

Alia Bhatt and Ranbir Kapoor will REVEAL the first picture of their daughter Raha Kapoor on THIS date



Alia Bhatt and Ranbir Kapoor welcomed their baby girl Raha Kapoor on November 6, 2022, and ever since her birth RanAlia fans cannot contain their excitement and are eagerly waiting to have a glimpse of the little princess. While there was a huge buzz that Ranbir and Alia are obsessed parents and have decided to not reveal the face of their daughter ever is not really true. They will definitely reveal the face of their daughter on this day.

A close source to BollywoodLife reveals Alia and Ranbir will not have any no photos policy for their daughter like Anushka Sharma and Virat Kohli have for their daughter Vanika Kohli, in fact, Alia will follow her sister-in-law Kareena Kapoor Khan and be calm a chill mom and not worry much about her kid getting papped as even she knows that no matter how much she will protect, someone will someday reveal the picture of their daughter and so they will not take too much stress about all this and go with the flow.

The source further adds, Alia and Ranbir might soon go for a mini vacation with their daughter Raha Kapoor and hence will try to not get clicked until she is six months, but after that Alia will too happily share her beloved princess pictures on her social media accounts as she is aware about her fandom. Meanwhile Alia is right now thoroughly enjoying her motherhood and taking utmost care of herself along with daughter Raha Kapoor. Ranbir Kapoor is too putting his best effort in co-parenting and leaving his beloved wifey Alia impressed every day. Ranbir and Alia are the happiest parents right now and their friends and family can see the excitement all over in the house.

Asha Parekh reveals the real reason why she never worked with Dilip Kumar



Asha Parekh started her journey in films when she was just 8-year-old. It was filmmaker Bimal Roy who spotted her which resulted in her bagging two films as a child artist. Many years later, when she was to debut as a grown-up, little did she know that her abilities

as an actor will first be misjudged and then totally disregarded. The veteran actress, the OG queen of box office, was present at the 53rd International Film Festival of India (IFFI) 2022 in Goa where she shared about her beautiful journey in the industry.

Asha Parekh has worked with the biggest stars of her time, and she spoke about her experience of working with each one of them. But before that, here's an interesting chapter from her professional journey that made the spiciest of columns in the gossip magazines of the time. It was about her never starring with Dilip Kumar. Talking about the same, Asha ji said, 'The press wrote that I did not like him and therefore I am not working with him. However, that was far from the truth'.

Revealing more about the reality behind these gossips, Asha ji revealed it was her dream to work with the Dilip Kumar. 'I was always in awe of him and always wanted to work with him. In fact, I also signed a film with him called Zabardast but unfortunately it was shelved. I wasn't lucky,' she shared.

An Action Hero actor Ayushmann Khurrana proves he is the biggest Shah Rukh Khan fan as he passes by Mannat; netizens say, 'Srkiens for life'



Bollywood actor Ayushmann Khurrana who will be seen in An Action Hero film recently shared a picture in front of Pathaan actor Shah Rukh Khan's house Mannat. Ayushmann called himself a fan of Bollywood Badshah and said that he too made a wish

while passing through the spot.

In the picture, Ayushmann can be seen looking at Shah Rukh Khan's Mannat from the sunroof of his car while several onlookers captured the beautiful moment on their phones. Ayushmann captioned the post as, "Mannat se guzar raha tha. Toh ek mannat maang li (was passing by Mannat so I made a wish). #AnActionHero #2ndDecember #SRKian." He also added Shah Rukh Khan's song Baazigar O Baazigar.

Ayushmann Khurrana and Shah Rukh Khan fans filled the comment section as they showed the post with love. A user wrote, "Fav place in Mumbai", while another one wrote, "Mannat Sirf Ek Ghar Nhi Hai Logo Ke Liye Mandir Hai #king". Third user wrote, "Once a SRKian Always a SRKian." A fan also wrote, "Manifesting SRK and AK together on-screen."

