

Salman Khan reveals three BEST FRIENDS from the industry, Shah Rukh Khan, Aamir Khan; Can you guess the third one?



Salman Khan turns 58. Be it the fans, media or fellow actors everyone is wishing the Tiger of Bollywood in their own way. Salman is known to have a heart of gold. Many actors in past have stated that he has helped a lot of people to revive or launch their career. Industry people often say about Salman that behind this macho image, there's a pure hearted person who can go to any extent to make sure his loved ones are fine. As Salman turns 58, we shed light on an old interview of him where he mentioned about who all are his best friends from the film industry. He took Aamir Khan and Shah Rukh Khan's name which is very obvious as well know the trio shares a great bond. However, the third name revealed by Salman will leave you surprised.

It so happened that Salman Khan who is known to be extremely supportive of his siblings was present at the trailer launch of Freaky Ali. Freaky Ali was a 2016 film which was written and directed by Salman's younger brother Sohail Khan. Salman accompanied Sohail to the trailer launch event and the media as usual was interested more in Salman's life than the film.

In the event, Salman Khan was asked who his best friends are. Top which he replied that all his best friends belong to film industry. He mentioned that Aamir Khan and Shah Rukh Khan are his best friends from the industry.

The actor then further questioned media that if they are waiting for him to take an actress's name. However, Salman Khan eventually said that he considers Katrina Kaif as a good friend. The answer certainly raised a lot of eyebrows back then.

Aashiqui 3: After Ranbir Kapoor, Triptii Dimri to romance Kartik Aaryan

Animal beauty Triptii Dimri is the talk of the town. After her stunning role in Ranbir Kapoor, Bobby Deol starrer new movie, fans have declared her a national crush. Though Triptii received a mixed response, fans have been looking forward to what project, she will next star in. And if the latest reports are anything to go by, Triptii Dimri has bagged the lead role in Kartik Aaryan starrer Aashiqui 3. As per a report in Pinkvilla, Triptii Dimri who is basking in the super success of Ranbir Kapoor, Bobby Deol and Rashmika Mandanna starrer Animal, has bagged Aashiqui 3. A source close to the development of the projects reveals that Triptii has been roped in to play the lead role opposite Kartik. The makers feel that Triptii and Kartik Aaryan's chemistry will set the screens on fire. The conversations with Triptii for Aashiqui 3 have been going on for a while, states the report. And now, she has been locked as the lead. While these two will make the audience go gaga with their on-screen pairing, Aashiqui 3 will be helmed by Anurag Basu.



Mahesh Bhatt's words for Ranbir Kapoor's journey in Animal prove he is the best father-in-law

Animal: Ranbir Kapoor, Rashmika Mandanna, Triptii Dimri, Bobby Deol, and Anil Kapoor starrer Animal has created waves all over the country. Even almost a month after its release the buzz around the film is quite strong. Now, filmmaker Mahesh Bhatt has also raised the film and lauded son-in-law Ranbir Kapoor for his exceptional performance. Launching director Sandeep Reddy Vanga's daring approach, Mahesh Bhatt shared that the film is a cinematic rarity and boldly defies mainstream norms.

Praising Ranbir Kapoor's performance in the film, Mahesh Bhatt said, 'In this unique Bollywood creature, Ranbir Kapoor's performance doesn't just add depth; it makes the animal live, throbs, and pulse with the primal beat of life. Together, Vanga's audacious filmmaking and Kapoor's vitality offer an unprecedented and unapologetic cinematic journey.' Ranbir Kapoor and Mahesh Bhatt doesn't share a typical son and father in law bond. They both adore each other personally and professionally. Ranbir Kapoor who appeared on television reality show Indian Idol 14 to promote his film Animal was taken back when he was



showed a video of Mahesh Bhatt. In the video, Mahesh Bhatt praised Ranbir Kapoor's acting abilities. He also stated that Ranbir no doubt is a great actor, but he is hands down the best father of the world. Bhatt said the way Ranbir's eye lights up every time he is with Raha is a sight to behold.

