

Did Samantha Ruth Prabhu confess her marriage with Naga Chaitanya was the biggest mistake of her life?



Samantha Ruth Prabhu's personal life is something that often leaves the fans curious. The actress has been open about everything and anything when it comes to her personal life as he feels her fans deserve to know a lot about her as they invest too much of their time in her life. Samantha's marriage and her divorce from Naga Chaitanya is one of the most talked about topics online, the ex couple have moved on but their fans haven't. And once again one statement of Samantha has been connected with the ex Chay. Samantha asked her fans about one of the biggest bloopers of their life and one Oscar-worthy moment, "If personal growth had a high-light reel, what would be the 'blooper' you laugh about now, and what's the 'Oscar-worthy' moment where you nailed a major life lesson".

Later Samantha wrote about how she was influenced by her partner and many thought that she was hinting about her ex-husband Chay, and regrets getting married. She replied, "Perhaps the most significant mistake was my failure to understand my own likes and dislikes, as they were constantly influenced by the partner I had during that period. On the other hand, my moment of immense personal growth occurred when I recognised that even during the most difficult times, there was a valuable lesson to be learnt."

This statement went viral and this only shows that the interest in Samantha's life is only growing each day.

Samantha Ruth Prabhu and Naga Chaitanya announced their separation with a mutual statement that read, "After much deliberation and thought Sam and I have decided to part ways as husband and wife to pursue our own paths. We are fortunate to have a friendship of over a decade that was the very core of our relationship."

Shoaib Malik's sister alleges Sania Mirza was tired of his extramarital affairs

Shoaib Malik and Sania Mirza have been the talk of the town. The reports of their divorce have been doing rounds since a long time. Sania had also shared a cryptic post about divorce and deleted her pictures with Shoaib on Instagram. Post that many news came out about their separation and it was a big shock for everyone when Shoaib Malik shared pictures of his third wedding. Yes, Shoaib Malik is now married to Pakistani actress Sana Javed. But nobody had heard of Sania Mirza and Shoaib Malik's divorce. Recently, Sania's father told PTI that Sania took a khula. 'Khula' means the right of a Muslim woman to unilaterally divorce her husband.

Now, we have another big revelation about Shoaib Malik from his own sister. It seems Shoaib's family is not happy with this decision of his. Reports in Zoom TV say that Shoaib Malik's family did not attend his wedding with Sana as they were not happy with it. A report in The Pakistan Daily says that Shoaib's sister has spoken about his divorce with Sania.



Sunny Deol asks Merry Christmas director Sriram Raghavan to make a film with him

Katrina Kaif and Vijay Sethupathi starrer Merry Christmas is getting all the love. The film has been doing well at the box office and the performances in the movie have been praised. The movie also stars Timu Raaj Anand, Sanjay Kapoor, Vinay Pathak, Pratima Kannan, Radhika Apte and Ashwini Kalsekar. The crackling chemistry between Katrina and Vijay Sethupathi has been the highlight of the film. Merry Christmas released on January 12 this year. Many celebrities and fans have been talking about the movie made by Sriram Raghavan.

Many actors in India expressed their desire to work with director Sriram Raghavan. Now, Sriram Raghavan has revealed that another actor has expressed his wish to work with him. Speaking to Indian Express, he said that tried the process of writing roles with specific actors but this hasn't been successful for him.

He gave an example of Sunny Deol and said that he tried writing a role for him but he could not come up with the right role or story. Hence, Sriram Raghavan now starts writing and in mid-way thinks of whom he can cast for it. However, he also revealed that after watching his films like



Raman Raghav, A City, A Killer; Sunny Deol had called him and said 'Do a film with me'.

Recipes

Honey Chilli Idli



Ingredients
4 idli, 2 tablespoon honey
1/4 cup refined flour, 2 tablespoon chopped spring onions
2 dry red chili, 1 tablespoon tomato ketchup
salt as required, 1 tablespoon corn flour
1 tablespoon soy sauce, 1 medium onion
1 medium capsicum (green pepper)
6 cloves garlic
1/2 teaspoon powdered black pepper
1 cup vegetable oil

Method:
Chop the idlis into small cubes. Cut one idli into 4-6 pieces. Add refined flour to a bowl. Add some salt and water. Mix well to prepare a slurry. It should neither be too thin nor too thick.

