

Sidharth Malhotra-Kiara Advani to tie knot on THIS date, pre-wedding functions, venue and more details revealed



Sidharth Malhotra and Kiara Advani finally admitted that they are dating each other a couple of weeks ago. Even since there has been news about Kiara and Sidharth getting married. And finally, the date has been revealed. Sidharth Malhotra and Kiara Advani are going to get married in February next year. The love story of the Shershaah duo will see a new beginning. Fans of Sidharth and Kiara will be super pumped up with this exciting new news about their wedding. A big fat Bollywood wedding is coming everyone's way next year and it's gonna be GRAND!

As per a report in ETimes, Sidharth Malhotra and Kiara Advani are going to tie the knot in the first week of February. Yes, you read that right, Sid and Kiara will marry

on 6th February 2023. Their wedding has been widely discussed in Entertainment News since forever. The wedding will be held at a grand venue. The pre-wedding functions of Mehendi, Haldi and Sangeet will be held on 4th February and 5th of February respectively. The nuptials will take place on the 6th.

Sidharth Malhotra and Kiara Advani will also have a royal wedding just like their peers, Katrina Kaif-Vicky Kaushal, Priyanka Chopra-Nick Jonas, Anushka Sharma-Virat Kohli and Deepika Padukone-Ranveer Singh. They will have a wedding in the royal style in a fort as well. Sidharth and Kiara, as per the portal, will tie the knot at Jaisalmer Palace Hotel. The wedding will be a lavish one with high-end security. The security will be set up right from the 3rd of February.

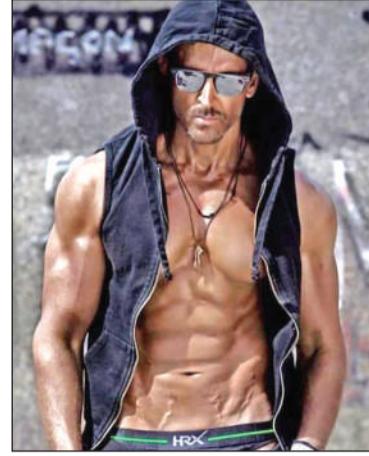
Hrithik Roshan shows off his 8-pack abs as he shoots for Fighter; sets fit-inspo for 2023

Bollywood's Greek God Hrithik Roshan is blessed with the fittest bodies in the film industry. The actor has served some solid inspiration to other actors by sharing a few pictures of his chiseled 8-pack abs on Instagram. On Monday, he lifted his black T-shirt and showed off his abs. His uber-hot look will surely make females go weak in the knees. He captioned the post as, 'Alright. Let's go. #2023!' Hrithik is currently working on his next most anticipated film Fighter opposite Deepika Padukone.

In the picture that Hrithik Roshan shared on his social media, he was seen standing in front of the mirror and he

clicked the snap in a gym. The actor looked every bit handsome in a black tee, black cap, and track pants. His clean-shaven look will give other young actors a run for their money.

Within no time, several celebs and fans reacted to Hrithik Roshan's post and flooded his Instagram with various comments. Bhediya actor Varun Dhawan wrote, 'Okay then', while a fan commented saying, 'sir bas 2 dedo'. Another one said, 'Monday se diet ok?'. Another comment read, 'And this is the post of the day in Instagram'. Earlier, Hrithik had shared a picture as he announced that the shooting of the film has started.



Is Shehzada actor Kartik Aaryan vacationing with Sara Ali Khan in London?

Bollywood handsome actor Kartik Aaryan is enjoying himself in London and celebrating New Year in an exotic location. It seems as if Sara Ali Khan is also holidaying in the same location and enjoying herself in London. Reportedly, Kartik and Sara are enjoying holidays separately in London. Sara has been sharing pictures with her brother Ibrahim Ali Khan and friends from London, while Kartik has been sharing pictures from Paris. Both the actors shared pictures from New Year's night on their social media.

