

Rashmika Mandanna and Vijay Deverakonda not in a rush to get married, couple happy with live-in



Rashmika Mandanna and Vijay Deverakonda have been making headlines that they will soon get engaged. The rumours are rife that the Dear Comrade couple will be getting engaged in March. However seems like the news is far from the truth. A close source to HT reveals that Rashmika and Vijay are not even thinking of engagement they have no plans to get married and are extremely happy in live in. The entertainment portal claims that Rashmika and Vijay are not thinking of taking their relationship to a net level," They are not at all planning to go public with their romance, or planning to take their relationship to the next level by exchanging rings".

There has been a huge buzz around their engagement but that isn't happening. "They are very private people. They have not gone public with their romance till now, leaving behind some hints making people wonder about their bond. The claim about them going for a big revelation and then getting engagement is fake because that is so unlike their personalities."

There have been claims earlier too that the Animal actress is in a live-in relationship with the Liger star and now once again it is claimed by the entertainment portal that the couple is happy in their live-in relationship. "They are living together, are happy and content with how their relationship is going, and don't feel the need to get engaged at the moment. Also, they are focused on their work at the moment, so they are planning to get engaged anytime soon."

During the press conference event of Kushi in Hyderabad Vijay had claimed of thinking to get married anytime soon. We wonder what's cooking between the couple? Currently, it is claimed they are on a vacation together in Vietnam.

Saif Ali Khan undergoes surgery for an old injury; actor thanks fans for prayers



In a shocking turn of events, Saif Ali Khan has been hospitalized. If reports are anything to go by the Adipurush actor was rushed to the hospital today morning. Latest reports claim that Saif Ali Khan has injured his knee and he might have to undergo surgery for the same. As per a report in Dainik Bhaskar, Kareena Kapoor Khan is by his side and is taking care of Saif in the hospital. If reports are anything to go by Saif Ali Khan was taken to Kokilaben Hospital on Monday at about 8 am in the morning. The report claims that not just one knee but Saif has hurt both his knees and also his shoulder. What led to the injury has not been revealed. Neither Kareena Kapoor Khan nor Saif Ali Khan or any other family members have shared any statement regarding the reports or addressed the speculations yet. It is indeed shocking. Saif Ali Khan's fans are sending prayers and are worried about his health.

Saif Ali Khan was last seen in Om Raut directed Adipurush, which was a modernistic retelling of Ramayan. Saif played the role of Lankesh in the movie. The movie was

trashed by fans who called out the VFX, characterization of legendary characters in the movie and ruining the experience of Ramayan for them.

Esha Deol drops her pictures with caption 'Naya saal, Naya rang' amid divorce rumours with hubby Bharat Takhtani



Esha Deol has been making headlines due to her divorce rumours with hubby Bharat Takhtani. And the actress has been sharing cryptic posts that are leaving fans curious and confused. Just a while ago, Esha shared new pictures of her with a captain, 'Naya saal, Naya rang'. The actress who is active on social media has chosen not to clarify the divorce rumours with her hubby and rather maintain the curiosity around her relationship.

Esha Deol's divorce rumours started after a Reddit post claimed that the actress has stopped posting pictures of her hubby Bharat Takhtani for quite a time now. Many users agreed and commented that how Bharat was not a part of his mother-in-law and Bollywood's veteran actress Hema Malini's 75th birthday celebration when the entire B Town had marked their presence. One user even highlighted how Esha celebrated last year's Diwali sans her husband and there is definitely something wrong. Well, these speculations have only ignited the divorce rumours of Esha and Bharat. Esha got married to Bharat in 2012 and on their 11th

anniversary, she wished her hubby with an adorable picture and captioned that she wants him forever.

5 Ayurvedic immune boosters for babies



A strong immunity works like an umbrella for the human body. Without an immune system, a person will not be able to fight or deal with harmful changes that can occur inside a body. And for babies and toddlers, a strong immune system is extremely important to ensure a healthy journey into adulthood. For children whose immune systems are still developing, Ayurveda provides a gentle and natural approach to fortify their immunity. Here are some Ayurvedic herbs that are effective for a baby's immunity:

Mulethi

Mulethi which is also known as Yastimadhu in Sanskrit works as an immune booster for babies. It contains anti-viral properties that help in preventing the spread of disease-causing pathogens in the body. You can add a small piece or a pinch of mulethi to a cup of kadha to strengthen your kids immune system.

Tulsi

Tulsi, which is known as holy basil, is one of the most important

plants used in India. It is rich in phytonutrients, essential oils, and vitamins A and C, and it is useful in strengthening immunity and fighting bacterial infections. To get the maximum benefits from tulsi, add some tulsi leaves to the sipper or the water tumbler that your child drinks water from.

