

Ananya Panday reveals the reality behind catfights between actresses; says 'Alia bhatt, Kriti Sanon...'



Kho Gaye Hum Kahan is getting accolades not just for the movie but also for Ananya Panday, Adarsh Gourav and Siddhant Chaturvedi. Ananya Panday is getting praise for her character of Ahana in Kho Gaye Hum Kahan. The actress recently revealed the catfight situation in Bollywood. Well, there is this notion about the actresses not getting along and having a cold war over missed opportunities and such. Now, Ananya has spilt the beans whether it holds any truth or not.

Ananya Panday slammed the notion of women not being supportive of each others' work in the industry. The actress self-proclaims to be the flag bearer of women being friends. Revealing the reality, Ananya shares that Alia Bhatt and Mrunal Thakur called her up after watching Kho Gaye Hum Kahan. Not just them but even Kriti Sanon messaged her praising her work in the movie directed by Arjun Varain Singh. So, there goes the notion down the drain for all the gossipmongers. Ananya adds that it is just an outside perception of women not being supportive of each other and reveals that having done a lot of two-heroine movies, she has always had pleasant experiences.

Ananya Panday shared she was filming with Sid when she heard that Arjun Varain Singh is coming to narrate the movie to Siddhant. She had heard about the movie and wanted to work in it. Hence, she decided to dress up all tomboyish. When Arjun was on set, she asked everyone to gather up and play football. "I became like one of the bros and Arjun just went, 'Wow, she's exactly like Ahana.'" Arjun then asked her to audition and she did and luckily was signed for the movie.

Manoj Bajpayee's Joram gets added to the prestigious Oscar Library; actor expresses joy, 'We have come a full circle with this'

Manoj Bajpayee is beaming with pride as his recent film Joram gets added to the illustrious Oscar library. Despite its underwhelming performance at the box office, the movie received critical acclaim for its thrilling plot and Manoj's unparalleled acting skills. His remarkable performance in the movie has undoubtedly established him as the ultimate content king, and the addition of Joram to the Oscar library further reinforces this. Manoj recently expressed his elation on the milestone achievement.

Manoj Bajpayee has always been driven by his passion for acting, and not by the pursuit of fame or success. He is focused on strong projects that challenge him as an actor, and he is not swayed by the numbers game. In a recent interaction with News18, Manoj expressed his joy at Joram being added to the prestigious Oscar library. He said that he indeed feels blessed that the film has received such an honor, and he believes that this achievement is a testament to the hard work and dedication of the entire team. The actor also



said that with this achievement Joram has come to its full circle.

DYK: Shahid Kapoor rejected THIS Aamir Khan movie; regrets it to date

Shahid Kapoor is gearing up for his next with Kriti Sanon called Teri Baaton Mein Ais Uljha Jiya. The actor has been in the news for his statements and his upcoming projects. He made his OTT debut with Farzi last year. The Raj and DK created web series was one of the most watched web series of the year. Fans are eagerly looking forward to his next. But today, we bring a throwback of Shahid. The actor once revealed that he regrets refusing an Aamir Khan movie.

Shahid Kapoor has had an amazing journey an evolution. From starring in chocolate boy roles to doing character oriented, plot and subjective movies, Shahid has come a long way. He has mesmerized fans by giving some of the most iconic characters. However, there are always movies which one could not be a part of and Shahid has one regret to date. Here's looking at the time when Shahid expressed regret to not taking up and Aamir Khan movie. n 2019, Shahid Kapoor appeared on the Neha Dhupia's chat show called BFFs With Vogue. He expressed his regret about not taking up Aamir Khan starrer Rang De Basanti. Shahid revealed that he was approached for the role eventually



played by Siddharth. He recalled crying when he heard the script. He loved it but unfortunately, things did not work out and he couldn't be a part of the movie.

Recipes

Chole Ghugni



Ingredients
1 cup boiled chick peas, 1 tomato
1 teaspoon chopped ginger
1 1/2 teaspoon coriander powder
1/2 teaspoon turmeric
2 tablespoon vegetable oil
salt as required, 2 medium sliced onion
2 green chilli
1/2 teaspoon red chilli powder
1/4 teaspoon garam masala powder
1 teaspoon cumin seeds
2 Pinch asafoetida
2 tablespoon chopped coriander leaves

Method:
In a blender, grind chopped tomato, ginger, green chillies, 1 tablespoon of boiled chole and 1 tablespoon sliced onion. Blend to make a paste.

