

Karan Johar gets accused by Farah Khan of ragging her; 'I was fed up'



Karan Johar and Farah Khan share one of the most cherished friendships in the Bollywood industry, and they are often seen engaging in friendly banter on social media. Whether it's Karan Johar teasing Farah about her fashion sense or Farah calling him out for his biased approach towards star kids, the duo never fail to entertain their fans. However, in a recent video uploaded by Karan Johar, it seems that all is not well between the best friends as Farah has accused Karan of ragging her.

Karan Johar recently shared a video on his Instagram, where he started by poking fun at Farah Khan once again. In the video, Karan Johar mentions how he can't take his eyes off stunning visuals and then pans the camera towards Farah, stating that he is blown away by her fashion sense, which is surprisingly on point. The director of Rocky Aur Rani Ki Prem Kahani further adds that everything about Farah's look, be it the outfit, jewelry, shoes or the matching handbag, is fabulous, which is quite unusual. When Karan Johar asks Farah about the sudden change, she explains that she was fed up with his constant ragging about her clothing choices, and hence she had to undergo a makeover.

Karan Johar and Farah Khan have been friends for a long time. Not many know that it was Karan who encouraged Farah to marry her now-husband Shirish Kunder. In a previous interview, Farah revealed that once when she was dating Shirish she went to Karan's house. At that time, Karan was an expert in tarot card reading, and Farah wanted to know about Shirish without revealing too much detail. After reading Farah's cards, Karan suggested that whoever she was dating at the time was the perfect choice for her to settle down with. Farah joked that, while she appreciated Karan for his significant contribution to her life, she sometimes blamed him when she and Shirish fight.

Stardom: Aryan Khan is called perfectionist on the sets of his web series due to this reason

Stardom is undoubtedly the most talked about web series in the town. Aryan Khan will showcase his talent as a director. Bollywood life has managed to get some interesting scope from the sets of the show. Earlier we told you how Stardom is based on the story of a Delhi boy who aims to make it big in Bollywood just like his father superstar Shah Rukh Khan. For this web series, Aryan Khan has managed to bring the entire industry together as there are countless cameos in it. And now after sharing these exciting scoops, BL exclusively brings you one more update from the sets of the show that speaks about the seriousness that Aryan has for his debut in Bollywood as a director.

An insider reveals, "Aryan Khan has donned the director's hat on the sets of Stardom, and he leaves everyone surprised with the way he conducts the entire star cast and the shoot. The star hit shoots only one page a day for his web series and you can imagine the level of perfection in him. As he shoots only one page compared to other web series shoots that usually finish 5 to 6 pages a day, the budget automati-



cally goes up. But Aryan is aware of what he is making and hence he is in no rush to finish it and enjoy the entire process and make the masterpiece".

Katrina Kaif reveals the real reason behind her rant sessions in front of Vicky Kaushal proving why he is the best husband ever

Katrina Kaif and Vicky Kaushal as adored by millions as a couple. Fans find them very loveable, real and authentic. Katrina Kaif who is busy promoting her movie Merry Christmas has spilled some interesting tidbits about her personal life. During an interview with Pinkvilla, she was asked how she maintains her calm. Along with her film projects, she is also a beauty entrepreneur with a booming business. The actress said if she is worked up about something, she goes on a 45-minute rant in front of her husband, Vicky Kaushal.

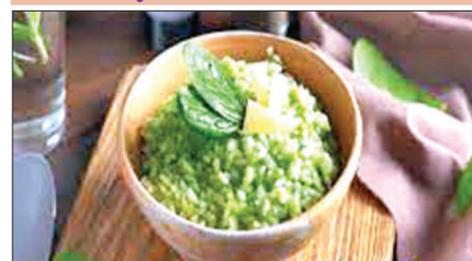
A fan asked the actress how she kept her calm in life. She said someone should ask this to her husband, Vicky Kaushal. Katrina Kaif said she heads home and talks to him for 45 minutes or more in a fast-paced rant session. It seems he listens patiently. If the actor does not follow what she is saying he stops her and says so. This happened because of her accented English. Katrina Kaif said that Vicky Kaushal listens to her with so much sincerity that she feels at peace. She says the couple forget their woes in this manner. Katrina Kaif and Vijay Sethupathi are teaming up



for the first time for Merry Christmas. The actress said the character is the toughest as the nuances are not something she has attempted before.

