

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



Sridevi 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 break.

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.

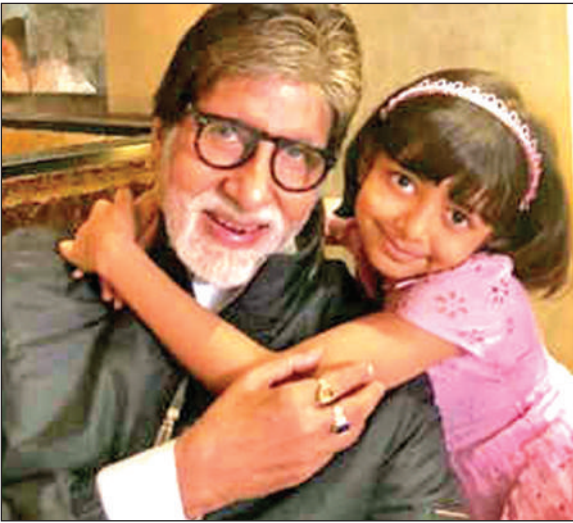
Janhvi said that she asked Khushi Kapoor to not lose herself in the process and rather be surrounded by people she likes. Janhvi Kapoor also wished that there were people to tell her the same thing when she marked her Bollywood with Dhadak. She was quoted saying, "I asked her to be prepared as people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

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 school's play.



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

Sara 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 real incident.

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

Method:

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 down) 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 airtight jar. Enjoy !

Five common myths about depression that need to be debunked

According 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 to mere sadness

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 a complex mental disorder affecting individuals on biological, psychological, and social levels. Those silently coping with depression demonstrate resilience and strength, navigating life like everyone else.



Myth #3: Trauma as the root cause of depression

While specific circumstances 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 professionals.

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 destigmatizing mental health issues can 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



As 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 months.

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.

Hydration is Key

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 within.

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 happy baby!

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) Bharatanatyam

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"?

- a) Kolkata
- b) Mumbai
- c) Delhi

d) Chennai

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

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

7. Which Indian state is known as the "Land of 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
- b) Mahabharata
- c) Upanishads
- d) Rigveda

9. Who was the first Indian woman to win an Olympic medal?

- a) P.V. Sindhu
- b) Karnam Malleswari
- c) Sakshi Malik
- d) Dipa Karnakar

10. Which Indian state is known as the "Land of the Thunder Dragon"?

- a) Assam
- 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" in India?

- a) Mahatma Gandhi
- b) Jawaharlal Nehru
- c) Sardar Vallabhbhai Patel
- d) Subhash Chandra Bose

Answers:

- 1. Bharatanatyam
- 2. Shah Jahan
- 3. Rabindranath Tagore
- 4. Chaniya Choli
- 5. Kolkata
- 6. Odisha
- 7. Arunachal Pradesh
- 8. Rigveda

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