Top advice that Janhvi Kapoor gave to sister Khushi Kapoor before The Archies; 'Be prepared log intezar kar...'



ridevi and Boney Kapoor's younger daughter Khushi Kapoor recently made her Bollywood debut with The Archies. Directed by Zoya Akhtar, the movie marked the entry of Suhana Khan, Agastya Nanda and many others into acting. The Archies released on Netflix and it received wide appreciation. All the star kids got high praises from all corners. Khushi Kapoor's sister Janhvi Kapoor has only been heaping praises on the film. In a recent interview with AajTak, Janhvi Kapoor spoke about Khushi Kapoor's debut and the advice that she gave her younger sister before the big

Janhvi Kapoor was asked to review Khushi Kapoor's performance and she stated that she really loved her performance. He also gave her an advice and stated that she should be prepared as people are ready to serve with hate.

Janhvi said that she asked Khushi Kapoor to not lose herself in the process and rather be surrounded by people she likes. Janhvi Kapoor also wished that there were people to tell her the same thing when she marked her Bollywood with Dhadak. She was quoted saying, "I asked her to be prepared as people are ready to shower you with hate. But not to forget herself in the process.

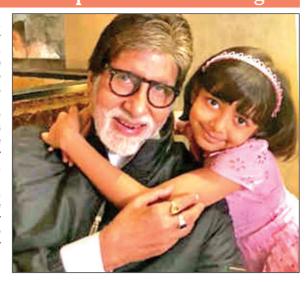
I wish someone said this to me. I wish someone told me to try looking at the people who value you, like you because believing the bad is always easier." Janhvi also says that she and her sister at times question themselves giving all the social media talk that goes around. But she asked Khushi Kapoor 'Don't lose yourself, don't be jaded because you've been very honest.

Amitabh Bachchan praises Aaradhya Bachchan's performance amid feud rumours; calls her 'a complete natural on stage'

ENTERTAINMENT

The annual day function at the Dhirubhai Ambani International School is the talk of the town. Many of the star kids like Aaradhya Bachchan, AbRam Khan, Taimur Ali Khan were a part of the event. Hence, we saw many big stars attending the annual day function to cheer for their kids. The photos and videos from the event have gone viral where we see the kids showing their talent. Aaradhya Bachchan has been the talk of the town for the way she confidently performed on the stage. Her dialogues in English, and her expressions were all just perfect. She was a true star on the stage but a few also trolled her for her English accent. However, many have been impressed with her performance

Aishwarya Rai Bachchan, Abhishek Bachchan, Amitabh Bachchan, Jaya Bachchan, and Agastya Nanda had come to the Dhirubhai Ambani International School to cheer for Aaradhya. Now, Amitabh Bachchan took to his blog to praise his granddaughter, Aaradhya's performance in her



Ananya Panday reveals she had to drag Sara Ali Khan off the dance floor due to this reason

ara Ali Khan can be the weirdest of weirdest and coolest of coolest; she is a brother in her girl gang. And she gives a damn about embarrassment and believes in her living her life to the fullest. She is a total filmy in real life. And this latest incident shared by Ananya Panday is proof. Did you know Ananya crashed a wedding with Sara Ali Khan, where the Dream Girl 2 actress talks about an incident that could have led to public embarrassment but didn't? In her latest conversation with the media, Ananya got candid about her bestie Sara Ali Khan and mentioned how she literally dragged her from the dance floor after she got engrossed in dancing with the uncles at a wedding, which they had crashed. Well, this is not a filmy but

Ananya said. "I have crashed a wedding... with Sara! It wasn't a wedding; it was a wedding party! We were somewhere having dinner, and we were walking by. We heard this like loud Hindi music playing, and Sara, being Sara, was like, "I am going in and dancing!' Sara has gone in the middle of the dance floor and started dancing with uncles... and



I was like dragging her off the dance floor!" Besties do such things, no? And what are BFFs for?

Recipes

Peanut Laddoo



Ingredients

- 1 cup roasted peanuts 4 tablespoon desiccated coconut
- 1 cup jaggery
- 1 dash powdered green cardamom
- 1 dash Black Cardamoms

Add the roasted peanuts to a grinder and grind them.

The peanuts should be crushed to the point till they start leaving out a little bit of oil.

Once crushed properly, take them out in a bowl. (If you don't have roasted peanuts, you can dry roast raw peanuts in a pan and blend them once they have cooled

Add chopped jaggery pieces to the blender and now again blend until it is crushed well.

