

**Amid dating rumours with Aditya Roy Kapur, Ananya Panday reveals why she is NOT on any dating apps; says 'I would get possessive...'**



Ananya Panday and Aditya Roy Kapur have been the talk of the town. They are reportedly dating each other and have been spotted together on vacations. However, none of them had ever confirmed their relationship status. But their spottings together have raised these questions. Recently, during their appearance in Koffee With Karan 8, Ananya Panday was seen blushing when Aditya's name was taken. She also tried a lot to dodge the question about her relationship with Aditya. Ananya was seen on the show with Sara Ali Khan. Aditya Roy Kapur was also seen this season with Arjun Kapoor. He said that whenever he hears Ananya's name all he can think of is joy and happiness.

These statements from the actors have almost confirmed the doubts of many people. Now, Ananya has opened up about being on dating apps and social media amidst rumours of dating Aditya. Speaking to India Today, she said she is not on any dating apps and will never talk about her relationship on social media.

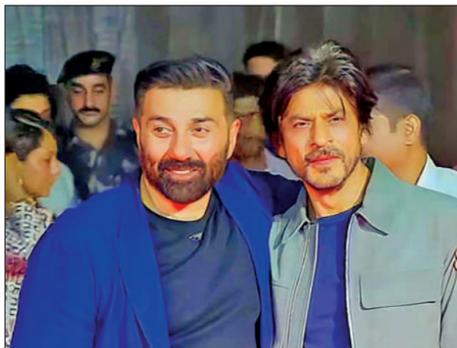
She also said that she would get possessive if her partner liked some other girl's hot pictures on social media. She added that she does not have any fake Instagram account to stalk other people. She also said that she cannot fake a relationship status for the sake of social media. Ananya and Aditya were recently spotted flying out of Mumbai and it seems it was for New Year's celebration. Earlier too, their pictures from their vacation had gone viral.

On the work front, Aditya Roy Kapur will be next seen in Anurag Basu's Metro... In Dino. Ananya Panday on the other hand is enjoying the success of her film, Kho Gaye Hum Kahan. The film is streaming on Netflix and it also stars Siddhant Chaturvedi and Adarsh Gourav.

**Gadar 2 star Sunny Deol breaks silence on his reunion with Shah Rukh Khan; 'It's best to leave it there'**

Sunny Deol witnessed the highest success in 2023 with *Gadar 2*. Several events were major highlights in the Deol family, and the biggest high point and talking points was Sunny Deol and Shah Rukh Khan's reunion. The Dunki star made heads turn with his presence at the *Gadar 2* success party along with his wife Gauri Khan. And it shows that they have let the by-gones be by-gones. Sunny Deol who is gearing up for 2024 after witnessing the most eventful year of his life, spoke about the viral picture of his reunion with Shah Rukh Khan that left many stunned and surprised.

*Gadar 2* actor was asked about his viral hugging picture with Shah Rukh Khan and if they both have let the by-gones be by-gones. Sunny Deol had the most mature take to this question and his reply proves why experience should be respected, "It's not that. Everybody has moved ahead in life, and mentally happy, secure with what they have. When they were younger, they weren't like that. Now everybody is happy and satisfied. Everyone of us knows what wrong or



right we did. Time is a healer. It's best to leave it there. I was so happy that everyone turned up at my party."

**Salaar: Prabhas is over the moon after the much awaited success reveals Prashanth Neel**

*Salaar* has become the most loved and successful film of Prabhas after *Baahubali* and the pan India star cannot contain his excitement for the same. It was a much-needed success for him, especially after the back-to-back failures at the box office. Prabhas' fans thanked the KGF director for collaborating with Prabhas and making *Salaar* along with him. Prashanth Neel who has been giving interviews after the success of the film was asked by a publication about the actor's reaction to the much-needed success. Prashanth said, "I mean he (Prabhas) is absolutely over the moon, with something like this. His reaction is euphoric."

"Talking about taking inspiration from Big B, Prashanth said, "Yes, I drew inspiration from that era for sure, but I also tend to write in a way where my hero has to be my biggest villain. I always make that a rule and then start writing. So probably that is how it reflects. At the time being, both the movies (*KGF* and *Salaar*), both the characters they have similarities that they turn out to be the biggest villains. They have to look like it at least."

