

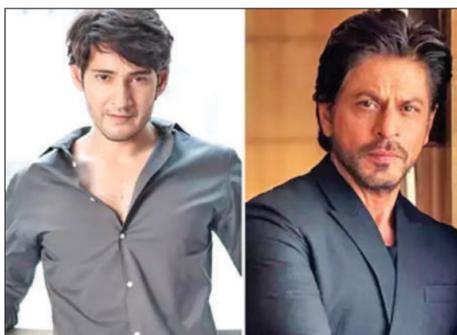
Lovebirds Ananya Panday, Aditya Roy Kapur to star in OK Jaanu sequel? The former expresses her wish



Ananya Panday and Aditya Roy Kapur are the newest alleged love birds of Bollywood. Although the duo hasn't publicly confirmed their relationship, their frequent holiday pictures leave little doubt about their romantic liaison. The two haven't yet shared the screen space, but they have walked the ramp together. However, the fans of Aditya and Ananya might soon see them together in a film. In a recent interview, Ananya Panday revealed the Aditya Roy Kapur's movie she wants to star in with him. In a recent interview with Instant Bollywood, Ananya Panday expressed her desire to star in the film Ok Jaanu alongside Aditya Roy Kapur. After giving it some serious thought, she revealed that the film looks like a lot of fun and the actors seemed to have had a great time while shooting it. Panday, who is known for her roles in movies such as Kho Gaye Hum Kahan, stated that she likes Ok Jaanu because it's a light-hearted romantic comedy. When rumors of Ananya Panday and Aditya Roy Kapur dating started to circulate, everyone was surprised to say the least. At first, many believed it was just speculation, but when a picture of Ananya and Aditya on vacation went viral, it was confirmed that the duo are indeed dating each other. Ananya's statements such as "I am feeling very Ananya Roy Kapur" or Aditya's attempt that whenever he hears Ananya's name, he hears joy, on Koffee with Karan 8 further proved that the duo is deeply smitten by each other. Aditya was also spotted at the premiere of Ananya Panday's film Kho Gaye Hum Kahan. However, one thing is for sure - both Aditya and Ananya didn't want to officially confirm things on a public platform. They are becoming more comfortable by being spotted together at social gatherings, but there's still a fair amount of time before they make things official.

Guntur Kaaram: Shah Rukh Khan showers love on Mahesh Babu's film; calls it 'Massiest Movie'

Guntur Kaaram: Mahesh Babu's latest movie hit the theaters on January 12, 2024 and although the critics' opinions are divided, the box office numbers are nothing short of impressive. Recently, Bollywood's superstar Shah Rukh Khan took to social media to express his admiration for his friend Mahesh Babu. In his post, he showered love on Guntur Kaaram, calling it a "Mass Film". The sweet gesture from King Khan has certainly grabbed the attention of many social media users. Shah Rukh Khan has recently taken to his social media to express his admiration for his friend Mahesh Babu's new film, Guntur Kaaram. The actor shared that he is eagerly looking forward to watching the film. He also mentioned how the movie seems like a promising combination of action and emotion. Further, he added that Guntur Kaaram is a highly inflammable film with a massive appeal to the masses. Just to refresh your memory, let us remind you that Mahesh Babu had shared a heartfelt note last year when Shah Rukh Khan's movie Jawan hit the theatres. In his



post, he stated that the movie was Shah Rukh Khan's career-best film and how his aura and screen presence remain unmatched.

Karan Johar regrets making THIS film with Shah Rukh Khan and wants to correct it

Karan Johar is undoubtedly one of the most celebrated and accomplished directors of the Bollywood industry. Although most of his films have received widespread acclaim and appreciation, few of films have also been criticized. In a recent interview, when asked which of his films he would like to rectify if he could go back in time, he stated that he would love to remake his hit film starring Shah Rukh Khan and Rani Mukerji. He further added that he intends to make some improvements in certain areas to make it even better. Karan Johar, while talking to The Week, was recently asked which of his films he would have produced differently. After giving much thought to the question, the filmmaker stated that answering it might hurt the people who had worked on that particular film. He admitted that some of his films were emotional decisions. However, he later revealed that the only film he wished he could have packaged differently was Kabhi Alvida Naa Kehna, starring Shah Rukh Khan and Rani Mukerji. He mentioned that if he could make the film again, he would certainly correct it. Karan Johar also mentioned that when Kabhi Alvida Naa



Kehna was released in 2006, people accused him of endorsing infidelity. He clarified that he could not endorse something that was already sold.