Add the crushed jaggery to the bowl with crushed peanuts. Add desiccated coconut to the bowl and mix all three ingredients properly.

Now add a pinch of cardamom powder and mix again. Take some of the mixture in your hand and make small balls by pressing them gently and repeatedly.

In the beginning, it might look like that the mixture won't hold shape but keep pressing it till you get a firm laddoo. Make more such laddoos and set them on a plate.

Once the laddoos are ready, serve them or store them in an

Five common myths about depression that need to be debunked

ccording to the World Health Organization, more than 50 million people face depression in India. Recent discussions have spotlighted the crucial role that undiagnosed, untreated, and misconstrued depression plays in the surge of suicides. Many of us have friends and family members silently battling depression, underscoring the importance of dispelling prevalent myths. The smarter our comprehension of this mental health issue, the quicker we can extend support to those around us. Myth #1: Depression equates

While it holds that an overwhelming sadness is a symptom of depression, it doesn't encapsulate the entire definition. Sadness is a transient emotion triggered by unsettling life experiences, unlike depression, which is a persistent condition. The profound sadness experienced by those with depression is enduring and not limited to just sadness; they may also feel emptiness, apathy, and anxiety, making their daily lives challenging.

Myth #2: Depression signifies mental weakness

Social stigmas often deter individuals from expressing their struggles, hindering them from seeking help. It's crucial to acknowledge that developing depression is not a conscious choice: rather, it's complex mental disorder affecting individuals on biological, psychological, and social levels. Those silently coping with depression demonstrate resilience and strength, navigating life like everyone



cause of depression While specific circumstances

Myth #3: Trauma as the root

may trigger depressive episodes, a singular life event is not the sole cause. Traumatic events can induce prolonged feelings of sadness, loneliness, and emptiness, but individuals with depression consistently experience these emotions for extended periods. This enduring sadness is a key diagnostic criterion for depression, according to medical profes-

Myth #4: Depression is not a valid illness

Similar to other mental disorders, depression isn't a uniform medical condition. According to the Mayo Clinic, individuals with depression display physical disparities in their brain, neurotransmitters, and hormones contributing to their condition

Myth #5: Depression is purely psychological

A common misconception is that depression's primary symptoms are emotional. However, individuals with depression also contend with physical manifestations like fatigue, insomnia, changes in appetite, and chronic muscle and chest pains. By perpetuating the notion that depression is solely a mental affliction, we overlook the importance of recognizing physical symptoms.

Initiating discussions and destignatizing mental health issues car create a supportive environment for individuals to openly share their experiences. Like numerous other concerns, openly discussing depression is crucial. To eliminate the stigma linked to depression, it's vital to dispel these misconceptions.

Nurturing tender skin: Winter care for baby's skin



s the winter chill sets in, parents often find themselves navigating the challenges of keeping their little ones cozy and healthy. Among the top concerns is ensuring optimal skincare for babies, whose delicate skin requires extra attention during the colder

Understanding Baby's Skin Sensitivity

Infants possess thinner and more sensitive skin compared to adults, making them prone to moisture loss. The dry air during winter exacerbates this vulnerability, leading to potential skin issues. It's crucial to comprehend your baby's skin needs to provide the best care.

Proper hydration is fundamental for healthy skin. While we often associate dehydration with the scorching heat, the winter cold can be equally dehydrating. Ensure your baby receives sufficient fluids, whether through breastfeeding or formula, to maintain skin moisture from

Gentle Cleansing Practices

Opt for mild, fragrance-free cleansers designed for babies. Limit bath time to around 5-10 minutes and use lukewarm water. Hot water can strip the skin of natural oils, contributing to dryness. After bathing, gently pat the baby's skin dry rather than rubbing, preserving its delicate moisture barrier.

Embrace the Power of Moisturizers

Selecting the right moisturizer is paramount. Choose fragrance-free, hypoallergenic options and apply immediately after bathing to lock in moisture. Pay extra attention to commonly overlooked areas such as elbows, knees, and behind the ears

Dress in Layers

Keeping your baby warm is essential, but overdressing can lead to overheating and skin irritation. Opt for breathable, soft fabrics like cotton, and dress your baby in layers that can be easily adjusted to maintain a comfortable temperature.

Shield from Harsh Weather

When venturing outdoors, shield your baby's skin from harsh winds with appropriate clothing. Don't forget to apply a baby-safe sunscreen to exposed areas, as the winter sun can still cause damage.