Sara shared a picture of herself standing inside a Christmas tree which is made up of glass. She donned a blue crop top and paired it with colorful jeggings and shoes. She tagged the location as Claridge and also wished her fans Happy New Year 2023. Filmmaker Karan Johar had confirmed that Kartik and Sara were in a relationship on Koffee With Karan in 2018. Later, in August Kartik con-



firmed that he parted ways and has been single since 1.25 years. Kartik and Sara did Love Aaj Kal together in 2020.

Weight loss: Lesser known side effects of eating a low-carb diet

Carbs are considered as a villain by weight-watchers. However, carbohydrates are an essential component for maintaining a well-functioning body. Reducing your carb intake can help in weight loss. However, if you reduce it too much, you may have to deal with other side-effects, which may not be good for your overall health and long-term weight loss.

According to nutrition experts, a typical low-carb diet limits daily carbohydrates intake to between 60 and 130 grams. A ketogenic diet tends to stay below 30 grams of carbohydrates. This involves not consuming certain foods, or consuming them in very small quantities. These include most grains, legumes, fruits, bread, sweets, pasta and starchy vegetables. These are replaced with meat, poultry, fish, eggs, non-starchy vegetables, nuts, and seeds. With a change in diet, your body can take a while to adjust and the new diet may or may not work for you in the long-run. Here are some of the side-effects of switching to a low carb diet.

Anxiety and headaches

One of the earliest side effects of a low-carb diet is headaches. These happen because the brain prefers to run on glucose and burns the last stores of glucose before it switches to ketones for energy. Since the brain is constantly focusing on using an alternative source of energy, people on a low-carb diet can feel anxious and have difficulty concentrating.

Since carbs produce feel good chemicals like serotonin and dopamine, low-carb diets can also lead to depressive moods and reduce your levels of motivation.

Weakness and fatigue

With a fall in your body's preferred fuel source – carbs – you may experience lack of energy, weakness and/or fatigue. This may be just in the initial stages of your low-carb diet, as it takes a while for the body to adapt to a new diet. However, you should consider going back to your previous diet, in case you continue to feel fatigued even after the initial few days.

Constipation

Constipation is another side effect of reducing your daily carbohydrate intake. Since you may not be eating enough of high-carb and high-fiber foods like grains and beans, the lack of fiber may disturb your bowel movements.

Muscle cramps

High-carb whole grains are also important sources of nutrients and minerals like potassium, calcium and sodium. These are essential for proper functioning of muscles. Eliminating these from your diet without properly compensating with other low-carb sources can lead to muscle cramps and racing heart.

Bad breath and foul taste

Bad breath and a foul taste in the mouth can also be side effects of running on low-carbohydrate diets. When eating low-carbohydrate diets, your body is unable to get the preferred glycogen for fuel and switches to ketones. These ketones are removed from the body through urination and exhalation. The exhalation of these ketones may be the cause of bad breath.

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Recipes

Banarasi Halwa



Ingredients

1 1/2 cup pumpkin
1/2 cup sugar
1/2 cup ghee
1/2 cup khoya
2 cup milk
1 handful almonds
1 handful cashews
1/2 teaspoon green cardamom

Method:

To begin with this quick halwa recipe, wash and peel the pumpkin. In a blender blend the pumpkin and make a smooth paste.

Take a pan and add in the milk, keep stirring. Then add in the pumpkin blend and keep stirring to avoid sticking of the pumpkin blend. Once the blend is reduced, turn off the flame.

Take a fresh pan and ghee, add in the nuts toss them and take them out. In the meantime, stir the khoya and add sugar, keep cooking. Then reduce the flame and pour the milk and pumpkin blend. Stir it together and let it cook, add in the nuts and sprinkle some cardamom powder and your Halwa is ready!

Tips

* To accentuate the flavour you can add some saffron.

* To make it healthy you can replace sugar with jaggery.

* You can also add some more dry fruits and nut to make your halwa delicious and rich in taste.