Recipes

Gur Wale Chawal



Ingredients
 1 cup basmati rice
 1 inch cinnamon stick, 2 green cardamom
 2 tablespoon cashews, 2 tablespoon ghee
 2 tablespoon almonds
 2 tablespoon cashew nut
 150 gm jaggery
 2 clove, 1/2 teaspoon fennel seeds
 2 tablespoon raisins

Method:
 Firstly wash the rice properly and soak it in water for about 20 minutes. In 4 tbsp of warm water soak the saffron strands and let them sit aside.

Now take a pot, add jaggery, fennel seeds, cinnamon stick, crushed cardamom along with 1 cup water. Mix well and let it cook for about 10-15 minutes. Now add 2 pinches of salt and soaked saffron to it. Give a mix.

Now add ghee to a kadhai and let it heat up. Add cashews, almonds, raisins and fry them. Stir and cook until the raisins puff up and cashews, almonds turn light brown in colour. Take out the dry fruits and set them aside.

In the leftover ghee, add the soaked rice, along with 1 cup of water and cover with a lid. Cook the rice until all the water has been absorbed. The rice might seem a bit raw but don't worry, we'll cook them more in jaggery syrup.

Now pour the jaggery syrup into the kadhai. Let it cook for about 6-8 minutes, or until the rice absorbs the jaggery syrup. Also, add the fried nuts and give a good mix. Cook for last two minutes and turn off the flame.

Your Gur Wale Chawal are now ready to be served, Enjoy!

Easy tips to remain healthy while leading a busy lifestyle



In the whirlwind of modern life, juggling a hectic schedule is the norm. While it's easy to sideline health in the face of constant demands, maintaining a healthy lifestyle is essential for sustained well-being and productivity. Here are seven quick and easy tips to navigate the delicate balance between a busy life and your health:

Prioritize your sleep
 In our digitally connected world, where screens dominate our evenings, it's vital to establish a healthy sleep routine. Use digital tools to set bedtime reminders or employ apps that filter out blue light on your devices during the evening, promoting better sleep quality.

Maintain health records
 Your well-being may be drastically improved by compiling and

keeping a track of your medical records. You can keep track of prior illnesses, allergies, prescriptions, and immunisations with apps and platforms made specifically for tracking health. In the digital world, maintaining health records digitally can be regarded as a proactive approach to wellness. This digital repository not only aids in preventing diseases through a proactive understanding of your health but also ensures timely vaccinations. Automated reminders can alert you when vaccinations are due, helping you stay up-to-date with preventive measures.

Hydration is key
 Leverage smartphone apps to track your daily water intake. Many apps send reminders to ensure you stay hydrated, making it easier to meet your daily water goals amidst a packed schedule.

Plan your meals
 Embrace meal planning apps to streamline the process of preparing nutritious meals. These apps can help you create shopping lists, suggest healthy recipes, and even automate meal prep, ensuring you make wholesome food choices, even on the busiest days.

Practice mindfulness
 Amidst the digital noise, find moments of peace with mindfulness apps. Whether it's a five-minute meditation session or calming ambient sounds, these digital tools can help you cultivate mindfulness and manage stress effectively.

Hobbies for holistic well-being
 Setting aside time for hobbies may seem like a luxury in the middle of a hectic existence. However, a vital part of holistic wellness is doing things you enjoy. Hobbies offer a way to express oneself, be creative, and unwind; they act as a diversion from the pressures of everyday life. Hobbies provide a mental and emotional break, whether they involve painting, gardening, music, or any other pleasure.

How to make Korean rice water for a glowing skin



After the rice has soaked, agitate it by gently rubbing the grains between your fingers. This action helps release the beneficial nutrients into the water. Strain the rice water into a clean bowl, separating it from the rice grains.

Step 4: Fermentation Optional
 For enhanced benefits, you can opt for fermentation. Leave the strained rice water at room temperature for 24-48 hours. Fermentation increases the nutrient content and makes the rice water more potent.

Step 5: Storage
 Once fermented (if you choose this option), store the rice water in a clean, airtight container in the refrigerator. The cold temperature not only preserves its freshness but also provides a refreshing sensation when applied to the skin.

How to use it
 Cleansing: Use the rice water as a cleanser by applying it to your face using a cotton pad. Gently wipe your face to remove impurities and traces of makeup. This acts as a gentle, natural cleanser that won't strip your skin of its natural oils.