On the work front, Ayushmann is busy promoting his action film, An Action Hero which also features Jaideep Ahlawat. The film is directed by Anirudh Iyer and will release on December 2.

Recipes

Oil-Free Oats Cutlet

Ingredients

1/2 cup oats, 1 grated carrot
1 teaspoon cumin powder, 1/2 teaspoon red chilli powder
2 tablespoon biscuit crumbs, 1 teaspoon green cardamom
coriander leaves as required
1 teaspoon refined oil
2 boiled potato
1 teaspoon ginger paste
1/2 teaspoon fennel seeds powder
1/2 teaspoon dry mango powder
1 teaspoon green chilli, salt as required
8 cashews

Method:

In a bowl combine oats, grated boiled potatoes, grated carrot, green chilli, ginger paste and salt.

Also add dry mango powder, biscuit crumbs, roasted cumin powder, red chilli powder, fennel powder and crushed cardamom seeds.

You can add coriander leaves according to your preference. Add one tsp oil to the mixture for binding purpose. Mix well.

Now take small balls from the mixture and make cutlets. Stuff one cashew in the center of each cutlet.

Preheat Air Fryer at 180°C for 5 minutes. After that keep the cutlets in the tray.

Bake for 10 minutes at 180°C. Then transfer to the serving plate and enjoy your healthy oats outlets with mint chutney or ketchup.

Vitamin B12-rich foods for brain and nerve health



Vitamin B12 is one of the most essential nutrients for the body. Not only does it help form red blood cells and DNA, but it also assists in the proper functioning and development of the brain and nerve cells. Low levels of this nutrient can therefore cause several health problems, leading to symptoms that can sometimes be 'irreversible'. While this water-soluble vitamin, also known as cobalamin, is not naturally made in the body, one must acquire it from foods that are rich sources of this nutrient. That said, here are 7 vitamin B12-rich foods for both non-vegetarians and vegetarians.

Fish

Fishes like sardines, tuna, rainbow trout, sockeye salmon are loaded with vitamin B12, which helps keep our brain and nerve cells in order. What's really great about these particular foods is that they are not just rich in B12 but contain almost every other nutrient. From protein to omega-3 fatty acids to phosphorus, selenium, and vitamins A and B3, these seafoods can provide you with the best nutrition.

Clams

When it comes to getting your vitamin B12 fill from seafood, you can also have clams, a small, chewy shellfish that are full of beneficial nutrients. Besides being one of the highest sources of vitamin B12, it also contains protein, a great amount of iron and antioxidants.

Choose lean meat



Most vitamin B12 sources are animal products. That said, choosing lean meat such as seafoods, lamb, chicken, not only help decrease your risk of vitamin B12 deficiency, but also provide you with protein, omega-3 fatty acids, niacin, zinc and iron. These do not increase cardiovascular risk factors and also keep your energy levels high.

Eggs

According to WebMD, one hard-boiled egg has about 0.6 micrograms of B12. It is essential that one eat the whole egg as most of B12 comes from the yolk. In general, eggs are a great source of complete protein and B vitamins, especially B2 and B12, which is what makes it extremely important for your diet.

Milk and dairy products

Dairy products such as milk, yogurt, and cheese are excellent sources of vitamin B12. They also contain protein, calcium, vitamins A, D, zinc, potassium and choline, which are extremely important for your overall health.

Fortified cereal for vegetarians

If you're a vegetarian or a vegan, fortified cereals can also be a good source of vitamin B12 for you. It is synthetically made and not acquired from animal sources. The products go through a food fortification process, which is the process of adding nutrients that are not originally in the food.

Perfect winter care for your hands and feet



The much-awaited cold months of the year are here. While you all love to enjoy the chilly weather and get all cozy in bed, it's also quite important to take good care of your skin. This time, we're not just talking about your face, but your hands and feet. If you leave your hands and feet unattended, the skin will start to dry and get itchy. In no time, you will feel your skin has turned dull and lifeless. This is why it is essential to pamper your hands and feet and give them the much-needed attention and nourishment during winters. Here are some tips that will help:

Socks and full sleeves

If the cold gets unbearable for your sensitive skin, make sure to keep your hands and feet warm by wearing socks and full sleeve clothes. The socks will help your heels from drying and cracking while full sleeve tops and t-shirts will help your arms stay warm.

