

## Deepika Padukone REVEALS the BEST thing that she and Ranveer Singh have in their marriage; it's a GREAT advice for all the couples



Deepika Padukone and Ranveer Singh tied the knot on 14th November 2018. The two dated for nearly five years before getting married. The Bajirao Mastani jodi has been giving a lot of couple goals to their fans, and their social media PDA always grabs everyone's attention. The two are happily married, but like every couple even they have disagreements. However, recently in an interview, Deepika revealed one of the best things they have that makes their marriage 'much easier'. The actress also went on to reveal that how she and Ranveer decided about the anniversary post that they did for their fans this year.

In an interview, Deepika said, "One of the best things we have is communication. We communicate a lot. We might agree, we might disagree. But when you communicate, it makes marriage much easier." "Yes, There are battles where he will win and I will have to say okay fine, take this win. There are times when I might say something and I may be very firm about my belief and he might say that yeah okay I disagree with you but if this is what you think then okay but I disagree with you," she added.

During their anniversary this year, the couple was on a vacation and Deepika further revealed how she and Ranveer decided about what to post on social media for their fans. The actress said, "This holiday, we wanted to share some part of our life. I know there are my fans here and they kept messaging me. We spoke about it. And we knew they would be disappointed if we didn't put anything out. So this one was for all of you. And luckily we agreed upon which pictures we wanted to put and how many pictures we want to put and how many we want to put. We agreed on that. So that was easy."

## Natural remedies to lower blood pressure



from high blood pressure. This trace mineral required by the body in small amounts helps to get rid of excess sodium and eases pressure on blood vessels. The processed and packed foods are mostly loaded with sodium and to balance it you need to add more potassium-rich food to the diet. Some foods that you may include are: Leafy greens, tomatoes, potatoes, and sweet potatoes. Melons, bananas, avocados, oranges, and apricots. Nuts and seeds, milk, yoghurt, tuna and salmon

### Exercise regularly

Regular exercise is crucial for every individual. Studies suggest that every individual must exercise for 30 to 45 minutes regularly to stay healthy and reduce the risk of chronic diseases. It is even more essential for all those suffering from the problem of high blood pressure. Regular exercising can make your heart stronger, help them pump blood more efficiently and lower the pressure on the arteries. Even walking daily for 40 minutes is enough to keep you healthy and safe.

### Limit alcohol intake and quit smoking

Cigarettes and alcohol both can contribute to high blood pressure. Research suggests that alcohol can contribute to 16 per cent of high blood pressure cases across the globe. Alcohol and nicotine both can temporarily increase the blood pressure level and damage the blood vessels.

### Cut down refined carbs

Recent reports suggest that even refined carbs and added sugar in foods can also contribute to high blood pressure. Reducing the intake of these two food items can help to manage the level of blood pressure naturally. Foods like bread and white sugar convert rapidly to sugar in your bloodstream and may cause problems. People with high blood pressure levels are advised to go on a low-carb diet to shed kilos. Instead of refined flour have whole grain and white sugar can be replaced with jaggery or honey.

**H**igh blood pressure or hypertension is a dangerous condition that affects millions of people across the globe. It is a state in which the blood pressure against the wall of arteries rises to a dangerous level, which over time can damage the heart and give way to heart problems like stroke and heart attack. Once detected, the condition should not be left untreated, else it can turn fatal. Luckily, there are numerous ways to control the blood pressure level. Medication is just one way, and others are natural remedies that can help to control the pressure in the long term.

### Reduce sodium intake

Several studies have linked high blood pressure with excess sodium intake. Sodium can also be reason for stroke. Even a small reduction in the daily amount of sodium intake can lower the pressure by 5 to 6 mm Hg in case of high blood pressure. The effects of sodium intake varied from person to person. Even in general, people should limit the intake of salty processed foods to stay healthy. Normal individuals must not have more than 2,300 milligrams (mg) of salt in a day.

### Increase potassium intake

Potassium is an essential nutrient for all those suffering

## Akshay Kumar praises his Atrangi Re co star Dhanush, 'I look up to your Amazing talent', shares a selfie with him

Akshay Kumar is amazed by his Atrangi Re co-star Dhanush's talent. The south star Dhanush had proved his mettle as an actor with his Bollywood debut Raanjhnaa, till date that film is counted one of his best performances. And now he is all set for another Bollywood film and this time with superstar Akshay Kumar and the young sensation Sara Ali Khan.

The actors have started their promotions already, while AK who has a special appearance in the film shared the selfie moment with Dhanush to praise his amazing talent.

He took to his Twitter and wrote, "Today my #AtrangiRe co-star @dhanushkraja came calling. 'Sir, I always look up to you,' he said. I replied, 'I look up to your amazing talent.' Then we both looked up. And this happened."