Heat oil in a kadhai for frying. Coat the idli pieces in the slurry and drop them in hot oil. Fry the piece until golden brown in colour and crisp in texture.

Heat 2 tbsp oil in a wok. Add minced garlic and dry red chillies. Fry for a minute. Now add chopped onions along with sliced capsicum. Fry on high heat for 2-3 minutes. Now add soya sauce, ketchup and again fry for a minute. Mix corn flour in 1/4 cup water and add this slurry to the wok. Thick will thicken the sauce.

Add honey to the wok along with salt and black pepper powder. Finally, add the fried idlis and mix well. Fry on high heat for 2 minutes more.

Once cooked, Honey Chilli Idlis are ready to be served. Garnish with spring onions and serve.

6 ways 40 plus women can burn fat faster



Entering one's 40s can bring about various changes in the body, including shifts in metabolism and hormonal balance. While the challenges of burning fat may seem greater, there are effective strategies that women can incorporate into their lifestyle to accelerate the fat-burning process. Here are key approaches to help women in their 40s maintain a healthy weight and boost their metabolism.

Prioritize strength training

As women age, muscle mass tends to decline, leading to a slower metabolism. Incorporating regular strength training into your fitness routine becomes crucial in combating this natural decline. Weight-bearing exercises, such as lifting weights or using resistance bands, stimulate muscle growth and help maintain lean muscle mass. Not only does this contribute to a faster metabolism, but it also enhances overall strength and bone density.

Engage in High-Intensity Interval Training (HIIT)

High-Intensity Interval Training is a time-efficient and effective method for burning fat and boosting metabolism. Incorporating short bursts of intense exercise followed by brief periods of rest can help burn

calories even after the workout is completed. HIIT workouts can be adapted to various fitness levels and preferences, making them a versatile option for women in their 40s looking to rev up their fat-burning efforts.

Prioritize sleep quality

Adequate and quality sleep is often underestimated in its role in weight management. Sleep deprivation can disrupt hormonal balance, leading to increased cravings for high-calorie foods and a slower metabolism. Aim for 7-9 hours of uninterrupted sleep each night to support your body's natural fat-burning processes and overall well-being.

Mindful eating and portion control

As metabolism naturally slows down with age, it becomes crucial to pay attention to what and how much we eat. Mindful eating involves being present during meals, savoring each bite, and recognizing when you are full. Additionally, practicing portion control can prevent overeating and contribute to maintaining a healthy weight. Choosing nutrient-dense foods and incorporating plenty of fruits, vegetables, and lean proteins into your diet can support weight management.

Do not forget hydration

Proper hydration is essential for overall health and can also aid in weight management. Drinking an adequate amount of water helps regulate metabolism and can contribute to a feeling of fullness, preventing overeating. Consider replacing sugary beverages with water or herbal teas to reduce calorie intake and support your body's natural fat-burning processes.

Say goodbye to stress with these effective tips

Chronic stress can contribute to weight gain, especially around the abdominal area. In women in their 40s, stress management becomes crucial for maintaining a healthy weight. Incorporate stress-reducing practices such as meditation, yoga, deep breathing exercises, or engaging in hobbies that bring joy and relaxation. These practices not only help manage stress but also positively impact hormonal balance, contributing to more effective fat-burning.

Foods that will keep your skin hydrated this winter



Winter can be a challenging time for your skin. The cold air outside can strip your skin of its natural moisture. According to some studies, winter weather can reduce the skin's moisture content by up to 25%, leading to issues like dryness, irritation, and premature aging. However, with the right approach to skincare and nutrition, you can keep your skin hydrated and glowing all winter long.

Almonds

Almonds are a great source of vitamin E, which is an antioxidant that helps protect your skin from oxidative stress and damage caused by free radicals. Vitamin E also supports your skin's natural barrier function, helping to lock in moisture.

Include almonds into your diet by snacking on a handful of raw almonds or adding them to your breakfast bowl.

Tomatoes

Tomatoes are rich in lycopene, a powerful antioxidant that helps protect your skin from environmen-

tal damage and UV radiation. They also contain Vitamin C and their high-water content helps hydrate your skin from the inside out. Enjoy tomatoes in salads, soups, dals or sauces. You can also blend them into a refreshing chutney.

