

Did you know Shah Rukh Khan has to follow THIS strict rule made by wife Gauri Khan?



Shah Rukh Khan has a massive and crazy fan following. Everyone wants to know all the details about the superstar and his personal life. Shah Rukh Khan is married to Gauri Khan since 1991. They have been going strong since then and a happy family together. They have three children, Suhana Khan, Aryan Khan and AbRam Khan. It is always a treat to watch the whole family together. Recently, they all were spotted together at the special screening of The Archies. The entire family came together to support Suhana Khan who made her debut with The Archies. The family is very close and are often spotted together.

However, the cutest thing is the bond between Shah Rukh Khan and Gauri Khan. They make us believe that true love exists. They have been together for almost 33 years now and not many know that Gauri Khan has one strict rule for Shah Rukh Khan. Yes, a video of Gauri Khan and Shah Rukh Khan has gone viral where they are seen giving interview to a few journalists. In the interview, Gauri Khan has shared that she has one rule that Shah Rukh Khan has to follow. She said that he is only allowed to visit the restaurant that she has designed.

This interview is from 2018 when Gauri Khan had designed a Mexican restaurant in Bandra. It was the launch of the restaurant and Gauri Khan even asked her husband which is the favourite of the restaurant for him. He said, "I like you." Further, he said he liked the bathroom.

Talking about films, Shah Rukh Khan is all for the release of his film, Dunki. The film is releasing on December 21 and it stars Boman Irani, Taapsee Pannu, Vicky Kaushal, Vikram Kochhar, Anil Grover. The film will be clashing at the box office with Prabhas starer Salaar.

Janhvi Kapoor regrets her behaviour with mom Sridevi Kapoor; ‘I am dying for her to come’



Janhvi Kapoor lost her mother veteran actress Sridevi Kapoor in the year 2018. The actress was just around 21 years when her whole world came crashing down with the news of her mother's demise. Janhvi was extremely close to her mother. Sridevi's death impacted her to such an extent that for a long time Janhvi was unable to accept the unfortunate incident. As time passed by, Janhvi made peace with her grief. She often speaks about the ChaalBaaz actress and recently mentioned how she regrets some of her behavior with her mom.

Janhvi Kapoor recently revealed that while filming her debut film Karan Johar's Dhadak she use to avoid her mom, Sridevi Kapoor. Whenever Sridevi use to ask if she can visit the set, Janhvi use to deny. The young actress shared that she always felt that she has this unfair advantage of being Sridevi Kapoor's daughter. She stated how people's judgment that because she is Sridevi's daughter, she doesn't have to put any efforts haunted her. And hence to make sure her mother is not associated with any of her

professional commitments, she started to do everything opposite her mother asked for.

Aditya Roy Kapur reacts to Kartik Aaryan replacing him in Aashiqui 3



Aditya Roy Kapur and Arjun Kapoor have graced Koffee With Karan 8's latest episode. The two handsome hunks are the talk of the town for their bromance and the utter chaos that takes place in the episode. From addressing trolling to their relationship statuses and discussing movies, Aditya Roy Kapur and Arjun Kapoor spoke at length about various things. Aditya was asked about Kartik Aaryan replacing him in Aashiqui 3.

It's Karan Johar's chat show Koffee With Karan 8 and it felt a little incomplete since Kartik Aaryan wasn't mentioned for a while now. Well, Kartik gets a mention in the episode quite often. And there have been memes about it all over the internet. In the latest episode of Koffee With Karan 8, we saw Karan asking Aditya Roy Kapur about Kartik replacing him in Aashiqui 3. Without a hint of insecurity or losing his countenance, Aditya says it's great. He feels Kartik is the perfect guy to take the franchise forward. Aditya adds that his character in Aashiqui 2 went for a long swim and he won't be coming back. Aditya says it would have been awkward if he returned in Aashiqui 3. "I died.