Prabhas' *Salaar* has become the 5th film to ale a 100 crore



mark in Hindi release. While overall Prabhas has made more than are 550 crore at the box office overseas and surpassed Shah Rukh Khan's *Dunki* that clashed at the box office with same film.

Recipes

Prune Chocolate Cake



**Ingredients**  
2 cup all purpose flour; 1 cup cut into cubes butter  
1 cup brown sugar; 1 teaspoon baking soda  
1 cup chopped dark chocolate; 3 egg  
1 cup boiling water; 1 teaspoon baking powder  
1 cup chopped prunes

**Method:**  
To prepare this amazing cake recipe, grease a 9-inch round cake tin with butter and line the base with parchment paper. Then, pre-heat the oven at 180 degree Celsius. Meanwhile, take a medium bowl and crack open an egg in it. Using an electric beater, beat well until frothy and keep it aside until required.

Next, take a medium bowl and mix together pitted prunes (chopped), butter and boiling water. Let the bowl stand at room temperature until it is completely cooled.

Then, sift together all-purpose flour; baking powder; baking soda and salt in a large bowl. With a wire whisker, stir sugar in it. Once the prune and water mixture reaches room temperature, stir in the beaten egg. Make sure that the water is not hot or else the egg will get poached.

Stir the wet ingredients into the flour mixture and mix with a spatula until the flour is moistened well and no lumps are remaining in the batter. Finally, add dark chocolate in the batter and mix once again. Pour the cake batter into the prepared tin. Put the tin in the preheated oven and let the cake bake for an hour and insert a toothpick, if it comes out clean, your cake is ready. Cool the cake on a wire rack at room temperature before covering with the chocolate ganache or serve it just like that.

7-day easy workout plan for office-going women



A busy work schedule can make it challenging to find time for a workout, but with a well-designed 7-day easy workout plan, office-going women can incorporate exercise into their daily routines to stay fit, healthy, and energized. This plan focuses on simplicity and can be adapted to suit various fitness levels. It includes a combination of cardio, strength training, and flexibility exercises to provide a holistic approach to fitness.

**Day 1: Cardio kickstart (20 minutes)**  
Start the week with a cardio workout to boost your energy levels. You can do a quick, 20-minute home-based cardio routine. Consider activities like jumping jacks, high knees, or dancing to your favorite music. Make sure to warm up and cool down with some stretching exercises to prevent injury.

**Day 2: Core strengthening (15 minutes)**  
On Day 2, concentrate on your core muscles. Planks, leg raises, and bicycle crunches are excellent options. A 15-minute core workout can help improve your posture, stability, and overall strength.

**Day 3: Rest and stretch (10 minutes)**  
Rest days are essential for recovery. Use this time to perform gentle stretching exercises, focusing on your major muscle groups. Stretching



improves flexibility and reduces muscle tension, helping you feel more relaxed and less prone to injury.

**Day 4: Upper body strength (15 minutes)**  
You don't need weights to work on your upper body. Try push-ups, tricep dips, or wall angels to tone your arms, shoulders, and upper back. A 15-minute upper body workout can build strength and enhance posture.

**Day 5: Cardio blast (20 minutes)**  
For Day 5, go for another cardio session. A brisk walk or a jog in the morning, or even a short home-based cardio workout, can elevate your heart rate and enhance your cardiovascular fitness. Remember to warm up and cool down to safeguard your muscles and joints.

**Day 6: Lower body focus (15 minutes)**  
Target your lower body with exercises like squats, lunges, and calf raises. A 15-minute lower body workout helps tone your legs and glutes and can enhance overall lower body strength and stability.

**Day 7: Yoga and relaxation (20 minutes)**  
Finish the week with a gentle yoga session that focuses on relaxation and flexibility. Yoga can help alleviate stress, improve balance, and increase your range of motion. Spend 20 minutes practicing yoga poses and deep breathing to feel rejuvenated and centered.

5 Korean beauty hacks that are easiest to follow



Korean beauty, also known as K-beauty, has gained immense popularity for its emphasis on a comprehensive skincare routine and innovative beauty hacks. Here are five easy-to-follow Korean beauty hacks that can enhance your skincare routine:

**Double cleansing:** One of the core principles of K-beauty is double cleansing. It involves using an oil-based cleanser to remove makeup and impurities, followed by a water-based cleanser to deep clean the skin. This two-step process ensures thorough cleansing without stripping the skin of its natural oils.