Chia Seeds

Chia seeds are an excellent source of omega-3 fatty acids, which help maintain your skin's natural oil barrier and prevent moisture loss. When chia seeds are consumed, they can absorb up to 10-12 times their weight in water, helping to hydrate your skin from within.

Add chia seeds to your juices, yogurt, or salads for an extra boost of hydration and nutrition.

Coconut Water

Coconut water is naturally hydrating and packed with electrolytes, making it an excellent choice for maintaining skin hydration. It also contains cytokines and antioxidants that help reduce skin aging and hydrate your skin.

Drink coconut water on its own or use it as a base for juices or chutneys. You can also have it as a refreshing post-exercise drink.

Curd

Curd or yogurt is rich in probiotics, which help maintain a healthy gut microbiome. A healthy gut is essential for skin health as it supports your skin's natural barrier function and helps prevent moisture loss. The lactic acid in curd helps exfoliate and hydrate your skin.

Enjoy curd as a snack or use it as a base for dips and dressings. You can also incorporate curd into your skincare routine by using it as a face mask or moisturizer.

General Knowledge Question Answers

1. Which Indian cricketer has the highest individual score in Test cricket?

a) Sachin Tendulkar
b) Virender Sehwag
c) Rahul Dravid
d) Virat Kohli
2. In which city was the first edition of the Indian Premier League (IPL) held?

a) Mumbai
b) Kolkata
c) Chennai
d) Bengaluru
3. Who is the only Indian badminton player to have won two Olympic medals?

a) Saina Nehwal
b) PV Sindhu
c) Jwala Gutta
d) Ashwini Ponnappa
4. In which sport did Abhinav Bindra win India's first individual Olympic gold medal?

a) Shooting
b) Wrestling
c) Boxing
d) Weightlifting
5. Which Indian athlete has won the most number of medals in the history of the Asian Games?

a) Milkha Singh
b) P.T. Usha
c) Abhinav Bindra
d) P.V. Sindhu
6. Who is known as the 'Flying Sikh' of India?

a) Sachin Tendulkar
b) Milkha Singh
c) Sushil Kumar
d) Mary Kom
7. Who is the only Indian tennis player to have won a Grand Slam singles title?

a) Leander Paes
b) Sania Mirza
c) Rohan Bopanna
d) Mahesh Bhupathi
8. Which Indian cricketer has scored the most number of runs in a single edition of the Indian Premier League (IPL)?

a) Virat Kohli
b) Chris Gayle
c) David Warner
d) Shane Watson
9. Who is the first Indian woman to win an Olympic medal in wrestling?

a) Sakshi Malik
b) Geeta Phogat
c) Vinesh Phogat
d) Babita Kumari
10. Which country has won the most Olympic gold medals in basketball?

a) United States
b) China
c) Spain
d) Russia
11. In which year did the Indian cricket team win the ICC World Cup for the first time?

a) 1975
b) 1983
c) 1992
d) 2007
12. In which country were the 2018 Winter Olympics held?

a) Russia
b) Japan
c) South Korea
d) Norway
13. Which country won the first FIFA World Cup in 1930?

a) Brazil
b) Uruguay
c) Germany
d) Argentina
14. Which athlete has won the most Olympic gold medals of all time?

a) Michael Phelps
b) Usain Bolt
c) Carl Lewis
d) Paavo Nurmi
15. Which country has won the most FIFA World Cups in history?

a) Brazil
b) Argentina
c) Germany
d) Italy

1. Brazil
2. Michael Phelps
3. Uruguay
4. South Korea

5. United States
6. China
7. Spain
8. Russia

9. P.T. Usha
10. Milkha Singh
11. Sania Mirza

12. Virat Kohli
13. Chris Gayle
14. David Warner
15. Shane Watson

ARIES

MAR 21 - APR 20

LIBRA

SEP 24 - OCT 22

TAURUS

APR 21 - MAY 20

SCORPIO

OCT 23 - NOV 22

GEMINI

MAY 21 - JUN 20

CANCER

JUN 21 - JUL 23

LEO

JUL 24 - AUG 23

VIRGO

AUG 24 - SEP 23

Try not to feel discouraged if your day gets off to a rocky start, dear Aries, as the Gemini moon forms an unbalanced connection with Mars. This cosmic climate could lead to confusion and roadblocks, though your natural intellect will help you resolve problems as the hours pass. Your confidence soars when Luna crosses over Chiron, especially when you take time to socialize or demonstrate knowledge.