Recipes

Til Mawa Laddoo



Ingredients
500 gm sesame seeds
1/2 cup mixed dry fruits
2 teaspoon powdered green cardamom
500 gm khoya
400 gm powdered sugar
1 teaspoon ghee

Method:
To prepare these little balls of heaven, take the dry fruits and chop them up on a clean chopping board. Then, take a non-stick pan over medium flame and heat it. Add the til and roast them till they turn brown in color. Transfer them to a plate and allow them to cool down. When they have cooled down completely, pour them in a blender and grind them to a powder. Now, add the mawa (khoya) in the same pan and cook it for 5-7 minutes, then add the powdered til along with the powdered sugar, cardamom powder and crushed dry fruits. Mix them well. Now, take a teaspoon of ghee in your palms and rub them together to coat it. Then, using your palms, take small portions of the mixture and shape them into small balls. Repeat the process with all the mixture. Place the Laddos on a plate and serve. Or store them in an airtight container for up to 2 weeks.

Tips
To make your laddos more delicious, you can add in some grated coconut. Add some roasted peanuts to add some crunch to your desi laddos.

This is responsible for maximum fatty liver cases: Are you at risk?



Fatty liver, or hepatic steatosis, is a condition characterized by the accumulation of excess fat in liver cells. This fat buildup occurs when the liver's normal metabolic processes, which involve processing and regulating fats, are disrupted. Fatty liver is often asymptomatic but can progress to more severe conditions, such as non-alcoholic fatty liver disease (NAFLD) or alcoholic liver disease (ALD). Lifestyle modifications, including a healthy diet and exercise, are crucial for managing and preventing fatty liver, as it can lead to inflammation, liver damage, and complications if left untreated. **How is alcohol responsible for fatty liver?** The liver is responsible for metabolizing and breaking down alcohol. When a person consumes alcohol, the liver prioritizes its metabolism, leading to the conversion of alcohol into acetaldehyde, a toxic substance. This process generates reactive oxygen species and promotes inflammation in the liver, contributing to oxidative stress. Over time, chronic alcohol consumption disrupts the normal metabolic processes in the liver, leading to the accumulation of fat in liver

cells. One of the initial stages of alcoholic liver disease is alcoholic fatty liver, which is characterized by the buildup of fat in liver cells. As alcohol-induced liver damage progresses, it can lead to more severe conditions such as alcoholic hepatitis and cirrhosis. Alcoholic hepatitis involves inflammation of the liver, while cirrhosis represents advanced scarring and damage to liver tissue. **What else causes fatty liver?** Apart from alcohol, several other factors also cause fatty liver and these are categorised under non-alcoholic fatty liver disease. As per a recent study by AIIMS done in July 2023, over one-third (38 per cent) of Indians have fatty liver or non-alcoholic fatty liver disease. **What are the symptoms?** Fatty liver symptoms are often subtle, but may include fatigue, abdominal discomfort, and mild pain in the upper right side. As the condition progresses, individuals may experience unintended weight loss, weakness, and a general sense of malaise. In some cases, there may be an enlarged liver, noticeable through abdominal swelling. However, many people with fatty liver may remain asymptomatic. Severe cases can lead to complications such as liver inflammation, cirrhosis, and liver failure. Regular medical check-ups and monitoring liver health are important, especially for those with risk factors like obesity, diabetes, or excessive alcohol consumption. **How to treat fatty liver?** Preventing fatty liver involves adopting a healthy lifestyle. Maintain a balanced diet rich in fruits, vegetables, and whole grains, while limiting refined sugars and saturated fats. Regular exercise is crucial for weight management and overall liver health. Moderate alcohol consumption or abstinence is advisable. Manage underlying conditions like obesity and diabetes. Stay hydrated, as water aids liver function. Avoid rapid weight loss or fad diets. Periodic medical check-ups help monitor liver health. By prioritizing a nutritious diet, regular physical activity, and avoiding harmful habits, individuals can significantly reduce the risk of developing fatty liver.

