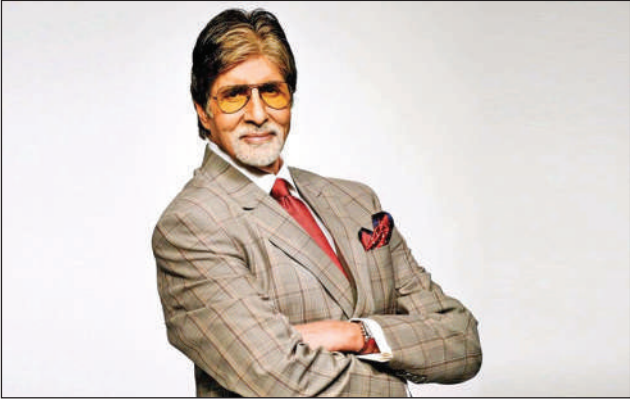


Amitabh Bachchan's massive transformation at 81 is inspiring; megastar proves he is still a tough competitor



Amitabh Bachchan is undoubtedly the quintessential actor of the Bollywood industry. With an illustrious career spanning over half a century, the megastar has time and again proven that his acting prowess is unparalleled. Despite facing numerous health challenges, even at the age of 81, he continues to be one of the busiest and most sought-after actors in Bollywood. Recently, in his Instagram posts, Amitabh Bachchan shared the secret behind his fit and active lifestyle, which highlights his unwavering commitment to maintaining a healthy and active routine.

Amitabh Bachchan is often referred to as the Shahenshah of Bollywood. Everything about him is truly inspiring, be it his habit of always being punctual on set even after 50 years of his career or the way he owns a role. Over the years, Amitabh has dealt with many health conditions. In 1982 during the shoot of the film Coolie, Bachchan got severely injured during a fight sequence. Because of the injury, he has to go through multiple surgeries. It so happened that one of the blood donors who gave him blood during the surgery was carrying the Hepatitis B virus, due to which Amitabh ended up damaging 75 per cent of his liver. In 2000, he was diagnosed with tuberculosis in the spine. He was shooting for the television show Karm Banega Crorepati at that time.

As he was unable to halt the shooting, he used to take eight to ten painkillers every day and continued shooting. Looking at what Amitabh Bachchan's body has gone through, one cannot imagine the dedication and hard work required to maintain a healthy lifestyle. Amitabh Bachchan has an impressive lineup of movies this year on the work front.

Janhvi Kapoor reveals the reason behind her alleged break up with Kartik Aaryan, 'Actors are too competitive...'

Janhvi Kapoor and her sister Khushi Kapoor recently appeared as celebrity guests on the popular talk show, hosted by Karan Johar. During the show, the Kapoor sisters discussed various topics, including the criticism they receive for being star kids and the loss of their mother. They were candid and poised on the Koffee couch. However, it was Janhvi's revelation about her alleged ex-boyfriend, Kartik Aaryan, that grabbed everyone's attention.

Janhvi Kapoor and Kartik Aaryan first met on the sets of Karan Johar's movie Dostana 2. Despite the unfortunate halt and eventual abandonment of the movie due to creative differences between Kartik and Karan, the two actors developed a close bond in the brief period of their collaboration. In 2021, Janhvi and Kartik were even spotted in Goa spending quality time together, adding fuel to the rumors of their romance. However, in a recent episode of Koffee with Karan, Janhvi stated that she would never date an actor. She explained that actors tend to be self-obsessed and competitive, making it challenging to maintain a healthy relationship



with another actor. Instead, she prefers someone who is equally obsessed with her and not just themselves.

Deepika Padukone finally reveals plans to have a baby with Ranveer Singh

Deepika Padukone finally talks about her plans to have kids and start a family with her hubby Ranveer Singh. In her latest interview with Vogue Singapore the Jawan actress happily addressed that she would like to start the family of her son very soon. When asked about embracing motherhood, Deepika excitedly mentioned that she is ready for it and said that she is looking forward to having kids as she addressed the anticipation around starting her family, talking about the same she added," Absolutely. Ranveer and I love children. We look forward to the day when we will start our own family."

Ranveer Singh and Deepika Padukone have been together for more than 10 years now. Deepika and Ranveer got married in 2018 after being in a relationship for six years. Recently they shared a glimpse of their wedding on Karan Johar's show Koffee With Karan 8 and boy, their fans melted and how. Everything about their wedding was surreal.

