

Malaika Arora, Arjun Kapoor almost parted ways few months ago? One of them is not ready to give commitment



Malaika Arora and Arjun Kapoor's love story is far from a typical fairy tale. Although Malaika was already married to Arbaaz Khan when rumours of her dating Arjun started floating around, she eventually divorced Arbaaz and made her relationship with Arjun official on social media. However, do you recall few months ago, speculations of their relationship being on the rocks were floating around. Guess what? Those were not just mere rumours but indeed the duo was on a break for some time only to reconcile soon after. So, what was the reason behind their short break-up, check out the details below.

Malaika Arora and Arjun Kapoor are undoubtedly one of the most talked-about couples in Bollywood. Despite facing a few bumps along the way, they have always proved their love and devotion for each other. Arjun Kapoor has even publicly acknowledged Malaika's unwavering support during his difficult times after his mother's demise. Moreover, he has wholeheartedly accepted Malaika's past and shares an amazing bond with her son, Arhaan Khan. They have gracefully handled all the trolling and negativity thrown their way and have always focused on their love and mutual respect.

It came as a surprise to many when the power couple decided to take a brief break from each other a few months ago. They were facing some serious conflicts in their relationship and decided to call it quits. Their love for each other soon prevailed, and they realized that they couldn't be apart for long. Although there are several speculations about the reason behind their break-up, it is rumored that one of them wants to take their relationship to the next level by getting married, while the other is not entirely sure about the idea yet. Recently in the episodes of Jhalak Dikhhla Jaa 11, when Farah Khan asked Malaika if she will get married in 2024, the actress said that if someone genuinely wants to marry her she will get married.

Abhishek Bachchan won't ever react to the DIVORCE rumours due to Aishwarya Rai Bachchan's THIS advice

Aishwarya Rai Bachchan and Abhishek Bachchan are undoubtedly one of the most respected and talked-about couples in Bollywood. They are known for their discreetness and prefer to keep their private life away from the eyes of the paparazzi and social media. Despite avoiding being in the limelight, the couple's married life has often been a topic of discussion among the media. Recently, there were reports that Aishwarya had left the Bachchan house and was living separately with her daughter Aaradhya Bachchan. However, the speculations were soon put to rest as Aishwarya and Abhishek were spotted together at their daughter Aaradhya Bachchan's annual function, proving that the rumors were unfounded. Despite the constant rumors of divorce, the couple has never commented on it, and now we know the reason behind their silence.

Abhishek Bachchan once revealed the advice given by his wife Aishwarya on dealing with rumours. Aishwarya's mantra is simple yet powerful, "It's water off a duck's back." This means that the criticisms or negativity one receives is



insignificant compared to the love and admiration one receives. One should always focus on the positive aspects of life. Aishwarya also advises treating rumors like Kala Teka and moving on.

Kangana Ranaut praises 12th Fail actor Vikrant Massey after wanting to hit him with chappals

Kangana Ranaut is unpredictable and time and again she has proved it. The actress who often makes a hue and cry about not getting support from the industry has always come out and extended her support and praised other actors' work in the industry especially if it's an outsider film. The latest one who has grabbed the Tejas actress's attention is 12th Fail actor Vikrant Massey who proved his mettle all over again as an actor. Vikrant steals Kangana's heart with his heartwarming performance and she is hailing praise for the actor and compares him with late actor Irrfan Khan.

Vikrant's stellar performance in 12th Fail brought him huge recognition and Kangana too hailed actor on her Instagram stories. "What a terrific film. Coming from Hindi medium myself belonging to a rural village and being a general caste student for entry tests without reservations in my school years, I was weeping throughout the film, uffv never cried so much in a flight, my co-passengers were stealing concerned glances at me, I am embarrassed."

She further wrote, "Vidhu sir has won my heart all over



again, Vikrant Massey is beyond amazing!! In his coming years he might just fill the void Irrfan Khan saab left behind...salutations to your talent dear one."

Recipes

Creamy Chicken Veggie Wrap



Ingredients

- 1 cup boiled chicken
- 1/2 cup tomato
- 1/2 cup low fat mozzarella cheese
- 1 cup hung curd
- 1 teaspoon paprika
- salt as required
- 1 teaspoon chili oil
- chilli flakes as required
- 1/2 cup cucumber
- 4 lettuce loose-leaf, 3 tortillas
- 2 tablespoon lemon juice, 1 handfuls coriander leaves
- black pepper as required, mixed herbs as required
- 2 tablespoon butter

Method:

To begin with this easy recipe, wash and chop the veggies. Now, take a bowl and add in some lemon juice, paprika, salt, pepper and mixed herbs, whisk it well and add in the veggies, toss them up and keep aside.