**Hydration is key;** Korean beauty places a strong emphasis on hydration for healthy and glowing skin. Apart from using a hydrating toner, incorporating sheet masks into your routine can provide an instant boost of moisture. Sheet masks are soaked in serums that penetrate the skin, leaving it plump and hydrated.

**Gentle exfoliation:** Instead of harsh physical



exfoliants, K-beauty recommends gentle chemical exfoliants like AHA (alpha hydroxy acids) and BHA (beta hydroxy acids). These acids help to remove dead skin cells, unclog pores, and promote cell turnover. Regular but gentle exfoliation contributes to smoother and brighter skin.

**Layering products:** The famous 10-step Korean skincare routine emphasizes layering different products for maximum benefits. While not everyone needs ten steps, the concept of layering allows you to customize your routine based on your skin's needs. Start with lighter textures and move on to thicker ones, ensuring each product is absorbed before applying the next.

**Sunscreen every day:** Sun protection is a non-negotiable step in Korean beauty. Using sunscreen every day, even on cloudy days, helps protect the skin from UV damage, preventing premature aging and reducing the risk of skin cancer. Opt for a broad-spectrum sunscreen with at least SPF 30 and reapply throughout the day.

General Knowledge Question Answers

- |  |  |   |
|--|--|---|
| 1. Who is the author of "To Kill a Mockingbird"?<br>A) F. Scott Fitzgerald<br>B) Ernest Hemingway<br>C) Harper Lee<br>D) Jane Austen | 6. Who is the author of "1984"?<br>A) George Orwell<br>B) Aldous Huxley<br>C) Ray Bradbury<br>D) Margaret Atwood                     | 11. Who is the author of "One Hundred Years of Solitude"?<br>A) Gabriel Garcia Marquez<br>B) Pablo Neruda<br>C) Jorge Luis Borges<br>D) Octavio Paz |
| 2. Which author wrote the Harry Potter series?<br>A) J.K. Rowling<br>B) Stephen King<br>C) George R.R. Martin<br>D) J.R.R. Tolkien   | 7. Who wrote "The Diary of a Young Girl"?<br>A) Anne Frank<br>B) Elie Wiesel<br>C) Primo Levi<br>D) Viktor Frankl                    | 12. Who is the author of the novel "The God of Small Things"?<br>a) Arundhati Roy<br>b) Salman Rushdie<br>c) Vikram Seth<br>d) Kiran Desai          |
| 3. Who wrote the novel "The Great Gatsby"?<br>A) F. Scott Fitzgerald<br>B) Ernest Hemingway<br>C) Harper Lee<br>D) Jane Austen       | 8. Which author wrote "Pride and Prejudice"?<br>A) F. Scott Fitzgerald<br>B) Ernest Hemingway<br>C) Jane Austen<br>D) Virginia Woolf | 13. Who is the author of the novel "Wuthering Heights"?<br>a) Charlotte Bronte<br>b) Emily Bronte<br>c) Jane Austen<br>d) Virginia Woolf            |
| 4. Who is the author of "The Catcher in the Rye"?<br>A) J.D. Salinger<br>B) Ernest Hemingway<br>C) Harper Lee<br>D) Jane Austen      | 9. Who is the author of "The Hobbit"?<br>A) J.K. Rowling<br>B) J.R.R. Tolkien<br>C) C.S. Lewis<br>D) Roald Dahl                      | 14. Who is the author of "The Color Purple"?<br>a) Toni Morrison<br>b) Alice Walker<br>c) Maya Angelou<br>d) Zora Neale Hurston                     |
| 5. Which author wrote "The Chronicles of Narnia"?<br>A) J.K. Rowling<br>B) J.R.R. Tolkien<br>C) C.S. Lewis (Answer)<br>D) Roald Dahl | 10. Who is the author of "The Picture of Dorian Gray"?<br>A) Oscar Wilde<br>B) Virginia Woolf<br>C) James Joyce<br>D) T.S. Eliot     | 15. Who is the author of "The Lord of the Rings" trilogy?<br>a) J.K. Rowling<br>b) J.R.R. Tolkien (Answer)<br>c) C.S. Lewis<br>d) Roald Dahl        |

