Watermelon Pink**

A recent fashion that is gaining traction is watermelon lipstick. This hue is a fantastic way to spice up your appearance and add some fun. It can be worn at any time of year, including in the summer. Watermelon pinky is a stunning summery pinky coral red shade which would suit a variety of skin tones. It is perfect for this Christmas season! Try creating a natural minimal Christmas inspired look using this tone and rock that Girl next door look.

**Satin Pink Shade**

This shade is perfect for Christmas parties! Its chic and gives the ultimate Christmas vibes! You can style it for a Christmas eve's party with your favourite party dress

**Gloss Pink**

Adding a little bit of gloss never disappoints. Even though makeup trends are constantly changing, lip gloss is one item that will never go out of style. The well-liked cosmetic essential made waves in the 1990s, making it one of the most recognisable products on the market.

General Knowledge Question

1. Soil is formed from the parent rock material by

A. chemical decomposition

B. physical decomposition

C. biological decomposition

D. All of the above
2. The air we inhale is mixture of gases. Which of the following gases in the mixture is highest in percentage?

A. Carbon dioxide

B. Nitrogen

C. Oxygen

D. Ozone
3. Oxford university was founded in

A. 1139 AD

B. 1163 AD

C. 215 BC

D. 55 BC
4. The American General who led the revolt against the British and declared American independence was

A. George Washington

B. Bill Clinton

C. George Bush

D. None of the above
5. Regular meetings of Trusteeship Council (UNO) are held

A. once a year

B. twice a year
6. thrice a year

D. four times a year
7. The 2002 Commonwealth Games were held in

A. Canada

B. UK

C. Australia

D. Malaysia
8. Profit made when an asset is sold more than the price at which it was bought is called

A. capital

B. capital-gain

C. capitalism

D. None of the above
9. Plorence(Chadwick) is the associated place for which of the following sport?

A. Snooker

B. Racking Horse

C. Skiing

D. Tennis
10. The 2012 Olympics Games were held in

A. London
11. Rajiv Gandhi, Prime Minister of India, was assassinated in

A. 1961

B. 1971

C. 1981

D. 1991
12. Pan - American Highway, north-west Alaska to Southernmost Chile is the worlds

A. longest road

B. highest road

C. busiest road

D. None of the above
13. South Indian temples have

A. tall towers with curving sides that taper at the top

B. gateway towers shaped like trapezoidal pyramids

C. both are correct

D. None of the above
14. South Africa joined the Commonwealth as 51st member in

A. May 1993

B. May 1994

C. May 1995

D. May 1996

ASTRO SPEAK

ARIES

MAR 21 - APR 20

Watch your demeanor when you awaken, as the Libra moon squares off with Venus. These rocky vibes could leave you feeling agitated, causing you to close off from your loved ones. Should you find yourself entangled in a quarrel, it may be wise to swallow your pride and apologize. Choose your words wisely when Luna squares off with Mercury this evening, threatening to trigger miscommunications.

LIBRA

SEP 24 - OCT 22

We all have off days, sweet Libra. As the moon squares off with Venus this morning, such sentiments will apply to you. These vibes could leave you feeling alone and undervalued, making it important that you find stability and love from within. Luckily, the stars will align to bring forth support when Luna blows a kiss to Mars, helping you reclaim your sense of vigor and passion.

TAURUS

APR 21 - MAY 20

Try not to cram too many items on your to-do list this morning, dear Taurus, as the Libra moon connects with Venus. Though you'll be feeling energized and ambitious, it would be easy to demand too much of yourself right now. Be sure to take a break as afternoon rolls in and Luna blows a kiss to Mars, encouraging you to indulge your senses and perhaps a touch of luxury.

SCORPIO

OCT 23 - NOV 22

Try not to say mean things to yourself as the Libra moon squares off with Venus. These vibes could cause you to overanalyze your situation, triggering insecurities and fears if you indulge your pessimistic side. Luckily, the universe will conspire to elevate and support you when Luna blows a kiss to Mars, helping you reclaim optimism and a lust for life.

GEMINI

MAY 21 - JUN 20

Try not to let fears around what others may think to hold you back. These vibes could also trigger power struggles amongst your peers, but avoid taking the bait if a friend reveals their pettier side. Luckily, the pep will return to your step as afternoon rolls in and Luna connects with Mars, making it a good time to blow off some steam with your most loyal companions.

SAGITTARIUS

NOV 23 - DEC 22

Watch out for targeted ads and shopping suggestions from your friends this morning, dear Archer, as the Libra moon squares off with Venus. These vibes could cause you to feel as though money is burning a hole in your pocket. However, spending unnecessarily should be avoided. Your ego may take a hit as Luna faces off with Chiron, but try not to succumb to the judgment of others.

CANCER

JUN 22 - JUL 23

You may feel a bit unrested or emotionally depleted as the Libra moon squares off with Venus. Work with these vibes by taking a soft approach to the day, practicing gentle compassion for both yourself and others. A restrictive energy may find you when Luna faces off with Chiron, causing you to face any issues or obstacles plaguing your path.Focus on the ways in which you can help yourself right now.

AQUARIUS

JAN 21 - FEB 23

You may feel a bit lost on your path as the Libra moon squares off with Venus. Give yourself permission to take it easy right now, reconnecting with your spirit through solitude and meditation. However, issues could arise if you're too demanding guidance from your higher power, making it important that you focus simply on finding stillness and peace.Don't be afraid to lean on your loved ones for support.

LEO

JUL 24 - AUG 23

Watch your words this morning, dear Leo, as the Libra moon squares off with Venus. This celestial exchange could cause you to come across as criticizing or condescending, even if your heart is in the right place. Stress and a sprawling to-do list could also put you on edge, though it won't be helpful to take your stress out on others. Lean into your spiritual side if you begin to feel overwhelmed or anxious.

PISCES

FEB 20 - MAR 20

You may need a social breather this morning, dear Pisces, as the Libra moon squares off with Venus. Don't feel guilty about unplugging right now, especially if drama has been circulating through your sphere. Stay grounded and calm as Luna forms a harsh opposition to Chiron, especially if you feel someone is acting maliciously.

VIRGO

AUG 24 - SEP 23

Insecurities could creep up as the Libra moon squares off with Venus. These vibes will be particularly challenging if you've been contending with romantic issues, but try not to let your ego get too wrapped up in your love life. Focus on your professional and financial success will help you find stability this afternoon when Luna blows a kiss to Mars.

Answers:

1. All of the above

2. Nitrogen

3. 1163 AD

4. George Washington

5. twice a year

6. an atomic pile

7. UK

8. capital-gain

9. Skiing

10. London

11. 1991

12. longest road

13. gateway towers shaped like trapezoidal pyramids

14. May 1994