5 winter skin care mistakes most of us make



As winter settles in, the drop in temperature brings with it a host of skin care challenges. The cold, dry air can wreak havoc on our skin, leading to issues like dryness, flakiness, and irritation. To combat these winter skin woes, it's crucial to adopt a proper skincare routine. However, many of us inadvertently make common mistakes during the colder months that can exacerbate skin problems. Here are five winter skin care mistakes to avoid: **Skipping sunscreen** One of the most common misconceptions is that sunscreen is only necessary in the summertime. In winter, people tend to underestimate the strength of the sun's UV rays. Snow and ice can reflect sunlight, intensifying UV exposure. Additionally, prolonged sun exposure can contribute to premature aging and skin damage. Therefore, applying a broad-spectrum sunscreen with at least SPF 30 should be a year-round practice to protect the skin from harmful UV radiation. **Overlooking hydration** Cold winter air lacks humidity, and indoor heating systems further strip the air of moisture. This dry environ-

ment can lead to dehydration of the skin. Many individuals make the mistake of not adjusting their skincare routine to address this issue. To combat dryness, it's essential to use a hydrating moisturizer that locks in moisture. Consider using products with ingredients like hyaluronic acid, glycerin, or ceramides to keep the skin adequately hydrated. **Hot showers and baths** While a hot shower or bath may feel comforting in the cold weather, it can strip the skin of its natural oils, leaving it dry and irritated. Prolonged exposure to hot water can break down the lipid barriers in the skin, leading to moisture loss. Opt for shorter, lukewarm showers, and be sure to moisturize immediately afterward to seal in moisture. Using a gentle, fragrance-free cleanser will also help prevent further irritation. **Ignoring exfoliation** Exfoliation is a crucial step in any skincare routine, but some people tend to neglect it in winter, fearing it might exacerbate dryness. However, exfoliating helps remove dead skin cells, allowing moisturizers to penetrate more effectively. Choose a mild exfoliator and use it once or twice a week to maintain a healthy glow. Avoid harsh scrubs that can cause microtears in the skin, leading to more significant issues. **Skin care night cream** Skin has different needs during winter compared to other seasons, and using the same products year-round may not be effective. Adjusting your skincare routine to address winter-specific concerns is crucial. Consider incorporating richer, more emollient moisturizers and hydrating serums. Additionally, using a humidifier indoors can help replenish moisture in the air and prevent skin from drying out.

General Knowledge Question Answers

- Who painted the famous artwork "The Starry Night"?
a) Leonardo da Vinci
b) Vincent van Gogh
c) Pablo Picasso
d) Claude Monet
- Which famous playwright wrote "Romeo and Juliet"?
a) William Shakespeare
b) Oscar Wilde
c) Tennessee Williams
d) Arthur Miller
- Who composed the famous opera "The Barber of Seville"?
a) Wolfgang Amadeus Mozart
b) Giuseppe Verdi
c) Gioachino Rossini
d) Richard Wagner
- Which type of dance originated in Argentina?
a) Salsa
b) Tango
c) Waltz
d) Ballet
- Which famous sculpture depicts the Greek goddess Athena?
a) The Venus de Milo
b) The Winged Victory of Samothrace
c) The Parthenon Frieze
d) The Statue of Athena Parthenos
- Who painted the famous artwork "The Persistence of Memory"?
a) Salvador Dali
b) Pablo Picasso
c) Vincent van Gogh
d) Leonardo da Vinci
- Which musical instrument is often associated with Indian classical music?
a) Saxophone
b) Piano
c) Sitar
d) Drums
- Which famous composer wrote "Für Elise"?
a) Ludwig van Beethoven
b) Johann Sebastian Bach
c) Wolfgang Amadeus Mozart
d) Franz Schubert
- Who directed the 1977 movie "Star Wars"?
a) George Lucas
b) Steven Spielberg
c) Martin Scorsese
d) Francis Ford Coppola
- Which famous play by Samuel Beckett features two characters waiting for someone named Godot?
a) Endgame
b) Krapp's Last Tape
c) Waiting for Godot
d) Happy Days
- Which of the following is not a genre of Indian classical dance?
a) Kathakali
b) Bharatanatyam
c) Bhangra
d) Kathak
- Who painted the famous artwork "Starry Night"?
a) Pablo Picasso
b) Vincent van Gogh
c) Claude Monet
d) Leonardo da Vinci
- Who is the author of the book "The Da Vinci Code"?
a) Dan Brown
b) Stephen King
c) J.K. Rowling
d) Agatha Christie
- Which Indian artist is known for his series of paintings on Mahatma Gandhi?
a) M.F. Husain
b) Rabindranath Tagore
c) Raja Ravi Varma
d) Amrita Sher-Gil
- Who is the creator of the famous cartoon character Mickey Mouse?
a) Walt Disney
b) Charles M. Schulz
c) Jim Henson
d) Matt Groening