Recipes

Cheesy Hari Bhari Khichdi



Ingredients

- 1 1/2 cup rice
- 1/2 cup green moong dal
- 1/2 cup spinach
- 1 tablespoon ghee
- 1 tablespoon garlic salt as required
- 1/4 cup peas
- 1/4 cup processed cheese
- 2 stalks spring onions
- 1 teaspoon cumin seeds
- 3 spring onion whites

Method:

To prepare this cheesy khichdi, put a pressure cooker on medium flame and heat ghee in it. When the ghee is melted, add cumin seeds to it and allow it to splutter.

Next, add chopped garlic to the cooker and sauté for 30 seconds. Add spring onion bulbs and sauté for just another minute.

Next, add green peas and green gram to the pressure cooker and mix well. Then, add salt along with rice and 3 cups of water to the cooker and cover with the lid. Pressure cook on medium flame till 4 whistles.

Add spinach puree and spring onion greens, mix and cook for a minute. Add 1/2 cup water in it and mix well. Now, cook for 2 minutes.

Add cheese in the cooker, stir well and cook for another minute. The cheesy khichdi is done.

Enjoy!

Winter wellness: Strategies to safeguard your heart health in cold temperatures

As the winter continues to chill us, our cardiovascular systems face unique challenges. There are multiple ways to safeguard our heart health during these colder months. Here are ten tips and tricks to ensure your heart remains resilient in the face of winter's grip.

Hydration matters: Combat the winter dry spell

In winter, the air tends to be drier, which can contribute to dehydration particularly in the elderly. Also, we tend to drink less compared to the summer months. Adequate hydration is crucial for maintaining optimal blood viscosity and preventing unnecessary strain on your heart. Aim to consume at least 1.5 to 2 litres of fluid daily. Warm fluids like tea, green tea, herbal tea and soups will be appetising as well as hydrating.

**Don't skip exercise, adapt it**  
Winter can discourage even the most ardent fitness enthusiasts. Maintaining regular exercise is vital for general health as well as heart health. If outdoor activities is not your cup of tea, consider indoor activities such as swimming, gym exercises, home workouts or even brisk walking inside the house. This keeps your cardiovascular system in top-notch condition.

**Mind the winter diet: Omega-3 fatty acids and antioxidants**  
It is well known that we tend to eat more and that too unhealthy junk in winter as the weather is depressing outside. Avoid this common behaviour and be strict with yourself. Incorporate omega-3 fatty acids found in fish, flaxseeds, and walnuts into your diet. These essential fatty acids play a key role in reducing inflammation and promoting heart health. Additionally, load up on antioxidant-rich foods like berries and

dark leafy greens to combat oxidative stress.

Dress warmly: Protect your cardiovascular command centre

Extreme cold can constrict blood vessels, increasing the risk of heart-related complications. Dressing warm appropriately helps regulate body temperature, preventing sudden temperature drops that could stress your heart. Don't forget to cover extremities to prevent frostbite.

Maintain medication consistency: Your prescription for heart health

Winter festivities and travel may disrupt medication schedules. Consistency is paramount. Ensure you take your prescribed medications regularly, and if you plan to travel, consult with your Cardiologist for guidance on managing your health as well as medications. Make sure you always have enough medicine supply to cover emergencies / uncertain travel schedules.

Seasonal superfoods: Reinforce your heart's defence

Include seasonal local superfoods in your winter diet. Garlic, citrus fruits, and root vegetables like sweet potatoes offer a nutritional boost, providing essential vitamins and minerals that support heart health.

Extreme weathers: Avoid overexertion in cold temperatures!

Engaging in vigorous outdoor activities in frigid temperatures can strain your heart. Be mindful of your limitations and avoid overexertion. If you have cardiovascular conditions, consult your cardiologist before participating in strenuous winter activities.

Manage stress: A key to cardiovascular harmony

Winters and in particular holiday season can be stressful for many. People tend to go into depression as travel reduces and loneliness increases. This can bring increased stress impacting your heart health. Practice stress-management techniques such as meditation, deep breathing exercises and yoga to keep stress levels in check.



6 ways to use coffee for radiant looking skin



Coffee-lovers rejoice! This easy to find aromatic ingredient not just calms your senses after a long working day but can add that glow up to your skin. Dr Anshika Kukreja, Dermatologist & cosmetologist & Hair transplant surgeon, Neel Aesthetics and laser clinic, Surat suggests many ways to use ground coffee to treat different skin problems. Let's get started:

Puffy eyes

Coffee has anti-inflammatory properties which help to reduce puffy eyes and inflammations.

