

The Archies: Are Suhana Khan and Agastya Nanda dating? Mihir Ahuja finally spills the beans



The Archies: Shah Rukh Khan's daughter Suhana Khan and Amitabh Bachchan's grandson Agastya Nanda are rumoured of dating each other from a long time. Although neither Suhana nor Agastya has ever confirmed or denied these rumors, it is widely believed that the two have been in a relationship for a while. Even their respective families are said to be aware of it. Both Suhana and Agastya made their acting debut in the movie The Archies, which was released on Netflix in 2023. Mihir Ahuja, who played a pivotal role in the movie, has finally revealed whether or not Suhana and Agastya are actually dating in real life. Mihir Ahuja played the role of Jughead Jones in the Suhana Khan and Agastya Nanda starrer, The Archies. When Zoom asked him about his co-stars and friends, Suhana Khan and Agastya Nanda dating in real life, he stated that he is not sure about their dating status. Mihir further stated that he is fully aware of the kind of attention his The Archies co-stars receive, and he is completely fine with it. He mentioned that if he were to date someone and the media wanted to know more about his love life, he would be confident in his response. He understands that being a celebrity comes with a price, and he is confident in his ability to handle the spotlight, even if his personal life becomes a topic of discussion on social media. Suhana Khan faced a lot of criticism for her performance in The Archies. However, Agastya Nanda won praise for his effortless acting. People who watched The Archies believe that Agastya has the potential to become one of the most promising actors in Bollywood. Suhana Khan has not signed any project since The Archies. In contrast, Agastya Nanda has already secured his next project - a role in Sriram Raghavan's Ikksis.

Aditi Rao Hydari and Siddharth make their relationship INSTA official

Aditi Rao Hydari and Siddharth have finally made their romantic relationship official on Instagram! The couple, who have been rumored to be dating for over two years, have come out publicly and acknowledged their love for each other on the social media platform. Aditi posted an adorable picture with Siddharth, which received an overwhelming amount of love and blessings from their fans on social media. The netizens were thrilled to see that Aditi and Siddharth are no longer hiding their relationship from the world. One of Siddharth's fan even referred to Aditi as "Vadina," the Telugu word for sister-in-law. Aditi Rao Hydari and Siddharth met on the sets of the Telugu film Maha Samudram, which was released in 2021. Their friendship gradually turned into love, but the couple decided to keep their relationship under wraps from the public eye. They didn't want their relationship to be a topic of gossip for people, and hence, they refrained from talking about each other or posting together on social media. But now, Aditi and Siddharth seem to have taken their relationship to the next level, and Aditi posted a picture on



Instagram, making their relationship official.

Dunki director Rajkumar Hirani to work with Ram Charan next?

South Indian superstar Ram Charan is in high demand among filmmakers after the success of S.S. Rajamouli's epic film RRR. Ram Charan has become one of the most reliable stars in the entertainment industry. Since RRR, he has become very selective about the kind of films he wants to work in. After Jr NTR's starrer, Charan only appeared in Koratala Siva's Acharya, which was released in 2022. There are rumours that Ram Charan may collaborate with Rajkumar Hirani, whose recent film Dunki starring Shah Rukh Khan was a box office hit. Speculations are rife that Rajkumar Hirani recently met Ram Charan for a project. The director has a script in mind for the RRR actor, which he narrated to Ram. However, Hirani clarified that the rumours are baseless. He mentioned that while he does love Ram Charan as a performer and would like to collaborate with him someday, he hasn't approached the south actor with any script. He further stated that he has met Ram Charan, but not recently, and doesn't have any idea where the rumors of him doing a film with the south actor have come from.



On the work front, Rajkumar Hirani recently expressed how happy he is with the response to Shah Rukh Khan and Taapsee Pannu starrer Dunki.