Akshay Kumar had clearly mentioned that this film belongs to Sara and Dhanush and not him, "This film basically belongs to Dhanush and Sara. They are the main leads. I have a special appearance in the movie. This film will work only because of Sara and Dhanush. Sara is very professional and she is a director's actor. I believe this is one



of the best roles that she has ever done. Dhanush is a polished actor and a phenomenal artiste. He has done many films and his first Hindi movie 'Raanjhnaa' was a landmark movie. In this movie, he has performed really well."

## Salman Khan is left impressed by Sushmita Sen's Aarya 2

When Bollywood celebs there is no one like Salman Khan, they mean it! The superstar is dosto ka dosto and dushman ka dushman. His latest gesture for friend Sushmita showed that he can go to any level to motivate his friends. The actor shared the hoarding of Sushmita's Aarya 2 on his Instagram post with an adorable note for her, he wrote, "Arre wah Sush how nice u looking ya . Totally killing it . So happy for u". Sushmita was extremely happy with this gesture of Salman and replied to him by saying, "You are a Jaan @beingsalmankhan Thank you sooooo much for all the love & generosity!!! #cherished".

Everyone who has watched the show have been praising Sushmita Sen's outstanding performance. While Sushmita's daughter too reviewed mom's Aarya 2 and here's what they had to say. Sushmita in an interaction revealed her daughter's reaction after watching Aarya 2, "My kids had to adapt a little bit for season one because they had gotten used to their mother not shooting for movie and being away for long. But for season two, they were very excited because they knew what would come out of the absence. They knew that mommy would come back happier. They knew she would have finished creating something that they and their



friends and their entire clan can be proud of and they can say, 'That is my mom'. So, in the simplest of ways, they have come to be my Rocks of Gibraltar and my greatest strength. And when I see the pride in their eyes when they watch my work, I feel like a good mother. I feel I am setting a far better example for them as a woman and as a working mother".

### Ingredients

1 cup semolina  
1 large chopped onion  
1 chopped capsicum (green pepper)  
1/4 teaspoon black pepper  
3 teaspoon vegetable oil  
1 cup yoghurt (curd)  
1 medium chopped tomato  
salt as required  
1/2 teaspoon red chilli powder

### Method:

Firstly mix together semolina and curd in a large bowl. Whisk properly to attain a thick mixture. You can also add 3-4 tbsp water if required.

Now add chopped onions, tomatoes and capsicum to the semolina mixture.

Add red chilli powder, black pepper powder and salt. Mix everything well.

Heat 1 tsp oil on a non-stick tawa. Now pour some batter on the tawa and spread it a bit. Let the cheela cook from both sides until golden-brown.

Repeat the step with the rest of the batter to make more cheelas.

Serve them hot with mint chutney, tomato ketchup or coconut chutney.

## New Year resolution to a healthy, glowing skin



As we get ready to welcome 2022, it is also that time of the year when we rethink our skin health in 2021 and then make plans and resolutions to do all that it takes to get your skin corrected and achieve your dream skin in 2022. And if you are one of those who have decided to do whatever it takes to get a healthy glowing skin, you're not alone. That is a dream wish for many of us. Before you set your resolutions, make sure you set realistic and achievable goals. Also as the months pass by, your determination could wax and wane, so write down 10 points and place it right where it will never miss your eye. The following are the tips to achieve your desired skin.

1. Diet should be very balanced and nutritional. But with our expanding taste buds, unfortunately this is not always possible. So the best way is to eat for taste but at the same time make up for the vitamins and the minerals in the form of oral

preparations. Vitamins requirement differs with all age groups and also the sex . For anybody above 20 years, it is important to start taking an oral antioxidant preparation in the form of a capsule.

2. Sunscreen and that too of a good SPF of at least 20 should be used on your skin daily . It is a must for all ages. Also the sunscreen should be used at least 20 minutes before leaving the house. For ladies, if any make up is to be applied, it should be applied after the sunscreen.

3. Good skincare routine suited to your skin type is very essential. Cleansing is a general skin care routine. Soaps should be avoided on the face and a face wash according to your skin type should be used. If heavy make up is applied, that should first be removed with a deep pore cleanser with cotton and then face wash. Toning is good for open pores. A gel toner is preferred over a lotion. It should be done at night after the cleansing. Moisturiser is to be the last thing applied to your skin at night. The type of moisturizer depends on your skin type, but it should contain rich nourishing ingredients.

4. Detoxification removes the toxins and other waste from the body that make our skin look dull and lifeless. Just a simple paste of coriander leaves, mint and curd patta, mixed 1/3 each taken early morning is a good detox formula and also helps in weight control.