Meanwhile, take a pan and heat the tortillas. Once done, spread some butter and layer some lettuce leaves.

Take a bowl and add in hung curd, chili flakes, salt and pepper, whisk it well with 1 tsp chili oil to make a homemade spread.

Take the lettuce layered tortillas, add in the veggies followed by hung curd dip, spread it across the wrap, add grated cheese. Fold it up and bake or microwave it for 3-4 minutes to enjoy. You can also heat it on a pan and allow the cheese to melt and enjoy!

5 best exercises for instant weight loss



Starting a weight loss journey frequently is combined with combining lifestyle modifications with efficient exercise. The right exercises can make a big difference in your routine if you are looking for results right away. Here is a selection of physical activities that not only burn calories but also enhance general health. While exercise is important, the secret to getting long-lasting results is to combine it with a healthy diet and other good habits.

**Sprinting:** Boost your weight loss efforts with running, the ultimate cardio workout. This intense exercise not only increases your metabolism and burns calories quickly, but it also ensures that fat will continue to be burned long after your workout is over. The simplicity of sprinting is its beauty; it takes little time to have a big impact. This intense workout can help you lose weight right away, whether you do it on a treadmill or in the great outdoors.

**Barbell back squats:** Give up on the boringness of standard body-

weight squats and take up the revolutionary potential of barbell back squats. This compound movement works several muscle groups, increasing the rate at which calories are burned and promoting the growth of muscle mass. Barbell back squats are especially good at decreasing body fat percentage and provide a thorough, full-body workout. By including this exercise and redefining your fitness journey with an emphasis on strength and endurance, you can up your weight loss game.

**HIIT:** Introduce yourself to the world of High-Intensity Interval Training (HIIT), a revolutionary approach to achieving rapid weight loss. HIIT forces your body to burn more fat and calories than conventional cardio by alternating short bursts of intense activity and recovery times. This high-intensity workout improves insulin sensitivity and cardiovascular fitness while also helping with fat loss. You can achieve your weight loss objectives in a way that is both highly effective and time-efficient.

**Swimming:** Take a leap into weight loss with swimming's gentle yet powerful results. This low-impact workout works every muscle group in your body, especially the arms, legs, and core. Swimming is so beautiful because it's a stress-free way to build muscle, burn calories, and improve endurance without putting too much strain on your joints. Whether you prefer swimming in open water or pool laps, the fluidity of this exercise helps you lose weight by toning your body and increasing your flexibility. Using swimming as your aquatic ally, make a splash in your fitness regime.

**Yoga:** Use the comprehensive method of yoga to refocus your attention from intensity to mindfulness. To help with weight loss, this mind-body technique combines breathing exercises, meditation, and physical postures. Although yoga isn't as explicitly strenuous as other workouts, it still helps by lowering stress, elevating mood, and increasing body awareness. Yoga helps you become more aware of your body and its hunger cues, which makes it an invaluable weight loss tool. Accept the serenity of yoga as an auxiliary exercise that supports long-term strategy for losing extra weight.

Korean beauty hacks to add to your beauty routine



Korean beauty, often referred to as K-beauty, is renowned for its innovative skincare and makeup techniques. Here are some popular Korean beauty hacks that you can consider incorporating into your beauty routine:

**Double cleansing:** Begin your skincare routine with an oil-based cleanser to remove makeup and sunscreen.

Follow up with a water-based cleanser to deep-cleanse and eliminate impurities from your skin.

**Gentle exfoliation:** Use exfoliating products with gentle ingredients like fruit acids or enzymes to remove dead skin cells and promote a smoother complexion.

Exfoliate 1-2 times a week to avoid over-exfoliation.

**Hydration is key:** Emphasize hydration with products like hydrating toners, essences, and serums.

Consider the "7 Skin Method" by applying toner in seven layers to achieve a deeply hydrated and plump

skin texture.

**Sheet masks:** Integrate sheet masks into your routine for an extra boost of hydration and targeted treatment.

Use different masks for various skincare concerns, such as brightening, calming, or moisturizing.