Where will I come back now? My spirit will come back," he added on a lighter note.

Stretch away shoulder freeze with 5 simple daily exercises



Mobilising frozen shoulder joints doesn't necessitate elaborate equipment or flawless technique; simple stretches using household items, when performed consistently and gently, can significantly improve shoulder mobility. The following are five effective daily exercises:

**Pendulum circles**

This initial stretch provides gentle traction to offer relief to inflamed capsule tissue. The individual stands, leaning forward with support from the good arm, allowing the affected shoulder to hang freely. Subtle circular movements are initiated using the core and torso, gradually increasing the circle size over 2-5 minutes in each direction without causing pain. The descending arm, coupled with a gentle swing, provides a distracting tug to give overworked tissue some slack.

**Behind-the-back towel assisted stretch**

The towel stretch assists in extending the shoulder to counteract capsule contraction. A small towel is draped down the individual's

back, holding one end in each hand. The towel is pulled up with both hands, focusing on lifting and stretching the affected shoulder while keeping the elbow straight. Hold for at least 30 seconds, taking deep breaths before releasing and repeating 2-3 times.

**External rotation with dowel**

Gently externally rotating the shoulder rolls the capsule tissue outward, preventing re-freezing. A broom handle or dowel is held behind the back, gripping it shoulder-width apart with palms forward. The affected elbow is kept fixed at the side, using the good hand to push and rotate the affected arm outward. Hold for 20 seconds, release slowly, and repeat 2-3 times before switching sides.

**Wall slide stretch overhead**

This position enhances elevation and overhead mobility crucial for daily tasks like brushing hair. The individual stands facing a wall slightly farther than arm's length away, feet shoulder-width apart. Palms are placed flat on the wall just above shoulder level. Maintaining an upright posture, hands are slowly slid up the wall, leading with the affected arm. Reach as high overhead as flexibility allows, holding for 20 seconds. Repeat 3-5 times.

**Cross-body adduction stretch**

Focusing on shoulder capsule tissue missed by other poses, the unaffected arm is used to lift the affected arm by the elbow until it's parallel to the ground. Gently pulling the affected arm across the chest as far as tolerable, the emphasis is on feeling the shoulder capsule stretch rather than straining the joint or arm. Hold for at least 30 seconds before slowly releasing. Repeat 2-3 additional reps.

**Health tips**

Prior to commencing any exercise routine, particularly if pre-existing health conditions are present, it is imperative to seek guidance from a healthcare provider. Ensuring one's safety and well-being, this consultation serves as a crucial step in determining the appropriateness of the chosen exercises. Additionally, a gradual approach to progression is advised, commencing with gentle stretches before advancing to more intricate exercises.

Is it important to oil you hair before shampooing?



The practice of oiling hair before shampooing is a traditional hair care ritual that has been followed in many cultures for centuries. In India, it is almost a ritual to apply hair oil before a shampoo session. While it may not be necessary for everyone, there are several potential benefits to oiling your hair before shampooing. Let's have a look at the advantages of applying hair oil before washing hair.

**Benefits of oiling hair before shampooing**

**Moisture retention**

Applying oil to your hair before shampooing can help retain moisture. The oil creates a protective layer that prevents the hair from losing too much moisture during the washing process.

**Reduced frizz**

Oiling can help to smooth the hair cuticle, reducing frizz and enhancing overall manageability. This is especially beneficial for individuals with dry or frizzy hair.

**Improved scalp health**

Massaging oil into the scalp can stimulate blood circulation and help maintain a healthy scalp. Certain oils,

such as coconut oil, have antimicrobial properties that may benefit scalp health.

**Enhanced shine and softness**

Oiling before shampooing can contribute to shinier and softer hair. The oil adds a natural luster to the hair and makes it feel smoother.

**Minimised damage during washing**

Wet hair is more prone to damage, and the slip provided by the oil can reduce friction and minimise breakage during shampooing.