Mix ground coffee with warm water, dip cotton balls in it and apply it on the puffy area.

Dark circles

Mix half tsp of coffee powder with 1 tsp of honey. Apply the paste under eye dark circles. Leave it on for 10-15 minutes and then wash it off with cold water. This helps to improve blood circulation. Thus preventing blood accumulation under the eyes which often causes dark circles.

Treat your acne

For stubborn acne and pimples, use coffee as a nat-

ural exfoliator combined with its anti-bacterial properties to fight skin bacteria. Rub coffee grounds slowly on your face. Be very gentle with your movements. This will remove dead skin and reduce acne.

You can also make a face pack at home. Mix 3 teaspoons of coffee with 1 tablespoon of gram flour. Add 3 teaspoons of honey, and 2 teaspoons of aloe vera gel and 2-3 drops of lavender essential oil. Keep the pack on for 15 minutes or until it dries and then rinse it off with normal water.

UV rays and sun damaged skin

Polyphenols present in coffee protect against UV rays and reduce fine lines caused due to exposure to sun. Mix 1 tablespoon of coffee along with 1 tablespoon of lemon juice. Keep it on for 15 minutes and then rinse it.

Dry skin

Both coffee and olive oil contain antioxidants which help to protect skin from untimely ageing. Add 1 tsp of olive oil to half tsp of coffee powder and mix well to make a paste. Apply it all over the face. You can also use this on other body parts which are dry. Leave it on for 15 minutes and wash off.

Pigmentation

Regular use of a coffee mask helps to lighten marks and blemishes and give you smooth, bright and spotless skin. One of the best benefits of coffee is that it also reduces pigmented lips.

Make a mixture by combining half tsp of coffee powder, half tsp of honey and juice of half lemon. Use this as a 'spot treatment' for your blemishes and spots. Apply it on the spots as well as on your lips and massage for a few minutes. Leave it on for 10 minutes and wash it off using cold water.

General Knowledge Question Answers

1. What is the name of the element with the symbol Hg?

- a) Helium
- b) Mercury
- c) Hydrogen
- d) Silver

e) Thermometer

d) Hygrometer

2. Which of the following is not a type of renewable energy?

- a) Solar
- b) Wind
- c) Nuclear
- d) Hydroelectric

6. What is the name of the process by which water changes from a liquid to a gas?

- a) Evaporation
- b) Condensation
- c) Sublimation
- d) Melting

7. Which of the following is not a type of cloud?

- a) Stratus
- b) Cumulus
- c) Nimbus
- d) Solaris

3. What is the name of the device that measures electric current?

- a) Voltmeter
- b) Ammeter
- c) Ohmmeter
- d) Multimeter

8. What is the name of the force that causes objects to fall to the ground?

- a) Electromagnetic force
- b) Gravitational force
- c) Nuclear force
- d) Strong force

4. Which of the following is an example of a greenhouse gas?

- a) Nitrogen
- b) Oxygen
- c) Carbon dioxide
- d) Neon

9. What is the name of the branch of science that studies the structure and function of cells?

- a) Ecology
- b) Genetics
- c) Physiology
- d) Cytology

5. Which of the following is used to measure temperature?

- a) Barometer
- b) Anemometer

10. What is the name of the process by which cells divide and reproduce?

- a) Photosynthesis
- b) Respiration
- c) Fermentation
- d) Combustion

- a) Mitosis
- b) Meiosis
- c) Replication
- d) Transcription

11. What is the name of the particle that carries a negative charge?

- a) Proton
- b) Neutron
- c) Electron
- d) Photon

12. What is the name of the process by which RNA is synthesized from DNA?

- a) Translation
- b) Replication
- c) Transcription
- d) Translocation

13. What is the name of the process by which light is refracted when it passes through a prism?

- a) Diffraction
- b) Scattering
- c) Reflection
- d) Dispersion

14. What is the name of the process by which plants use sunlight to produce energy?

- a) Photosynthesis
- b) Respiration
- c) Fermentation
- d) Combustion

ASTRO SPEAK

ARIES



MAR 21 - APR 20

Your head will drift easily toward the clouds this morning, dear Ram, as the Sagittarius moon connects with Mercury and dreamy Neptune. Allow yourself to conjure great visions, but try not to deceive yourself into thinking you can rely on luck alone. Lean into your sense of adventure as the hours unfold, pulling back once the moon enters responsible Capricorn.