In a pan, heat oil and add cumin seeds. Let the seeds crackle and add asafoetida. Also, add the remaining sliced onions. saute until the onions become golden brown. Add the chana paste and saute.

Now add turmeric powder, red chilli powder, coriander powder and salt. Saute the ingredients in the pan for 5 minutes. Add the boiled chana along with the 3/4 cup of water and bring to a boil.

Simmer the chana until the consistency becomes thick and the water dries up. Add the garam masala and stir.

Remove from heat, transfer to a bowl, garnish with coriander leaves and serve Chole Ghugni with rice or chapati.

How to increase your vitamin D levels in winter



Vitamin D is necessary for your body to fight infections and maintain health. Although vitamin D can be obtained in a variety of ways, most of it is created by the body when UVB rays from the sun are absorbed. Wintertime makes it harder to receive enough vitamin D because of the shorter days. In addition to supporting vital processes like immunity, vitamin D also helps to keep the heart, brain, and bones healthy. You might be startled to find that almost a third of folks in India don't receive enough vitamin D. This is because ultraviolet radiation that enters your body through your skin is prevented by piles of wool clothes to protect yourself from the cold.

Your body is kept healthy by vitamin D in a number of ways. For proper function, the vitamin is necessary for your bones, muscles, and nerves. It also supports the immune system's strengthening. In addition to consuming certain foods, exposure to sunlight is another way to obtain vitamin D. However, there are some restrictions with the latter.

Low vitamin D is more common in the following populations:
Senior citizens, Obese individuals, Individuals who have had gastric bypass surgery
Individuals suffering from various ailments such as

Hypothyroidism, Crohn's disease, cystic fibrosis, liver illness, and celiac disease.

Here are some ways to get vitamin D during the winter months
Eat right
Vitamin D content in several fish and seafood varieties is naturally high. Salmon, halibut, tilapia, tuna, cod, sardines, haddock, shrimp, and scallops are a few of these. Moreover, meat, eggs, and cod liver oil are excellent providers of vitamin D. The finest natural alternative is mushrooms for vegans and vegetarians. But, in order for these mushrooms to make vitamin D, they too must be exposed to the sun, so leave them near a window or other area that receives natural light.

Consider a Vitamin D supplement
The best ways to obtain vitamin D are from sunshine and a healthy diet, however supplements can also be helpful. Consultation with your physician is usually a good idea before starting any new supplement regimen. A dose that works best for you can be suggested by your doctor.

Take in some fresh air
During winter months, the angle of the sun, and colder temperatures make it more difficult to receive enough vitamin D from sun exposure, but every bit helps. Try to go for a stroll outside every day, if at all possible. Walking a few times a week, even just 20 minutes in the sun can have an impact on your vitamin D levels and also your overall weight.

Use an Ultraviolet (UVB) Lamp
UVB light, which the sun emits, is absorbed by your skin through a substance called 7-DHIC, which triggers the body to start producing vitamin D. Utilizing the same kind of light as the sun, a UVB lamp allows you to take advantage of the warmth and advantages of a sunny summer day even when you're indoors. In fact, research has shown that some LED lights at particular wavelengths are more effective than the sun at promoting the creation of vitamin D in the skin!

5 expert tips to keep your skin hydrated



In a world where environmental factors and lifestyle choices often contribute to skin concerns, maintaining well-hydrated skin becomes paramount, especially for those grappling with dryness. Dry skin, characterized by a lack of moisture and a compromised skin barrier, can lead to discomfort, flakiness, and even premature aging. Here are five expert-backed strategies to quench your skin's thirst and unveil a radiant, hydrated glow.

Hydration from within: Begin your journey to supple skin by prioritizing hydration from the inside out. Consume an ample amount of water throughout the day to replenish moisture levels and support overall skin health.

Expert tip: Proper hydration is the foundation for healthy skin. Aim for at least eight glasses of water daily to keep your skin cells plump and nourished.

Gentle cleansing rituals: Harsh face wash and cleansers can strip the skin of its natural oils, exacerbating dryness. Always opt for sulfate-free, gentle, hydrating face wash and cleansers. Especially look for a foaming face

wash that cleans without compromising the skin's moisture barrier.