Deepika and Ranveer are the most beloved couple in the town and fans their fans are eagerly waiting for them to make an announcement about parenthood. Many celebrities have embraced parenthood and now it's time for the



Padmaavat couple. And now that Deepika Padukone has finally admitted to embracing motherhood soon, fans wonder if the couple is planning to make an announcement around their future soon.

Recipes

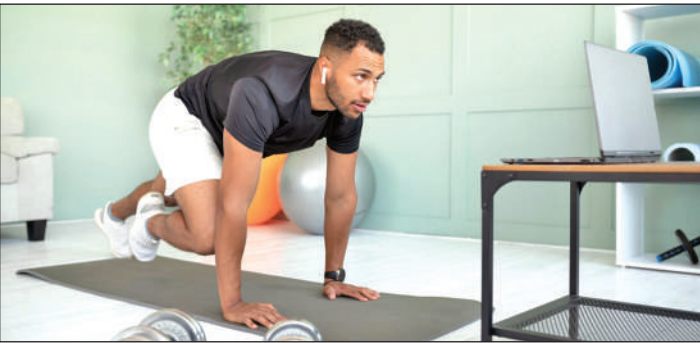
Ragi Cookies



**Ingredients**  
500 gm ragi flour  
70 gm corn flour  
500 gm oats  
200 ml water  
2 teaspoon baking powder  
25 gm milk powder  
300 gm grated coconut  
170 gm all purpose flour  
750 gm sugar  
50 gm honey  
2 teaspoon baking soda  
20 ml vanilla essence  
25 gm glucose  
450 gm unsalted butter

**Method:**  
To prepare this delicious cookie recipe, take a bowl and mix together butter, sugar, vanilla essence, ragi flour and honey in it. Slowly, add water and mix once again. Now, add all the left-over dry ingredients in it and mix once again.  
Knead the mixture gently till a smooth cookie dough is formed. Place the cookie dough in the refrigerator for an hour. Meanwhile preheat the oven at 180 degrees Celsius and place a baking sheet in a baking tray.  
When cookie dough is chilled, place it on a flat surface and flatten it using a rolling pin. Now, use a cookie cutter to make small round shaped cookies and line them on the baking tray. Place the baking tray in the oven and bake for 15-20 minutes at 180 degrees Celsius till they become crisp and light brown in colour. You can serve them once they cool down!

Tips to start your fitness journey



Fitness is not just a hobby, it's a lifestyle. It can improve your health, well-being, mood, and energy levels. However, starting a fitness journey can be daunting, especially if you are new to exercise or have been inactive for a long time. That's why here are 8 tips to help you get started and stay on track with your fitness goals.

Before you jump into a workout routine, it's important to know where you stand. You can do some simple fitness tests and measurements to gauge your current fitness level, such as:

- How many pushups, situps, and squats can you do in a minute?
- How long can you hold a plank position?
- How far can you walk or run in 10 minutes?
- What is your body mass index (BMI), waist circumference, and body fat percentage?

These indicators can help you set realistic and specific goals, track your progress, and adjust your plan as you improve.

**Set SMART goals**  
SMART stands for Specific, Measurable, Achievable, Relevant, and Time-bound. These are the criteria that make a good goal. For example, instead of saying "I want to lose weight", a SMART goal would be "I want to lose 5 kg in 3 months by exercising 4 times a week and eating a bal-

anced diet". A SMART goal is clear, quantifiable, realistic, meaningful, and has a deadline. It also helps you stay motivated and focused.

**Design your workout plan**  
There are many types of exercises and workouts you can choose from, depending on your preferences, abilities, and goals. Some of the common ones are:

- Aerobic: These are exercises that increase your heart rate and breathing, such as running, cycling, swimming, and dancing. They are good for improving your cardiovascular health, endurance, and calorie burning.
- Strength: These are exercises that challenge your muscles, such as weightlifting, resistance training, and calisthenics. They are good for increasing your muscle mass, strength, and metabolism.
- Flexibility: These are exercises that stretch your muscles and joints, such as yoga, pilates, and tai chi. They are good for improving your range of motion, posture, and injury prevention.

**Start with the basics**  
If you are a beginner, you don't need to do complicated or intense exercises to get fit. In fact, doing too much too soon can lead to injury, burnout, and frustration. Instead, start with the basics and master the fundamental movements.

**Nurture a positive mindset**  
Your mindset is as important as your physical fitness. It can influence your motivation, performance, and enjoyment of exercise. A positive mindset can help you overcome challenges, cope with setbacks, and celebrate your achievements.