**Tap, don't rub:** Instead of rubbing skincare products onto your face, tap them gently with your fingertips. This helps with better absorption and enhances blood circulation.

**Sunscreen every day:** Apply sunscreen daily, even on cloudy days, to protect your skin from harmful UV rays. Sunscreen is a crucial step in preventing premature aging and maintaining healthy skin.

**Cushion compacts:** Try cushion compacts for a lightweight and natural-looking foundation application. They often contain SPF and are convenient for touch-ups throughout the day.

**Eye cream application:** Use your ring finger to apply eye cream, as it applies the least amount of pressure. Gently tap the product around the eye area to prevent tugging on the delicate skin.

**DIY face masks:** Experiment with DIY face masks using natural ingredients like honey, yogurt, or green tea for an extra pampering session.

**Sleeping masks:**

Include sleeping masks or overnight masks in your routine for deep hydration and nourishment while you sleep.

**Facial massage:** Incorporate facial massage techniques to stimulate blood circulation, reduce puffiness, and enhance the absorption of skincare products.

**Lip care:** Exfoliate your lips with a gentle scrub, and follow up with a nourishing lip mask or balm to keep your lips soft and hydrated.

General Knowledge Question Answers

1. Who is the author of “To Kill a Mockingbird”?

- A) F. Scott Fitzgerald
- B) Ernest Hemingway
- C) Harper Lee
- D) Jane Austen

2. Which author wrote the Harry Potter series?

- A) J.K. Rowling
- B) Stephen King
- C) George R.R. Martin
- D) J.R.R. Tolkien

3. Who wrote the novel “The Great Gatsby”?

- A) F. Scott Fitzgerald
- B) Ernest Hemingway
- C) Harper Lee
- D) Jane Austen

4. Who is the author of “The Catcher in the Rye”?

- A) J.D. Salinger
- B) Ernest Hemingway
- C) Harper Lee
- D) Jane Austen

5. Which author wrote “The Chronicles of Narnia”?

- A) J.K. Rowling
- B) J.R.R. Tolkien
- C) C.S. Lewis (Answer)
- D) Roald Dahl

6. Who is the author of “1984”?

- A) George Orwell
- B) Aldous Huxley
- C) Ray Bradbury
- D) Margaret Atwood

7. Who wrote “The Diary of a Young Girl”?

- A) Anne Frank
- B) Elie Wiesel
- C) Primo Levi
- D) Viktor Frankl

8. Which author wrote “Pride and Prejudice”?

- A) F. Scott Fitzgerald
- B) Ernest Hemingway
- C) Jane Austen
- D) Virginia Woolf

9. Who is the author of “The Hobbit”?

- A) J.K. Rowling
- B) J.R.R. Tolkien
- C) C.S. Lewis
- D) Roald Dahl

10. Which author wrote “The Picture of Dorian Gray”?

- A) Oscar Wilde
- B) Virginia Woolf
- C) James Joyce
- D) T.S. Eliot

11. Who is the author of “One Hundred Years of

Solitude”?

- A) Gabriel Garcia Marquez
- B) Pablo Neruda
- C) Jorge Luis Borges
- D) Octavio Paz

12. Who is the author of the novel “The God of Small Things”?

- a) Arundhati Roy
- b) Salman Rushdie
- c) Vikram Seth
- d) Kiran Desai

13. Who is the author of the novel “Wuthering Heights”?

- a) Charlotte Bronte
- b) Emily Bronte
- c) Jane Austen
- d) Virginia Woolf

14. Who is the author of “The Color Purple”?

- a) Toni Morrison
- b) Alice Walker
- c) Maya Angelou
- d) Zora Neale Hurston

15. Who is the author of “The Lord of the Rings” trilogy?

- a) J.K. Rowling
- b) J.R.R. Tolkien (Answer)
- c) C.S. Lewis
- d) Roald Dahl

- 11. Gabriel Garcia Marquez
- 12. Arundhati Roy
- 13. Emily Bronte
- 14. Alice Walker
- 15. J.R.R. Tolkien

- 5. C.S. Lewis (Answer)
- 6. George Orwell
- 7. Anne Frank
- 8. Jane Austen
- 9. J.R.R. Tolkien
- 10. Oscar Wilde

- Answers-
- 1. J.K. Rowling
- 2. F. Scott Fitzgerald
- 3. J.D. Salinger
- 4. J.D. Salinger

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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 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.

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.