Try not to let awkward exchanges impact you too deeply as the Gemini moon forms an unbalanced connection with Mars. Now may also be a good time to remember that words can hurt, reciting sentiments before conveying them if you start to feel spicy. Use wellness as an outlet to release stress or murky vibes when Luna blows a kiss to Chiron, offering healing when you embrace healthy activities.

Don't rely on others to create a sense of security, dear Taurus, as the Gemini moon forms an unbalanced connection with Mars. Flighty behaviors may cause you to feel uncertain, making it important that you focus on your own agenda and how to move through life at a pace that is comfortable, even when others are rushing ahead. Pay attention to any brilliant ideas that find you this evening when the winds of fate stir.

Try not to let awkward exchanges impact you too deeply as the Gemini moon forms an unbalanced connection with Mars. Now may also be a good time to remember that words can hurt, reciting sentiments before conveying them if you start to feel spicy. Use wellness as an outlet to release stress or murky vibes when Luna blows a kiss to Chiron, offering healing when you embrace healthy activities.

Try not to put any pressure on your relationships as the moon and Mars form a connection, and be sure to avoid power struggles or conflict. The vibe will feel more communal when Luna blows a kiss to Chiron, though you should be mindful of reaching out to friends and family if you're in need of support. Helping others can also bring a sense of pride, especially when you focus on those less fortunate.

Don't expect mind-reading compassion from your loved ones this morning, dear Cancer, as the Gemini moon forms an unbalanced connection with Mars. Agitation may occur if you feel unseen or overlooked, though speaking out can help resolve underlying issues within yourself and your most treasured dynamics. Focus on your relationship with success when the moon crosses over Chiron.

Try not to fight against disorganization or chaos this morning, dear Leo, as the Gemini moon forms an unbalanced connection with Mars. Frustrations may brew if others are messy or can't play on a team, though demonstrating patience will go a long way in solidifying bonds. Keep your eyes peeled for guidance from beyond the veil this evening when the Nodes of Fate activate.

Minor roadblocks could cause your confidence to waiver as Gemini moon forms connection with Mars. When in doubt, take a breather to collect your thoughts, reestablishing productive structures without putting immense pressure on yourself or others. Winds of fate blow this evening when north and south nodes activate, helping you invest in healthy relationships.

Try not to put too much pressure on your home life this morning, dear Libra, as the Gemini moon forms an unbalanced connection with Mars. You should also be mindful to acknowledge the emotions of your family or housemates, even if they're uncomfortable or unpleasant. Sweeter vibes flow when Luna blows a kiss to Chiron, helping you reclaim harmony within yourself and your closest dynamics.

Try not to place too much value on money as the Gemini moon forms an unbalanced connection with Mars. Instead, try to find gratitude for the beauty and people who fill your life with brightness each day, even if you're still pursuing more. Blow off steam with friends as a way to seek healing when Luna blows a kiss to Chiron, making the most of your weekend before Monday rolls around.

Try not to let your inner perfectionist take the lead as the Gemini moon forms an unbalanced connection with Mars. Disorganization, and low energy levels could bring forth temporary setbacks, but stirring frustrations won't bring you closer to where you want to be. Find restoration from the comfort of home or in the company of family when Luna blows a kiss to Chiron, bringing healing vibes to your domestic sphere.

Watch your attitude and internal dialogue, and try not to act on impulse as the Gemini moon forms an unbalanced connection with Mars. This cosmic climate could bring a restless and cagey energy to the table, and grounding can help you combat reckless decisions. You'll feel more confident and clear-headed when Luna blows a kiss to Chiron, especially when you lean into fun and friendship.

Avoid the temptation to zone out with your screens, even if a lazy Sunday is what you crave. An unbalanced connection between Gemini moon and Mars could cause you to waste precious hours scrolling feeds when you should be taking time to nurture yourself and your familiar connections. Do something luxurious as a way to reset, leaning fully into the nurturing comfort only home can provide.