**Eat well**  
Exercise and nutrition go hand in hand. What you eat can affect how you perform, recover, and progress in your fitness journey. Eating well can also help you manage your weight, boost your health, and enhance your mood. A balanced diet consists of a variety of foods from different food groups, such as fruits, vegetables, grains, protein, and dairy. These foods provide you with the nutrients you need for your body to function properly, such as carbohydrates, protein, fat, vitamins, minerals, and water.

5 Ultimate skin health resolutions for 2024



At the start of every year, we make a list of impossible, unrealistic resolutions to try and maintain. But as we step into the new year, the promise of radiant and resilient skin is a siren call to ensuring that these particular skin-resolutions take centre stage in our lives. Embracing a holistic approach to skincare is imperative – it is not just the products we use but the choices we make in everyday life. In this Instagram era, commitment and consistency are the only things required of us to have the skin of your dreams. Here are Dr Manu Walia's 5 tips to start loving the skin you're in.

**Sun protection**  
Not just for vacations anymore, sunscreen has to become an irreplaceable part of our daily morning routines. When we live in a country like India where the sun is inescapable, sunscreen needs to be worn regardless of the weather. It is also important now to understand the different ways ultraviolet rays can affect the skin. Ultraviolet A (UVA) rays have a longer wavelength and is associated with

issues like aging and pigmentation, whereas Ultraviolet B (UVB) rays have a shorter wavelength and are associated with sun burns. It is also important to wear at least an SPF 30+ sunscreen at all times, even when you're at office or indoors.

**Hydration**  
Hydration and moisturisation of the skin should be paramount, and prioritised to negate and prevent other problems. Using a good quality moisturiser with hydrating ingredients like hyaluronic acid and ceramides will maintain the hydration levels in the skin preventing further issues like faster aging, dehydration, and redness.

**Healthy lifestyle choices**  
Arguably the most important tip on this list is making healthy lifestyle choices. Everything from your movement to your diet to your sleep affects your skin. If we look at it as a Venn diagram, healthy skin lies at the intersection of movement, diet, and sleep. Just doing one or two of the three is sometimes not enough. Eating a healthy diet with foods rich in antioxidants and beta-carotene is the way forward. Foods like strawberries, avocados, and bell peppers can help with maintaining healthy skin. Light exercise, yoga, meditation, and most of all a good night's rest can alleviate skin stress and create a healthier skin barrier.

**Skincare routine**  
Nowadays, customised and personalised skincare routines are all the rage. However, it is important to not be intimidated, and to take your routine one step at a time, especially if you are still understanding your skin type. All products will not suit all skin types.

General Knowledge Question Answers

1. Which of the following is a mammal?  a) Turtle b) Crocodile c) Chimpanzee d) Alligator	6. Which of the following animals has the longest lifespan?  a) African elephant b) Galapagos tortoise c) Blue whale d) Great white shark	11. Which of the following animals is a marsupial?  a) Chimpanzee b) Gorilla c) Lemur d) Kangaroo
2. Which of the following animals is cold-blooded?  a) Fish b) Snake c) Kangaroo d) Elephant	7. Which of the following animals is a marsupial?  a) Kangaroo b) Lion c) Gorilla d) Zebra	12. What is the respiratory organ in fish?  a) Lungs b) Gills c) Tracheae d) Spiracles
3. Which organ in the human body produces insulin?  a) Liver b) Pancreas c) Spleen d) Kidney	8. What is the largest animal in the world?  a) Elephant b) Giraffe c) Blue whale d) Hippopotamus	13. What is the scientific name for the study of insects?  a) Entomology b) Herpetology c) Ornithology d) Ichthyology
4. Which of the following is a function of the lymphatic system?  a) Transporting oxygen to cells b) Removing waste products from the body c) Fighting infections d) Digestion of food	9. What is the smallest mammal in the world?  a) Pygmy shrew b) Bumblebee bat c) Mouse lemur d) Etruscan shrew	14. Which of the following is NOT a type of tissue in animals?  a) Epithelial tissue b) Connective tissue c) Muscle tissue d) Photosynthetic tissue
5. What is the scientific name for the common housefly?  a) Musca domestica b) Apis mellifera c) Oryctolagus cuniculus d) Rattus norvegicus	10. Which of the following animals is not a primate?  a) Chimpanzee b) Gorilla c) Lemur d) Kangaroo	15. Which of the following animals is a monotreme?  a) Platypus b) Kangaroo c) Koala d) Tasmanian devil