As winter wraps its icy fingers around us, proactive skin care can make a world of difference for your little one. By following these expert tips, you can ensure your baby's skin remains soft, supple, and resilient throughout the colder months. Remember, a well-cared-for baby is a

General Knowledge Question Answers

1. Which of the following classical dance forms originated in the state of Tamil Nadu?

- a) Kuchipudi b) Manipuri
- c) Kathakali
- d) Bharatanatvam

2. The Taj Mahal was built by which Mughal emperor?

- a) Akbar
- b) Jahangir c) Shah Jahan
- d) Aurangzeb

3. Who was the first Indian to win a Nobel Prize?

- a) Rabindranath Tagore
- b) C.V. Raman c) Mother Teresa
- d) Amartya Sen

4. What is the traditional attire of women in the state of Gujarat?

- a) Saree
- b) Salwar Kameez c) Lehenga Choli
- d) Chaniya Choli

5. Which Indian city is known as the "City of Joy"?

- c) Delhi
- a) Kolkata b) Mumbai
- 14. Mahatma Gandhi

uqist. 31 imqinsM .21 11. West Bengal 10. Bhutan 9. Karnam Malleswari

d) Chennai

6. The famous Konark Sun Temple is located in which Indian state?

7. Which Indian state is known as the "Land of

- a) Odisha
- b) Tamil Nadu c) Karnataka
- d) Andhra Pradesh

the Rising Sun"?

- a) Arunachal Pradesh b) Sikkim
- c) Meghalaya
- d) Manipur

8. Which ancient Indian text contains a collection of hymns and mantras dedicated to various gods and goddesses?

a) Ramayana

d) Rigveda

- b) Mahabharata c) Upanishads
- 9. Who was the first Indian woman to win an Olympic medal?
- a) P.V. Sindhu b) Karnam Malleswari
- c) Sakshi Malik d) Dipa Karmakar
- 10. Which Indian state is known as the "Land of the Thunder Dragon"?
 - 8. Rigveda 7. Arunachal Pradesh 6. Odisha 5. Kolkata 4. Сһапіуа Сһоп

- b) Sikkim c) Nagaland
- d) Bhutan

11. Which Indian state is known as the "Land of Festivals"?

- a) West Bengal
- b) Uttar Pradesh c) Rajasthan
- d) Kerala

12. Which dance form originated in the state of Manipur?

- a) Bharatanatyam
- b) Kuchipudi c) Kathak
- d) Manipuri

13. Which Indian city is known as the "Pink City"?

- a) Jaipur b) Jodhpur
- c) Udaipur
- d) Bikaner
- 14. Who is known as the "Father of the Nation'

a) Mahatma Gandhi

b) Jawaharlal Nehru c) Sardar Vallabhbhai Patel d) Subhash Chandra Bose

win a Nobel Prize 3. Rabindranath Tagore was the first Indian to 2. Shah Jahan

1. Bharatanatyam -Answers:



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 MAR 21 - APR 20 that may have hindered your climb up until this

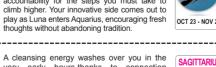


Libra, as the Capricorn moon and Pluto sha supportive alliance. Though your emotions may be tested when striving to reach new heights, you'll thank yourself later for implementing a bit of internal tough love. Just be sure to have fun while honoring your creative spirit as the moon enters Aquarius, removing yourself from any boxes you've felt trapped in recently.

Demand a little more of yourself today, dea



Consider how you can transform your circumstances as the Capricom 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



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. ._____



CANCER

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.

The Capricorn moon and Neptune share a

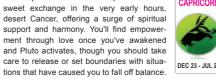


Take a moment to examine your relationship with wealth and materialism as Capricorn moor and Pluto align. Lean into these transformative vibes by letting go of meaningless attachments finding beauty once more in simpler pleasures and the natural world. Your inquisitive nature comes out to play when Luna enters Aquarius asking questions can help you find solutions to problems you may not have realized you had.



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. 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



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 perspec tive 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 criti cal thinking skills.

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 confi-



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 The Capricorn moon and Pluto want you to feel good about yourself this morning, dear Virgo, forming a cosmic union perfect for shaking off



later today when Mars and Chiron share a swee exchange, helping you feel more ingrained. Consider a social media or screen detox as the



overall health

judgmental eyes and shady vibes. Focus on creating sustainable work habits when Luna migrates into Aguarius, taking into considera-



Capricorn moon aligns with Pluto. These vibes are perfect for deactivating accounts, emphasizing the importance of technological boundaries. Quiete 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.