5. Deworming is a must for all at all ages and this is the best way to start your new year too. All you have to do is to take Tab Albendazole 400 mg once in six months is a good health care regime.

6. Avoid getting tanned. Sun not only makes your skin pigmented, it also causes early aging and premature wrinkles. However, tanning is something that is inevitable at times. Don't panic !! Take a piece of ripe papaya or a ripe babana and rub it for 15 min on the tanned area of the body. Wash it off and use a moisturizer containing AHAs or tea tree oil.

## General Knowledge Question

1. INS Agrami (Petty Officers' School) is situated at

- A. Mumbai
- B. Jamnagar
- C. Coimbatore
- D. Lonavla

2. Hybridization is

- A. downward movement of water through soil
- B. a process of tilling the land
- C. decayed vegetable matter
- D. cross-fertilization between two varieties

3. In which world cup cricket final, Australia beat England?

- A. 1983, Lord's - England
- B. 1987, Kolkata - India
- C. 1992, Melbourne - Australia
- D. 1996, Lahore - Pakistan

4. India is the \_\_\_\_ grower of pulses.

- A. largest
- B. smallest
- C. appropriate for national need
- D. None of the above

5. In cricket, a run taken when the ball passes the batsman without touching his bat or body is called

- A. leg bye
- B. bye
- C. bositie
- D. drive

6. How many non-permanent Security Council (UNO) members are from Afro-Asian countries?

- A. 5
- B. 15
- C. 2
- D. 1

7. Indira Gandhi Centre for Atomic Research, established in 1971, is located at

- A. Indore
- B. Trombay, Maharashtra
- C. Kalpakkam, Chennai
- D. Kolkata

8. In which year did Sir Edmund Hillary reach the summit of Mount Everest?

- A. 1952
- B. 1953
- C. 1954
- D. 1955

9. HP stands for

- A. Harmonic Progression
- B. Horse Power
- C. both (a) and (b)
- D. None of the above

10. India's first fast breeder neutron reactor was

- A. Zerlina
- B. Apsara
- C. Purnima-I
- D. Kamini

11. India's first atomic power station was set up at

- A. Surat (Gujarat)
- B. Tarapur (Maharashtra)
- C. Trombay (Maharashtra)
- D. Solapur (Maharashtra)

12. How many Ergs are there in 1 joule?

- A. 102
- B. 104
- C. 106
- D. 107

13. In 1943, Franklin D. Roosevelt, Winston Churchill and Joseph Stalin met at Teheran primarily

- A. to discuss the strategy to be adopted by the Allies to invade Germany
- B. to consider a common plan of action by the Allies forces against the axis powers
- C. for creating an effective instrument for maintaining international peace
- D. to work out a common line of action against Japan

14. Innocent III, who became pope in 1198 led

- A. the first crusade
- B. the second crusade
- C. the third crusade
- D. the fourth crusade

15. For creating an effective instrument for math

- A. 1982, Kollam - India
- B. 1983, Kollam - India
- C. 1984, Kollam - India
- D. 1985, Kollam - India

## ASTRO SPEAK

### ARIES



MAR 21 - APR 20

Mars, your ruling planet, faces off with the north node today, which could leave you feeling stressed about what the future holds. On one hand, you'll be able to move forward on your path, but on the other, it may leave you feeling paralyzed. Do your best to remain patient with where you are at the moment. You're at an impasse right now, as you learn to outgrow your past.

### TAURUS



APR 21 - MAY 20

You'll wear your heart on your sleeve, Taurus, as Lady Luna encourages you to lead with your emotions. Even if you're not super forthright with your words, those around you will have a sense of what your emotional disposition is. Try not to run from your feelings, and, instead, let them flow through you. Sharing how you feel with the people you care about can help you strengthen your bonds.

### GEMINI



MAY 21 - JUN 20

You might want to take some time to review what your relationships have altered your path, dear Gemini. Mars cozies up with the south node today, forming an opposition to the north node. This could mean that past relationships or past or current relationships are holding you back from reaching your highest potential. If you come to the conclusion that you've put certain hobbies, goals, or even friendships to the side in the name of love, it might be time to recess and make some changes.

### CANCER



JUL 22 - AUG 21

You're a natural healer and nurturer, but it'll be important to remember to take care of yourself. Avoid untangling the messes of people who wouldn't do the same for you, especially if it disrupts the natural flow of your day. Tonight, the moon shares a helpful connection with dreamy Neptune, asking you to connect with your spiritual self. Use these vibes as an excuse to unplug, so you can float away on these comforting vibes.

### LEO



JUL 24 - AUG 23

You might feel a bit nostalgic for simpler times, especially as