Expert tip: Choose sulfate-free cleansers enriched with hydrating ingredients like glycerin, Vitamin E, or hyaluronic acid to preserve your skin's natural moisture.

Use nutrient rich moisturisers: Invest in a high-quality moisturizer enriched with nourishing ingredients to lock in hydration and create a protective barrier against external aggressors.

Expert tip: Look for moisturizers containing ingredients like shea butter, cocoa butter, collagen, Vitamin E oil, argan oil, and jojoba oil to fortify your skin's natural lipid barrier and prevent moisture loss," advises Pooja.

Exfoliate regularly: Exfoliation is key to removing dry and dead skin cells, allowing moisturizers to penetrate more effectively. However, choose a gentle exfoliator to avoid further irritation.

Expert tip: Products with ingredients like jojoba beads or alpha hydroxy acids (AHAs) can promote cell turnover, revealing a smoother and more radiant complexion.

Smart skincare choices: Optimize your skincare routine by choosing products specifically formulated for dry skin. Products like collagen, retinol, Vitamin E, and hyaluronic acid can significantly boost moisture levels.

Expert tip: Incorporate collagen face serum, retinol face serum, and hyaluronic acid serums into your routine. They offer intense hydration for dry skin.

Embracing a holistic approach to skincare is key to combating dryness and achieving a luminous complexion. By prioritizing hydration from within, adopting gentle cleansing practices, investing in nutrient-rich moisturizers, introducing humidification at home, and making smart skincare choices, you pave the way for skin that not only looks healthy but feels it too.

General Knowledge Question Answers

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| 1. 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 | (D)Iron Ore
6. Who was the last Mughal Emperor?

(A) Akbar
(B)Noor Jehan
(C)Bahadur Shah
(D) Babur | 11. Which one among the following radiations carries maximum energy?

(A) Ultraviolet rays
(B) Gamma rays
(C) X- rays
(D) Infra-red rays |
| 2. In which year, the Mother Teresa won the Nobel Peace Prize?

(A) 1975
(B) 1982
(C) 1981
(D) 1979 | 7. The Indian state which leads in agricultural production is

(A)Punjab
(B) Haryana
(C) Karnataka
(D) Tamil Nadu | 12. Bokaro Steel Limited was set up with the assistance of

(A) USA
(B) Germany
(C) UK
(D)Soviet Union |
| 3. 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 | 8. The longest mountain range in the world is known as:

(A)The Himalayas
(B)The Alps
(C)The Rockies
(D)The Andes | 13. The Headquarters of WTO (World Trade Organization)is situated in

(A) Montreal
(B) Geneva
(C) Seattle
(D) the Hague |
| 4. Which substance is used to retard the setting action of cement?

(A) AlO
(B) CaO
(C) NaO + KO
(D) CaSO.2HO | 9. The most populous city in the world is

(A) Paris
(B) Tokyo
(C) Peking
(D) London | 14. Which was the second Italian Satellite launched from Soviet Union?

(A) Bhaskar-1
(B) Aryabhata
(C) Rohini
(D) Apsara |
| 5. The mineral in which India depends largely on imports is

(A)Mercury
(B)Mica
(C)Bauxite | 10. Which state among the following produces maximum soybean?

(A) Bihar
(B) Uttar Pradesh
(C) Madhya Pradesh
(D) Rajasthan | 15. The metal whose salts are sensitive to light is

(A) Copper
(B) Zinc
(C) Silver
(D) Gold |

ASTRO SPEAK

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| ARIES

MAR 21 - APR 20
Today's skies offer the break you've been needing, Aries. The moon sifts 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. | LIBRA

SEP 24 - OCT 22
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. |
| TAURUS

APR 21 - MAY 20
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. | SCORPIO

OCT 23 - NOV 22
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. |
| GEMINI

MAY 21 - JUN 20
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 if's" 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. | SAGITTARIUS

NOV 23 - DEC 22
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. |
| CANCER

JUN 22 - JUL 23
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 overtroved 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. | CAPRICORN

DEC 23 - JUL 20
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. |
| LEO

JUL 24 - AUG 23
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. | AQUARIUS

JAN 21 - FEB 23
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. |
| VIRGO

AUG 24 - SEP 23
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. | PISCES

FEB 20 - MAR 20
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 off 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. |