**Easier detangling**

Oiled hair tends to be more slippery, making it easier to detangle. This can be particularly helpful for individuals with long or curly hair.

**How to oil your hair before shampooing?**

**Select the right oil:** Different oils offer varying benefits. For example, coconut oil is known for its moisturizing properties, while olive oil is rich in antioxidants. Choose an oil that suits your hair type and needs.

**Warm the oil:** Warm the oil slightly before applying it to your hair. This helps the oil penetrate the hair shaft more effectively.

**Section your hair;** Divide your hair into sections to ensure even distribution of the oil.

**Apply and massage:** Apply the oil to your scalp and hair, massaging gently with your fingertips. Focus on the ends of the hair, which tend to be drier.

**Leave it on:** Allow the oil to sit on your hair for at least 30 minutes or, for deeper conditioning, leave it on overnight. You can cover your hair with a shower cap or towel to avoid staining your pillowcase.

**Shampoo and condition:** After the oiling period, shampoo your hair thoroughly to remove the oil. Follow up with a conditioner to restore moisture.

General Knowledge Question Answers

<b>1. When is World Environment Day celebrated?</b>  a) June 5 b) April 22 c) September 16 d) October 24	<b>6. When is World AIDS Day celebrated?</b>  a) December 1 b) January 1 c) February 14 d) November 19	<b>celebrated?</b>  a) October 11 b) November 19 c) September 21 d) December 1
<b>2. When is International Women’s Day celebrated?</b>  a) March 8 b) February 14 c) November 19 d) October 31	<b>7. When is World Water Day celebrated?</b>  a) March 22 b) April 22 c) May 22 d) June 22	<b>12. When is World Water Day celebrated?</b>  a) 22nd March b) 2nd March c) 20th March d) 10th March
<b>3. When is International Yoga Day celebrated?</b>  a) June 21 b) July 1 c) May 1 d) August 15	<b>8. When is World Food Day celebrated?</b>  a) October 16 b) November 19 c) September 21 d) December 1	<b>13. When is International Women’s Day celebrated?</b>  a) 8th March b) 10th March c) 12th March d) 6th March
<b>4. When is World Humanitarian Day celebrated?</b>  a) August 19 b) July 11 c) June 5 d) September 21	<b>9. When is Earth Day celebrated?</b>  a) April 22 b) March 22 c) May 22 d) June 22	<b>14. When is World Press Freedom Day celebrated?</b>  a) 3rd May b) 5th May c) 7th May d) 10th May
<b>5. When is the International Day of Peace celebrated?</b>  a) September 21 b) July 4 c) October 31 d) December 25	<b>10. When is World Cancer Day celebrated?</b>  a) February 4 b) January 1 c) March 8 d) December 25	<b>15. When is World Humanitarian Day celebrated?</b>  a) 19th August b) 20th August c) 21st August d) 22nd August
<b>11. When is International Day of the Girl Child</b>		