Toning: Apply the rice water as a toner. Use a cotton ball or pad to gently dab the rice water on your face. The toning properties help balance the skin's pH, promoting a smoother complexion.

Mask: Mix the rice water with other natural ingredients like honey or aloe vera gel to create a hydrating face mask. Apply the mixture evenly and leave it on for 15-20 minutes before rinsing with lukewarm water.

Bath Soak: For an indulgent skincare routine, add rice water to your bath. The nutrients can nourish your entire body, leaving your skin feeling refreshed.

Korean rice water, known for its skin-beneficial properties, has been a traditional beauty secret in Korean skincare routines for centuries. Packed with nutrients, this simple yet effective DIY recipe can help you achieve a glowing complexion. Here's how you can make Korean rice water for radiant skin:

Ingredients
 Uncooked Rice: Begin with a small cup of uncooked rice. Opt for organic or natural rice for the best results.
 Water: You'll need approximately 2 cups of water for soaking the rice and extracting the rice water.

Step 1: Rinse the rice
 Take the uncooked rice and rinse it thoroughly under cold running water. This helps remove any impurities or surface contaminants.

Step 2: Soak the rice
 Place the rinsed rice in a bowl and add about 2 cups of water. Let the rice soak for 15-30 minutes. During this time, the water will begin to take on a cloudy appearance.

Step 3: Agitate and extract rice water

General Knowledge Question Answers

1. What is the term used to describe the interest rate that banks charge each other for short-term loans?
 a) Prime rate
 b) LIBOR
 c) Fed Funds rate
 d) Discount rate
2. What is the term used to describe a type of account that earns interest and allows for limited withdrawals each month?
 a) Checking account
 b) Savings account
 c) Money market account
 d) Certificate of deposit
3. What is the term used to describe a type of account that allows customers to deposit and withdraw funds as needed and typically does not earn interest?
 a) Checking account
 b) Savings account
 c) Money market account
 d) Certificate of deposit
4. What is the term used to describe the difference between the interest rate that a bank charges borrowers and the interest rate that it pays to depositors?
 a) Margin
 b) Spread
 c) Discount
 d) Premium
5. What is the term used to describe a type of loan that is secured by collateral such as a house or car?
 a) Secured loan
 b) Unsecured loan
 c) Mortgage loan
 d) Student loan
6. What is the term used to describe the maximum amount of money that a borrower can borrow from a lender?
 a) Interest rate
 b) Principal
 c) Collateral
 d) Credit limit
7. What is the term used to describe a financial institution that accepts deposits from customers and uses those funds to make loans to other customers?
 a) Commercial bank
 b) Investment bank
 c) Credit union
 d) Mutual fund
8. What is the term used to describe the amount of money that a borrower owes to a lender, not including interest?
 a) Principal
 b) Interest
 c) Payment
 d) Collateral
9. What is the term used to describe a type of account that requires a minimum balance and typically earns higher interest than a checking account?
 a) Checking account
 b) Savings account
 c) Money market account
 d) Certificate of deposit
10. What is the term used to describe a financial product that combines features of both a checking account and a savings account?
 a) Money market account
 b) Certificate of deposit
 c) Credit card
 d) High-yield account
11. What is the term used to describe a loan that is backed by collateral, such as a home or car?
 a) Unsecured loan
 b) Secured loan
 c) Personal loan
 d) Line of credit
12. What is the term used to describe the interest rate that a bank charges to its most creditworthy customers?
 a) Prime rate
 b) Variable rate
 c) Fixed rate
 d) APR
13. What is the term used to describe a type of account that is designed for retirement savings and offers tax advantages?
 a) Checking account
 b) Savings account
 c) Money market account
 d) Individual Retirement Account (IRA)

- Answers:**
 1. Fed Funds rate
 2. Money market account
 3. Checking account
 4. Spread
 5. Mortgage loan
 6. Credit limit
 7. Commercial bank
 8. Collateral
 9. Savings account
 10. Money market account
 11. Secured loan
 12. Prime rate
 13. Individual Retirement Account (IRA)