Nutmeg

Strong antimicrobial qualities and immune-boosting capabilities characterize nutmeg, also known as jaiphal. Given regularly in moderation, jaiphal is believed to be rather beneficial for little newborns and can help them sleep soundly as well as treat coughs and colds. These are all the reasons for why you should feed newborns jaiphal. You can add a pinch of jaiphal powder to the milk and offer it to your baby

Ashwagandha

According to Ayurveda expert, founder, BabyOrgano, "Ashwagandha is an Ayurvedic herb that contains compounds that have been shown to have immune-boosting properties. It helps support a child's immune system and reduce the risk of illness. Mother or grandmother can feed their babies this ayurvedic herb in numerous forms including ashwagandha milk and ashwagandha smoothie."

Brahmi

Brahmi which is also called Bacopa Monnieri offers a long list of health benefits for kids. It contains several nutrients that aid memory, learning, and reasoning. Its properties make it an ideal herb to support a child's mental well-being, aiding not only in academic pursuits but also in promoting a relaxed and balanced state of mind during their formative years.

Vacha

Vacha or Acorus calamus is a traditional herb which is used to treat a wide range of health issues. Its active ingredients also help boost the immunity of babies and encourage a healthy response against occasional inflammation. Apart from this, it is also used as an Ayurvedic supplement for brain health and immune health.

Try these expert-recommended remedies for chapped lips



Winter often brings chilly winds and low humidity, leading to common issues like chapped lips. The harsh dry air and chilly winds can be tough on delicate lips, leaving them feeling dehydrated and uncomfortable. The cold air can strip the skin of its natural moisture, leaving lips dry and prone to cracking. Indoor heating exacerbates the problem, further dehydrating delicate lip skin. To combat winter-chapped lips, it's crucial to stay hydrated. Consistent care during winter ensures soft, supple lips, protecting against discomfort and unsightly chapping.

But with a few simple changes to your routine, you can keep your lips soft, smooth, and ready for all the winter fun.

Don't lick your lips

It might seem the opposite, but licking your lips dries them out further. Saliva evaporates quickly, taking moisture with it. Opt for lip balms instead, choosing one with humectants like hyaluronic acid or glycerin to attract and retain moisture.

Exfoliate gently

Dead skin cells can build up on your lips, making them look and feel rough. Once or twice a week, use a gentle lip scrub (you can also opt for homemade scrubs, like sugar and honey) to fight the flakes and reveal soft, smooth skin.

Choose lip balm carefully

Look for lip balms with occlusives like beeswax or petrolatum. These ingredients form a protective barrier, trapping moisture and keeping the harsh elements out. Apply generously throughout the day, especially before going outdoors.

Hydrate from within

Remember, healthy skin starts from the inside out! Drink plenty of water throughout the day to keep your body (and lips) hydrated. Don't forget the fruits and veggies as they're packed with vitamins and antioxidants that nourish your skin from the inside out.

Protect from harsh elements













Cold, dry air and harsh winds are major culprits behind chapped lips. Wear a scarf or mask that covers your mouth and nose when going outside, and choose lip balms with SPF to shield your lips from damaging UV rays.

With these simple tips, you can keep your lips healthy and happy all season long. And do not be afraid to experiment and find what works best for you!

General Knowledge Question Answers

1. Name the first non-Indian who received the Bharat Ratna award?	(D)Iron Ore	11. Which one among the following radiations carries maximum energy?
(A)Khan Abdul Ghaffar Khan	(A) Akbar	(A) Ultraviolet rays
(B)Mother Teresa	(B)Noor Jehan	(B) Gamma rays
(C)Martin Luther King	(C)Bahadur Shah	(C) X- rays
(D) Aubin Mehta	(D) Babur	(D) Infra-red rays
2. In which year, the Mother Teresa won the Nobel Peace Prize?	7. The Indian state which leads in agricultural production is	12. Bokaro Steel Limited was set up with the assistance of
(A) 1975	(A)Punjab	(A) USA
(B) 1982	(B) Haryana	(B) Germany
(C) 1981	(C) Karnataka	(C) UK
(D) 1979	(D) Tamil Nadu	(D)Soviet Union
3. For making bullet-proof glass, which one of the following glasses is used?	8. The longest mountain range in the world is known as:	13. The Headquarters of WTO (World Trade Organization)is situated in
(A) Soda glass	(A)The Himalayas	(A) Montreal
(B)Reinforced glass	(B)The Alps	(B) Geneva
(C) Jena glass	(C)The Rockies	(C) Seattle
(D)Pyrex glass	(D)The Andes	(D) the Hague
4. Which substance is used to retard the setting action of cement?	9. The most populous city in the world is	14. Which was the second Italian Satellite launched from Soviet Union?
(A) AlO	(A) Paris	(A) Bhaskar-1
(B) CaO	(B) Tokyo	(B) Aryabhata
(C) NaO + KO	(C) Peking	(C)Rohini
(D) CaSO.2HO	(D) London	(D) Apsara
5. The mineral in which India depends largely on imports is	10. Which state among the following produces maximum soybean?	15. The metal whose salts are sensitive to light is
(A)Mercury	(A) Bihar	(A) Copper
(B)Mica	(B) Uttar Pradesh	(B) Zinc
(C)Bauxite	(C) Madhya Pradesh	(C) Silver
	(D) Rajasthan	(D) Gold

ASTRO SPEAK

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 overextroverted 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.