ASTRO SPEAK

- |   |   |
|---|---|
| <b>ARIES</b><br>MAR 21 - APR 20<br>Today's skies offer the break you've been needing, Aries. The moon sits through mentally active Aquarius, imploring you to reach out and connect with your community and friend groups—without the burden of yesterday's tensions. Even though Aries are notorious for being individualistic, you'll feel at your best when you're a part of something larger than yourself.   | <b>LIBRA</b><br>SEP 24 - OCT 22<br>Libras despise tense confrontations of any kind. While yesterday's skies made that quite apparent, today the cosmos offer a moment to mend and release—as the moon peacefully floats through objective Aquarius. Relationships may have gotten rocky recently, so with today's amicable skies, work to patch things up with a lover.   |
| <b>TAURUS</b><br>APR 21 - MAY 20<br>You've been facing some setbacks in advancing your career, Taurus. Mars and Saturn are both working hard to restructure and reframe what you want to do with your life, and that can feel extremely disorienting. The moon, on the other hand, floats agenda less through visionary Aquarius this afternoon—sensitizing you to your public reputation and helping you further contemplate your next move.           | <b>SCORPIO</b><br>OCT 23 - NOV 22<br>The concept of home has been more important to you than ever, Scorpio. Today's Aquarius moon sensitizes you to your home base and your connection to family. You need reassurance now that the foundations you're building are the right ones. Mars and Saturn in Aquarius are working to reframe your living environment, helping you get deeply in touch with what you require in a home.  |
| <b>GEMINI</b><br>MAY 21 - JUN 20<br>Break your routine in whatever way you can today, Gemini. The moon floats through high-minded Aquarius this afternoon, pulling you into a dreamworld of potential "what ifs" in your grand view of life. Get lost in the world of a foreign film, begin a new book, or do something out of the ordinary to keep that curious mind of yours content.   | <b>SAGITTARIUS</b><br>NOV 23 - DEC 22<br>A much needed wave of relief washes over your mind this afternoon, Sagittarius. The moon floats through freethinking Aquarius today, totally uninhibited from other contacts in the sky. This gives you time to gather your thoughts and understand what's next for you. Communication is critical to your comfort today, and need for exchanges in your environment.  |
| <b>CANCER</b><br>JUN 22 - JUL 23<br>Today's skies are less emotionally slurring than yesterday's skies, Cancer. The moon tiptoes through mentally stimulated Aquarius, making no aspects to other planets throughout the day. This signals that it's best to keep extroverted or initiatory actions to a minimum. Partnership, intimacy, and psychological explorations dominate your thoughts today—so crack open up a deep conversation with a lover. | <b>CAPRICORN</b><br>DEC 23 - JUL 20<br>You've been waiting for an alleviating moment for a while now, Capricorn. Today's skies deliver you the break you've been craving, as there's relatively little action throughout the day. The moon ambles through offbeat Aquarius throughout the day, calling attention to your natural abilities and talents and asking you to reignite your interests in things you've left on the back burner. Get lost in it and love what you do. |
| <b>LEO</b><br>JUL 24 - AUG 23<br>You've been rearranging your perspective on life and all of its functions recently, Leo. The cosmos of late haven't been so easy to navigate, especially on one's own. Today's skies lighten the load as the moon floats through other-oriented Aquarius, drawing you to a deeper understanding of relationship matters. Your one-on-ones take priority today, so refrain from keeping everything to yourself.         | <b>AQUARIUS</b><br>JAN 21 - FEB 23<br>Today calls attention to your appearance and physical health, Aquarius. The moon ambles freely through your sign throughout the afternoon, making no aspects to other planets and leaving you to your own devices. Today's skies are unequivocally lighter than the past few days, so take advantage of the levity and reconnect with your body.  |
| <b>VIRGO</b><br>AUG 24 - SEP 23<br>You need a project to unleash your energy towards right now, Virgo. Today's cosmic mix is undoubtedly easier to handle than the past few days, as the moon floats solo through visionary Aquarius. Work, errands, health, and exercise are calling out for your attention today. So, tune into your body and pick a project that you can activate your natural busybody tendencies.                                  | <b>PISCES</b><br>FEB 20 - MAR 20<br>Alone time is important to foster in your environment today, Pisces. The moon drifts without a care in the world through Aquarius this afternoon, lifting the crushing weight of your shoulder the past few days. Your sensitivities are running high today and you still may wish to refrain from much interaction with other people. Silence your phone, run a bath, and let your spirit refresh itself.                                  |