ASTRO SPEAK

- ARIES** (MAR 21 - APR 20)
 The Cancer full moon aligns with Saturn and Jupiter today, dearest Aries, heightening emotions and your intuition. Allow the mystic within to explore under these cosmic conditions, finding safe environments from which you can explore the depths of your own psyche. New fortunes may be on the horizon, though you'll need to stay grounded in the present to identify opportunities as they arise.
- LIBRA** (SEP 24 - OCT 22)
 You're all business as the Cancer full moon aligns with Saturn and Jupiter, activating sectors of your chart that govern success. Now is the time to advocate for your worth, plainly sharing why you deserve more responsibilities, compensation, or a new title. Get organized with your arguments if you struggle to make such requests, trusting that your efforts leading up to this point will be acknowledged and rewarded.
- TAURUS** (APR 21 - MAY 20)
 Your emotional intelligence spikes today as the Cancer full moon aligns with Saturn and Jupiter, putting you in a compassionate and communal headspace. Consider sharing wisdom gained through life experience with those who could benefit from hearing about your personal experiences. Luck is on your side when words are shared freely, though you should be mindful to maintain composure and social consciousness.
- SCORPIO** (OCT 23 - NOV 22)
 The Cancer full moon rises in your house of spirituality and luck, forming alliances with Saturn and Jupiter. This cosmic climate shines an auspicious light on your relationships and personal goals, encouraging you to go after what your heart desires most. Now is also a good time to release self-doubt, fears, and emotional hang-ups, replacing these themes with ideologies around gratitude.
- GEMINI** (MAY 21 - JUN 20)
 The Cancer full moon aligns with Saturn and Jupiter putting you in stable headspace. Use this energy to reaffirm your professional and financial goals, looking for opportunities to cut ties with anyone or anything that's been draining you emotionally or monetarily. The boundaries you set with yourself and others will outline new paths toward success, even if you can't fully see what the future has in store.
- SAGITTARIUS** (NOV 23 - DEC 22)
 The Cancer full moon aligns with Saturn and Jupiter asking you to identify and make peace with the variety of feelings flowing through your heart. The energy will be highly emotional and intimate, though it will be difficult to connect with others if you don't fully understand yourself. Get intimate with your own mind, finding quiet moments of stillness so that you can release that which does not serve you.
- CANCER** (JUN 22 - JUL 23)
 The full moon rises in your sign forming supportive connections with Saturn and Jupiter. Use this energy to reflect on how your spiritual communities can be strengthened, considering where you can make more of a mark within these realms. Love also lingers in the air under these cosmic conditions. Focus on how collaboration can strengthen your closest connections, making space to hear and be heard.
- CAPRICORN** (DEC 23 - JUL 20)
 Let in love at every possible opportunity as the Cancer full moon connects with Saturn and Jupiter. Your optimism and sense of self grow when you take time to nurture important relationships, acknowledging how these connections add vibrancy to your life. Self-care and romance also go well with this cosmic climate. Be bold when it comes to your desires and creative musings.
- LEO** (JUL 24 - AUG 23)
 Don't be surprised if the vibe feels moody and emotional, dearest Leo, as the Cancer full moon rises in your solar twelfth house. Meanwhile, Saturn's influence in this lunation will have you reevaluating the structures within your most intimate relationships, putting into perspective imbalances or issues you've been struggling to make sense of. You may find that it's necessary to advocate for yourself by setting boundaries.
- AQUARIUS** (JAN 21 - FEB 23)
 Reflect on how you can better support yourself emotionally and physically, dear Aquarius, as the Cancer full moon aligns with Saturn and Jupiter. How you feel in your body and heart will have a direct impact on your sense of stability, making it important that you are seeking wellness with sincerity. If you're overdue for some restoration from the comfort of home, use this energy as an excuse to lay low and embrace leisure.
- VIRGO** (AUG 24 - SEP 23)
 You'll find love easily when you seek it out, as the Cancer full moon aligns with Saturn and Jupiter. Go where you are the most at ease and accepted, taking extra steps to help others feel comfortable within their own skin. Spiritual interactions will embolden your heart, mind, and spirit, marking the perfect excuse to spend time with kindred spirits.
- PISCES** (FEB 20 - MAR 20)
 A sense of strength and confidence washes over you today, dear Pisces, as the Cancer full moon aligns with Saturn and Jupiter. Push forward with purpose as you pursue passions, using your voice to seek and share knowledge. Friendship also plays a huge role in this lunation, and you'll find restoration while in the company of your nearest and dearest.