Recipes

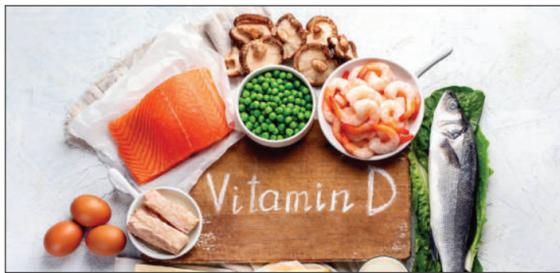
Vegetable Lasagna



**Ingredients**  
1/2 cup zucchini, 1 medium eggplant/ brinjal  
3 tablespoon virgin olive oil, 100 gm tofu  
1 tablespoon milk, 1/2 tablespoon sugar  
2 leaves basil, 4 tablespoon Spaghetti Sauce  
1/2 cup squash, 1 1/2 teaspoon salt  
3 pinches black pepper, 150 gm parmesan cheese  
1 teaspoon lemon juice, 1/4 teaspoon salt  
3 Lasagna Sheet

**Method:**  
To make your very own Vegetable Lasagna, take a baking tray and line it with parchment paper. Then slice the zucchini, squash and egg plants. Once done, place them on the baking tray. Season these vegetables with some salt and pepper and add some olive oil on top. Preheat the oven at 175 degree Celsius. Put the baking tray in the oven and bake for about 20 mins. Then let them sit aside for a while. Now to make the filling of the Vegetable Lasagna, take a blender and add tofu, lemon juice, milk, basil, sugar and salt in it. Blend all these together. Now take a baking tray and spread some spaghetti sauce first. Then put a lasagna sheet and again spread some of the spaghetti sauce. It is time now to place a layer of baked vegetables. Then put a layer of the filling prepared in the previous step. Top with grated Parmesan cheese.  
Cover with a lasagna sheet and again repeat by placing the layer of vegetables first, then the filling and finally the grated cheese. Then add one more lasagna sheet and evenly spread some Spaghetti sauce. Add some grated cheese on top.  
Preheat the oven at 175 degree Celsius and bake for about 20-25 mins. Make sure that the cheese has melted. Your Vegetable Lasagna is ready!

Signs of vitamin D deficiency that are mostly ignored



From maintaining strong bones to supporting the immune system, vitamin D or the sunshine vitamin plays a crucial role in human body. Despite its significance, many people worldwide experience vitamin D deficiency, which can lead to a range of health issues. Unfortunately, many people do not identify the signs of vitamin D deficiency. Here is a list of symptoms exclusively seen when the body does not have sufficient vitamin D to function.  
**Slow wound healing:** Vitamin D deficiency can contribute to slow wound healing due to its vital role in the immune system and tissue repair. The vitamin is essential for promoting cell growth and division, crucial elements in the healing process. Insufficient vitamin D levels may impair the body's ability to combat infections and generate new, healthy tissue, resulting in delayed wound healing. If you notice that your wounds take longer to heal than usual, it could be a sign of vitamin D deficiency.  
**Fatigue and weakness:** One of the early signs of vitamin D deficiency is persistent fatigue and weakness. Vitamin D deficiency has been associated with fatigue due to its crucial role in energy metabolism. Insufficient levels may lead to feelings of tiredness and weakness. Vitamin D regulates the synthesis of adenosine triphosphate (ATP), the primary energy currency of cells. Inadequate ATP production can contribute to persistent

fatigue. Moreover, vitamin D supports muscle function, and its deficiency may result in muscle weakness, further contributing to fatigue. If you often feel tired despite getting adequate rest, it may be worth considering your vitamin D levels.  
**Frequent illnesses and infections:** Vitamin D plays a crucial role in supporting the immune system. If you find yourself falling ill frequently or experiencing prolonged recovery from infections, it could be a sign of deficient vitamin D levels.  
**Hair loss:** Although not as well-established as other symptoms, some research suggests that vitamin D deficiency may contribute to hair loss. If you notice significant hair thinning or loss, it's worth considering your overall nutritional status.  
**Depression and mood disorders:** Vitamin D deficiency has been linked to depression and mood disorders, although the relationship is complex and multifactorial. The vitamin plays a role in neurotransmitter synthesis and brain function. Low levels may contribute to an increased risk of mood disturbances. Sunlight exposure, a primary source of vitamin D, also influences serotonin levels, impacting mood regulation.  
**Bone loss:** Vitamin D is integral to bone health, as it aids in the absorption of calcium, essential for bone strength. Insufficient vitamin D levels can lead to bone loss, weakening the skeletal structure and increasing the risk of conditions like osteoporosis. Without proper vitamin D, the body struggles to utilize calcium effectively, resulting in decreased bone density. Over time, this can lead to brittle bones and an elevated susceptibility to fractures.  
**Bone and back pain:** Vitamin D is essential for the proper absorption of calcium, and a deficiency can lead to bone pain and lower back pain. Vitamin D is crucial for bone health as it facilitates calcium absorption. Insufficient levels can lead to bone and back pain. The vitamin plays a pivotal role in maintaining bone density and preventing conditions like osteoporosis. Without adequate vitamin D, the body may struggle to absorb calcium effectively, resulting in weakened bones and discomfort. Back pain, particularly in the lower region, is a common manifestation.