Alcohol-free products

Make sure you avoid any kind of product that has even the smallest amount of alcohol in it, especially during winters. Alcohol-based products tend to make your skin feel dry and itchy. Hence, it's better to



always check the ingredient list to see if there is alcohol in the products you are investing in.

Manicure and pedicure

Having manicure and pedicure on a regular basis during the cold months will, in fact, help your hands feel moisturised and nourished.

So if you've been finding reasons to get a manicure and pedicure done, here is a solid one. Pamper your hands and feet regularly during winters.

Cuticle care

Winter can very much dry out your cuticles as well. Small wear and tears can be a lot painful if you don't take good care of them.

Always use cuticle oil to prevent the winter-damage and bacterial infection on them. The skin around your nails is as important as your nails and so you must take proper care of it.

Comfortable shoes

Make sure you invest in comfortable shoes this winter season. But the kind of shoes that can keep your feet warm and covered instead of exposed to air and sun. Uncomfortable shoes will only tend to make your feet cold, dry and crack easily.

General Knowledge Question

1. Which organ of the human body produces a fluid known as bile?

A. Pancreas
B. Gall Bladder
C. Kidney
D. Liver

2. Which of the following is not a function of liver?

A. Regulation of Blood Sugar
B. Storage of Blood
C. Filtering the blood
D. Reproduction

3. Heart is made up of:

A. Non-Striated muscle
B. Cardiac muscle
C. Adipose Tissue
D. Striated Muscle

4. Where does the digestion of protein starts in our body?

A. Mouth
B. Stomach
C. Duodenum
D. Intestine

5. Name an acid which is secreted in the stomach?

A. Sulphuric Acid
B. Hydrochloric Acid
C. Carbonic Acid
D. Nitric Acid

6. Nerves from the eyes and ears are connected to the

A. Cerebrum
B. Cerebellum
C. Medulla Oblongata
D. Spinal Cord

7. Define Blood Pressure:

A. It is the pressure that blood clot exerts over brain.
B. It is the pressure that blood receives on account of faulty commands from the brain.
C. It is the pressure that fatness or old age exerts on the body's circulatory system.
D. It is the amount of pressure on the blood as a result of the heart's pumping function and the resistance of the arterial walls.

8. Name a blood vessel which carries deoxygenated blood?

A. Aorta
B. Pulmonary Artery
C. Hepatic Artery
D. Pulmonary Vein

9. Name a hormone which controls the blood pressure in the human body?

A. Oxytocin
B. Estrogen
C. Testosterone
D. Vasopressin

10. Name the membranes which are invested by

A. Cerebellum
B. Cerebrum
C. Medulla Oblongata
D. Spinal Cord

11. The process of transfer of hereditary character from one generation to another is known as.....?

A. Genes
B. Mutation
C. Variation
D. Genetics

12. Who is known as father of genetics?

A. Gregor Mendel
B. Augustinian friar
C. Norman Borlaug
D. M.S Swaminathan

13. Who coined the term Mutation?

A. James Watson
B. Herman Joseph Muller
C. Hugo de Vries
D. None of the above

14. Which term of genetics represents the potential ability of a plant cell to grow into a complete plant?

A. Pluripotency
B. Totipotency
C. Cloning
D. Variation

the brain and spinal cord?

A. Arachnoid
B. Pleural Membrane
C. Meninges
D. None of the above

ASTRO SPEAK

ARIES

Are you ready to move forward on that big project or relationship? Then go! You're capable of making some major strides right now, so take action. You feel strong, which means that you are strong, so focus all of that strength on making the changes you want. Whether it's writing a book, building a table, or getting a date with that amazing certain someone, you can make it happen if you start today.