11. October 11  
12. 22nd March  
13. 8th March  
14. 3rd May  
15. 19th August

5. September 21  
6. December 1  
7. March 22  
8. October 16  
9. April 22  
10. February 4

1. June 5  
2. March 8  
3. June 21  
4. August 19

ASTRO SPEAK

<b>ARIES</b>  MAR 21 - APR 20 The Capricorn moon and Neptune align early this morning, dear Aries, offering guidance and new strategies through the dream realms. Find empowerment in your ambitions when Luna and Pluto join forces, seizing the day by taking your responsibilities seriously and letting go of baggage, roadblocks, or personal reservations that may have hindered your climb up until this moment.	<b>LIBRA</b>  SEP 24 - OCT 22 Demand a little more of yourself today, dear Libra, as the Capricorn moon and Pluto share a supportive alliance. Though your emotions may be tested when striving to reach new heights, you'll thank yourself later for implementing a bit of internal tough love. Just be sure to have fun while honoring your creative spirit as the moon enters Aquarius, removing yourself from any boxes you've felt trapped in recently.
<b>TAURUS</b>  APR 21 - MAY 20 Consider how you can transform your circumstances as the Capricorn moon aligns with Pluto this morning, dear Taurus, pushing you to find a balance between strategy and faith. Believe that you can reach great heights while taking accountability for the steps you must take to climb higher. Your innovative side comes out to play as Luna enters Aquarius, encouraging fresh thoughts without abandoning tradition.	<b>SCORPIO</b>  OCT 23 - NOV 22 Moments of enlightenment or illuminating conversations may change the way you think as the Capricorn moon aligns with transformative Pluto. Feel free to play with new ideas, understanding that empowerment is often found when we release preconceived notions. You'll crave affection and nurturing as Luna drifts into Aquarius, and it may be wise to center your weekend plans around the home.
<b>GEMINI</b>  MAY 21 - JUN 20 A cleansing energy washes over you in the very early hours, thanks to connection between the Capricorn moon and Neptune. You'll have a chance to release further once you've awakened and Pluto activates, so be sure to let go of emotional or mental weight as you get ready for the day. You'll feel uplifted as Luna makes her debut into Aquarius, blessing you with heightened intuition and luck.	<b>SAGITTARIUS</b>  NOV 23 - DEC 22 Take a moment to examine your relationship with wealth and materialism as Capricorn moon and Pluto align. Lean into these transformative vibes by letting go of meaningless attachments, finding beauty once more in simpler pleasures and the natural world. Your inquisitive nature comes out to play when Luna enters Aquarius, asking questions can help you find solutions to problems you may not have realized you had.
<b>CANCER</b>  JUN 22 - JUL 23 The Capricorn moon and Neptune share a sweet exchange in the very early hours, desert Cancer, offering a surge of spiritual support and harmony. You'll find empowerment through love once you've awakened and Pluto activates, though you should take care to release or set boundaries with situations that have caused you to fall off balance.	<b>CAPRICORN</b>  DEC 23 - JUL 20 The moon continues its journey through your sign forming a sweet connection with ethereal Neptune that may usher in messages through the dream realms. Allow your personal perspective to shift when Pluto activates, finding empowerment by redefining yourself and your place in this world. A grounded energy comes into play when Luna enters Aquarius, your critical thinking skills.
<b>LEO</b>  JUL 24 - AUG 23 The Capricorn moon cozies up to transformative Plutopresenting the perfect opportunity to cut bad habits. Use this energy to replace unsavory patterns with healthier ones, finding empowerment with each smart decision you make. Sweetness finds you mid-morning as the moon enters Aquarius, and if moving away from certain rituals or vices caused you to feel on edge, you'll have a chance to reclaim balance with a bit of self-love.	<b>AQUARIUS</b>  JAN 21 - FEB 23 You'll have a chance to embrace release as the Capricorn moon aligns with Pluto encouraging you to close chapters, break patterns, and find renewal. Freshness follows as the moon migrates into your sign, helping you feel confident in any new endeavors you choose to move toward. Share ideas with like-minded individuals later today when Mars and Chiron share a sweet exchange, helping you feel more ingraind.
<b>VIRGO</b>  AUG 24 - SEP 23 The Capricorn moon and Pluto want you to feel good about yourself this morning, dear Virgo, forming a cosmic union perfect for shaking off judgmental eyes and shady vibes. Focus on creating sustainable work habits when Luna migrates into Aquarius, taking into consideration your goals, current responsibilities, and overall health.	<b>PISCES</b>  FEB 20 - MAR 20 Consider a social media or screen detox as the Capricorn moon aligns with Pluto. These vibes are perfect for deactivating accounts, emphasizing the importance of technological boundaries. Quieter vibes roll in as the moon enters Aquarius and your house of introspection, furthering your need for privacy. Don't feel guilty about canceling plans in favor of hibernating this weekend.