LIBRA



SEP 24 - OCT 22

Your mind moves quickly as the Sagittarius moon and Mercury unite, dear Libra, though a harsh connection to Neptune could lead to miscommunications or disorganization. Try to slow down while navigating these vibes, taking care to ground so you can be present conversationally and avoid mistakes. Opt for a quiet evening at home as Luna migrates into Capricorn and the sector of your chart that governs domestic bliss.

TAURUS



APR 21 - MAY 20

You will desire meaningful connections as the Sagittarius moon and Mercury align in your solar eighth house, dear Taurus, though a harsh connection with Neptune suggests you should be mindful of where you find intimacy. Proceed slowly when letting new people into your life, saving your deepest secrets for those who know you best. Your spiritual side awakens when Luna migrates into Capricorn.

SCORPIO



OCT 23 - NOV 22

Dreams about the past could lead to visions for the future as the Sagittarius moon aligns with the Nodes of Fate early this morning. Pay attention to the events that unfolded while snoozing, as they could harbor information from divine forces. Seek sensory experiences when Luna and Mercury align, becoming more aware of your present state as you appreciate your body and the material realms.

GEMINI



MAY 21 - JUN 20

Be honest about what you need in a partnership, dearest Gemini, as the Sagittarius moon aligns with communicative Mercury. Just be sure to address issues around boundaries as well when Neptune becomes agitated, remember to listen to where others are coming from, and take accountability for any wrongdoings you may have committed.

SAGITTARIUS



NOV 23 - DEC 22

You won't hold back when it comes to voicing opinions, as the moon and Mercury align in your sign. Just be aware of how words can impact the moods of those surrounding you when Neptune becomes agitated, avoiding topics that could trigger pain. Slow down as evening rolls in and the moon enters Capricorn, indulging your senses and acknowledging small and beautiful details as a way to ground.

CANCER



JUN 22 - JUL 23

Now is the time to organize your thoughts as you prepare to work for big dreams and personal goals, as Sagittarius moon aligns with Mercury. Just be mindful not to expect too much of yourself when Neptune becomes agitated in your house of expansion. Luckily, you'll find that balance is easier to maintain when Luna migrates into Capricorn, offering the promise of harmony and resilience.

CAPRICORN



DEC 23 - JUL 20

Emotional rejuvenation may find you in the dream realms, dear Capricorn, as the Sagittarius moon aligns with the Nodes of Fate. Allow yourself to feel calm and whole once you've awakened, making the most of these supportive vibes. You may get trapped in your own thoughts as Luna, Mercury, and Neptune align, making it difficult to stay present within your tasks and conversations.

LEO



JUL 24 - AUG 23

A mystical and prophetic energy surrounds you in the very early hours, dear Leo, as the Sagittarius moon aligns with the Nodes of Fate. Listen to what your dreams are telling you, and consider meditating to receive messages before starting the day. Your popularity grows when Luna and Mercury align; many will crave your attention. Just remember that you don't have to give away your energy to anyone you don't want to.

AQUARIUS



JAN 21 - FEB 23

There will be plenty to discuss as Sagittarius moon and Mercury align in your solar eleventh house, bringing buzz to your social sphere. Expect to hear from friends both far and near, but avoid partaking in mean-spirited gossip when Neptune becomes agitated, opting to find gratitude instead. You'll desire peace and quiet as evening rolls in and the moon enters Capricorn, pulling you away from your devices and peers.

VIRGO



AUG 24 - SEP 23

Your nurturing words will have the power to heal, dear Virgo, as the Sagittarius moon and Mercury align. Unfortunately, a harsh connection to Neptune could cause you to walk away feeling depleted if you don't remember to take care of yourself as well. You'll perk up this evening when Luna migrates into Capricorn, bringing out your artistic and fun-loving self.

PISCES



FEB 20 - MAR 20

It'll be up to you to set boundaries with yourself and others, dearest Pisces, as the Sagittarius moon and Mercury align. Unfortunately, a harsh connection to Neptune could cause you to shy away from your own authority, making it important that you find your bravery. Look for community when Luna migrates into Capricorn this evening, organizing a gathering with friends and acquaintances alike.