Get a radiant skin with advanced skin peels



Say goodbye to fairytale filters and airbrushing for your pictures, achieving radiant skin is now more accessible than ever with the help of advanced skin peels. These innovative treatments have gone beyond the era of harsh, one-size-fits-all approaches, offering a spectrum of peels tailored to address specific concerns and reveal the radiant skin below.  
**What are advanced skin peels?**  
Unlike traditional peels, advanced skin peels go beyond superficial exfoliation. Also, their use of a potent combination containing AHAs (alpha hydroxy acids), BHAs (beta hydroxy acids) enzymes and retinoids allows them to penetrate deeper layers of the skin. This stimulates a controlled injury response, which causes the skin to remove dead cells, enhances collagen production and increases cellular renewal. The result? A smoother, brighter, and more youthful appearance.  
**A peel for every need**  
The beauty of advanced peels lies in their versa-

tility. From mild lactic acid peels that gently brighten and smoothen to intensive phenol peels that tackle deep wrinkles and pigmentation, there's a peel suited for every skin type and concern. Here's a glimpse into the world of advanced peels:  
**Chemical peels** - The peel's exfoliating, acne targeting and skin texture-improving ingredients include glycolic acid, lactic acid and salicylic. Enzyme peels - Gentler than chemical peels are enzymes like papain and bromelain, which dissolve dead skin cells. They're ideal for sensitive skins.  
**Retinol peels** - Retinol peels are derived from vitamin A and stimulate collagen production, reduce wrinkles, and fade hyperpigmentation.  
**TCA peels** - Peels containing trichloroacetic acid give a deeper exfoliation, removing sun damage and scarring from acne or deep wrinkles.  
**Phenol peels** - Phenol peels are the most intensive. Not only do they offer dramatic rejuvenation, there is a need for strict medical supervision due to their strength.  
Benefits of advanced skin peels  
Beyond the radiant glow, advanced skin peels offer a multitude of benefits  
Reduced hyperpigmentation - Peels help fade dark spots, sun damage, and post-inflammatory hyperpigmentation, revealing a more even skin tone.  
Improved texture - By removing dead skin cells and stimulating collagen, peels refine pores, smooth wrinkles, and plump the skin for a youthful texture.

General Knowledge Question Answers

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| 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 "The Hobbit"?<br>A) J.K. Rowling<br>B) J.R.R. Tolkien<br>C) George R.R. Martin<br>D) J.R.R. Tolkien                 |
| 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. Which author wrote "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

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| <b>ARIES</b><br>MAR 21 - APR 20<br>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.                        | <b>LIBRA</b><br>SEP 24 - OCT 22<br>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.              |
| <b>TAURUS</b><br>APR 21 - MAY 20<br>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.                       | <b>SCORPIO</b><br>OCT 23 - NOV 22<br>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. |
| <b>GEMINI</b><br>MAY 21 - JUN 20<br>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.  | <b>SAGITTARIUS</b><br>NOV 23 - DEC 22<br>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.   |
| <b>CANCER</b><br>JUN 22 - JUL 23<br>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.              | <b>CAPRICORN</b><br>DEC 23 - JUL 20<br>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.    |
| <b>LEO</b><br>JUL 24 - AUG 23<br>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. | <b>AQUARIUS</b><br>JAN 21 - FEB 23<br>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 reignite 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.         |
| <b>VIRGO</b><br>AUG 24 - SEP 23<br>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.   | <b>PISCES</b><br>FEB 20 - MAR 20<br>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.       |