MAR 21 - APR 20

LIBRA

You have the ability to be very expressive today, which means it is a great day to make your point and motivate other people. Everyone you speak to is going to be able to understand the subtle nuances you're trying to communicate and most likely even agree with your points. If you're trying to impress some influential people or just trying to get noticed by that cute certain someone, today is the right day to make your move!

SEP 24 - OCT 22

TAURUS

The outside world doesn't have much to offer you right now, so it's the right time to spend some quiet time by yourself at home. It's not that you aren't interested in having fun. It's just that the energy of other people will likely be more taxing than relaxing for you now. Use this downtime to get philosophical about life and think through some recent challenges in your life. You handled them well, but how could you have done better?

APR 21 - MAY 20

SCORPIO

For too long you've been hiding from others what you have to offer. Being shy can be cute for a while, but you're building up walls between yourself and the people who want to know you better. You need to take a bigger risk and reveal a little bit more about yourself to someone. Pick one person to tell them a little-known fact about yourself. They'll love that you trust them.

OCT 23 - NOV 22

GEMINI

You and another person make great partners, but maybe you haven't been getting along too well lately. If this is a work partnership, talk to the higher-ups and see if you can start collaborating with new people for a while. Tell them that it will help you develop new professional and interpersonal skills and they'll figure something out.

MAY 21 - JUN 20

SAGITTARIUS

You should try to unleash some of your creativity today. It can help you feel more powerful, free, and most importantly, happy. Whether you want to write some poetry, doodle some drawings, make up silly songs or just reconnect with long-lost friends. If you've been thinking about someone from your past a lot lately, why not do an online search and see if you can find out where they are now? Believe it or not, they would love to hear from you and it will certainly add some sparkle to your day.

NOV 23 - DEC 22

CANCER

After a long period of feeling like you have no control over your own schedule, today puts you back in charge of your time. What's the first thing you should do? Schedule some alone time. Set aside at least an hour today when you do something for yourself. Whether it's taking a nap, watching a movie, or just staring out the window, you need to relish the sensation of having no one to report to and no deadlines to worry about.

JUN 22 - JUL 23

CAPRICORN

If you feel that your life lacks some discipline right now, that's a sure sign that it does! It's not such a big deal to have a messy car or bedroom, but the clutter around you is getting a little bit out of hand in other areas of your life and it's starting to bother you too much. Today, spend some time putting order back into your world. Cleaning is a mindless task, but it gives you a chance to let your mind wander and clear itself out too!

DEC 23 - JUL 20

LEO

Just when you got all comfortable in your routine, along comes an opportunity for you to go on an interesting adventure. Are you up for it? You might have to give up some of what you've worked for in order to take advantage of this chance, and there are no guarantees this time. If you're ready for a quieter phase of life, you might want to let this opportunity pass you by. But if all you crave is more stimulation, then grab it with both hands!

JUL 24 - AUG 23

AQUARIUS

This day should be full of an outgoing energy, which means that you should also be in a more outgoing mood. It's a great day for reconnecting with long-lost friends. If you've been thinking about someone from your past a lot lately, why not do an online search and see if you can find out where they are now? Believe it or not, they would love to hear from you and it will certainly add some sparkle to your day.

JAN 21 - FEB 23

VIRGO

You could be busy seeking out new opportunities to expand your horizons, whether that means finding a new job, getting serious about starting a business, or improving the one you have. The point here is not to give yourself extra work but to find ways to streamline your situation so you feel more comfortable and able to enjoy a better work/life balance.

AUG 24 - SEP 23

PISCES

Your physical appearance isn't always an accurate reflection of your inner self, but if you're feeling that disconnect growing, pay attention to it. Whether you feel like you need to lose weight, gain weight, or just get a different haircut, you should make an effort to start the transformation. You've been putting it off for far too long, and that's why you're feeling a growing dissatisfaction.

FEB 20 - MAR 20