ASTRO SPEAK

- ARIES** (MAR 21 - APR 20): The sun enters Gemini and your solar third house marking the last stretch of spring and a chance for you to expand your mind. These vibes are perfect for nurturing your curious nature, though your social side will need some attention too. You'll want to be on guard for drama within your network of peers, taking care not to get involved if negativity begins to circulate your sphere.
- LIBRA** (SEP 24 - OCT 22): The sun enters Gemini and your house of spirituality this morning, elevating your spirits and intuition throughout the next month. Lean into the mystic that lives within, and you'll soon find a universe alive with magic and synchronicity. Unfortunately, a tense opposition between Mars and Pluto could temporarily rain on your parade, especially if your friends try to pull you into their drama.
- TAURUS** (APR 21 - MAY 20): The sun enters Gemini and your solar third house marking the last stretch of spring and a chance for you to expand your mind. These vibes are perfect for nurturing your curious nature, though your social side will need some attention too. You'll want to be on guard for drama within your network of peers, taking care not to get involved if negativity begins to circulate your sphere.
- SCORPIO** (OCT 23 - NOV 22): You'll be thinking heavily about ways to evolve throughout the coming weeks, as the sun enters Gemini and your house of transformation. Use this energy to make important decisions that will lead you to a higher path, even if doing so requires a few "goodbyes." Keep tabs on your emotions as Mars and Pluto face off overhead, taking care to set boundaries and nurture your needs if you feel overly stressed.
- GEMINI** (MAY 21 - JUN 20): Happy birthday, dearest Gemini! The sun officially enters your sign early this morning, giving you full permission to seek attention, revel in your popularity, and make things just a little bit more about you. However, you'll want to be delicate in your approach to adoration as Mars and Pluto face off, and be sure to keep your message positive and attitude light.
- SAGITTARIUS** (NOV 23 - DEC 22): Get ready for lots of love and plenty of flirting, as the sun migrates into Gemini and your solar seventh house. This luminary placement will heighten your charisma and natural wits, providing you with all tools necessary to enchant your latest crush. However, you should focus on maintaining a sense of balance on your own, making time to support your mind, body, and soul in the pursuit of harmony.
- CANCER** (JUN 22 - JUL 23): Your mind will be a busy place throughout the coming weeks, darling Cancer, as the sun enters Gemini and the sector of your chart that governs introspection. This solar placement will ask you to take stock of your life, meditating on ways to improve your overall happiness while acknowledging what you cannot control. A sweetness will wash over you this evening when the moon enters your sign.
- CAPRICORN** (DEC 23 - JUL 20): The sun enters Gemini and your solar sixth house asking you to recommit to your health and wellness goals. These vibes are perfect for recommitting to consistent bedtimes, workout regimes, and overall organization, so be sure to direct your focus accordingly throughout the coming month. You'll feel a shift this evening when the moon enters Cancer, helping you reclaim a sense of balance and harmony.
- LEO** (JUL 24 - AUG 23): Get ready for good times ahead, dear Leo, as the sun enters Gemini and the sector of your chart that governs community. Though you'll be busy shaking hands and kissing babies throughout the coming weeks, a desire to do something good will also come into play. Be sure to acknowledge the humanitarian that lives within. Just be sure to carve out some alone time this evening when the moon migrates into Cancer.
- AQUARIUS** (JAN 21 - FEB 23): A rush of playful and creative energy will wash over you as the sun enters Gemini and your solar fifth house. This luminary placement will reinvigorate your spirits, especially when you devote more time to the pursuit of fun or the arts. Unfortunately, tensions could mound within your love life as Mars and Pluto face off in our skies, but try not to let small arguments spiral into something bigger.
- VIRGO** (AUG 24 - SEP 23): Take extra steps to nurture your professional network throughout the coming weeks, dearest Virgo, as the sun enters Gemini and your solar tenth house. This luminary placement can assist in making headway within your occupational goals, but relationships will be important as you inch your way to the top. Use this energy as motivation to get a head start.
- PISCES** (FEB 20 - MAR 20): Your home will feel elevated and bustling when you awaken as the sun migrates into Gemini and the sector of your chart that governs domestic affairs. Use this energy to get organized within your space throughout the coming month, and be sure to host plenty of social gatherings. You may want to lay low for now, as Mars and Pluto face off overhead, which could put you in a private and irritable mood.