<b>ARIES</b>  MAR 21 - APR 20	Passionate Mars enters Capricorn and your solar tenth house reinvigorating your desire to reach great heights. If you've been dreaming of climbing the ladder of success, this planetary placement is your call to action to do so. Just be mindful that it can be difficult to face the future if the past still haunts you, especially when the Libra moon crosses over the south node.
<b>LIBRA</b>  SEP 24 - OCT 22	Mars enters Capricorn and the sector of your chart that governs domestic bliss, dear Libra, bringing much activity to your home in the coming weeks. Reflect on past versions of yourself when the moon and south node align in your sign, shedding memories, behaviors, and qualities you're ready to move on without. People will be eager to chat when Luna blows a kiss to Mercury this afternoon.
<b>TAURUS</b>  APR 21 - MAY 20	Mars moves into Capricorn and the sector of your chart that governs luck, dear Taurus, pushing you to move boldly toward your wildest dreams. Trust that where there is a will, there is a way, watching for guidance from the universe when you need extra direction. Good vibes flow later this afternoon when Luna blows a kiss to Mercury, sharpening your wits and ability to evolve.
<b>SCORPIO</b>  OCT 23 - NOV 22	The stars ask you to bring structure to your ideas so they may be executed, dear Scorpio, as Mars enters Capricorn and your solar third house. Now is not the time to sit back and day-dream; you'll need to demonstrate passion, curiosity, and a willingness to learn. Knowledge will be more easily acquired through the act of doing, and don't be afraid to make minor mistakes.
<b>GEMINI</b>  MAY 21 - JUN 20	You'll feel eager to start fresh and move boldly toward transformation, dear Gemini, as Mars enters Capricorn and your solar eighth house. This planetary placement also brings passion to your most intimate bonds. However, you should avoid rushing into romantic or business commitments throughout the coming weeks, taking time to think through life-altering actions.
<b>SAGITTARIUS</b>  NOV 23 - DEC 22	You'll feel extra motivated when it comes to accumulating wealth. You should stay on guard for overspending, as impulsive purchases will seem more alluring than ever, especially when emotions are heightened. Feel free to unfriend, unfollow, and delete posts from your social media accounts when the Libra moon crosses over south node, asking you to release connections that don't serve your best interests.
<b>CANCER</b>  JUN 22 - JUL 23	A newfound sense of passion washes over you as Mars enters Capricorn and your solar seventh house. This planetary placement is especially beneficial to your romantic connections, helping to turn up the heat with that special someone. Now may also be a good time to kick off new passion projects as a form of self-care. Focus on domestic chores when the Libra moon crosses over the south node.
<b>CAPRICORN</b>  DEC 23 - JUL 20	Mars moves into your sign early elevating your energy levels, passions, and overall motivation throughout the coming weeks. Lean into the vibes by moving boldly, barreling through any obstacles separating you from personal goals. Consider letting your guard down when the Libra moon crosses over the south node, especially when it comes to family or close friends in need of companionship.
<b>LEO</b>  JUL 24 - AUG 23	Get ready for an era of hard work and busy schedules, dear Leo, as Mars moves into Capricorn and the sector of your chart that governs routines. Though you'll benefit from increased energy levels under this planetary placement, you should remember that wellness is an everyday commitment, especially when time starts to speed up.
<b>AQUARIUS</b>  JAN 21 - FEB 23	Keep your cards close to your chest, dearest Aquarius, as Mars enters Capricorn and the sector of your chart that governs secrets. While this planetary placement does encourage decisive action, you should do so from behind the scenes until you're ready to make new projects or decisions public. Look fondly upon the past when the Libra moon crosses over the south node.
<b>VIRGO</b>  AUG 24 - SEP 23	Mars moves into Capricorn and the sector of your chart that governs self-expression, asking you to bring structure to your personal goals and creative projects. Now is the time to get serious about personal interests and understand how following passions contributes to a well-rounded and more likable personality. Do something luxurious from the comfort of home.
<b>PISCES</b>  FEB 20 - MAR 20	Your social calendar is about to pick up, as Mars enters Capricorn. You'll be reminded of how important it is to network, and fresh connections could unlock opportunities to gain recognition, especially where passion projects are concerned. Avoid holding grudges when the Libra moon crosses over the south node, focusing instead on how you can ground in the present to gain strength.

