

Tejasswi Prakash reveals, 'Karan Kundrra tells me I have destroyed his career'



Bigg Boss 15 lovebirds Tejasswi Prakash and Karan Kundrra are right now the hottest couple in town. Whatever they say or do grabs headlines. After winning the show Bigg Boss 15, Tejasswi also bagged Ekta Kapoor's most popular TV show franchise, Naagin 6. The actress has quite a chock-a-block schedule, however; she and Karan both manage to grab little time for each other. Tejasswi Prakash, who is extremely busy with Naagin 6, recently spoke to Bollywoodlife in an exclusive chat about her post-Bigg Boss 15 victory, her new, supernatural show, and Karan Kundrra, and it's evident from what she had to say that the couple is head-over-heels in love with each other.

In fact, in our interview, we saw Karan giving Tejasswi her black coffee to stay up for her long schedule. When we asked Tejasswi if by all these gestures Karan has won the best boyfriend title after Ranveer Singh, she inquired why only he is getting this title and she is tagged as insecure. Elaborating further on her boyfriend's loving and caring nature, she added, "Karan often tells me that he, too, gets surprised by himself as he never thought he'd ever be doing 'baby' talks in any relationship. In fact, one of his videos is going viral where he is seen asking, 'Aise baby talk kaun karta hai, main toh abhi nahi karunga,' and cut to today when he calling me 'ladoo and baby'."

She continued, "Karan tells me, 'Mera image pura khrabb hogaya hai, mera angry young man ka image tha, tune mere career ki dhajya uda di hai, abhi log mujhe Sunny bulaate hain'." Tejasswi then laughed and flaunted how lucky she is to have him and we couldn't agree more. Karan indeed is the perfect boyfriend to Tejasswi and we can't wait for them to take their relationship to another level.

Kundali Bhagya's Shraddha Arya refused Star Plus' Smart Jodi for this reason?



Kundali Bhagya actress Shraddha Arya got married in November 2021. She tied the knot with Rahul Nagal, who is a commander in the Indian Navy. The actress is known as Preeta from Kundali Bhagya. Star Plus is coming up with a new show Smart Jodi. As of now, we have seen promos featuring Rahul Mahajan and Nataleya Illina and Ghum Hai Kisikey Pyaar Mein couple, Neil Bhatt - Aishwarya Sharma. The makers have also approached some other couples for the show. It is an adaptation of the Kannada show, Ishmart Jodi.

A source close to the show told BollywoodLife that they had approached Shraddha Arya for the show. The source shared, "The makers and channel were quite keen on Shraddha Arya and her husband, Rahul Nagal. She is a big face and has a good personality too. However, she rejected the show politely. It seems her husband who is in the Indian Navy cannot be part of such shows. He is not permitted to do these things. Moreover, he is posted at his base." This is surely disappointing as Shraddha Arya and Rahul Nagal make for an adorable couple.

Rashmika Mandanna once revealed she was scared of Vijay Deverakonda; here's why

Rashmika Mandanna has become a very bankable name in the South Film industry thanks to the super success of Pushpa: The Rise. Allu Arjun-Rashmika Mandanna starrer has made massive money at the box office. She has been staying in the headlines also because of her connection with Liger star Vijay Deverakonda. It is being rumoured that they are a couple. The two stars were even spotted on a dinner date in Mumbai and on a trip to Goa.

It was during the promotions of Dear Comrade that Rashmika had made such a statement. She stated that she was scared of Vijay when she met him but later she found out that she was a very 'chill fellow'. To News Minute, she had said, "I was scared when I first shot with him as I'm scared of new people. But then, Vijay is a very chill fellow and I found it easy to work with him. Shooting for this film was easier as I knew his frequency, his vibe and it was easy to match up to it - I didn't even have to try as we've been friends for quite a long time now. Our characters rub off on each other and the best part about our friendship is that I



don't have to try hard to understand the guy."

Not losing weight despite all efforts?



that build muscle and prevents loss of lean muscle mass while speeding up the loss of fat. Considering all these benefits of protein for the body and specifically for better weight loss, it is important to include sufficient amounts of protein in your diet. Depending upon weight, the amount of protein consumed varies from person to person but falls between 40 to 80 grams for women.

Sitting

Even if you spend an hour a day working out and breaking a sweat, it won't help if the rest of your day is characterized by a sedentary lifestyle that involves sitting for a major part of the day. An enzyme called lipase plays an important role in burning fat and sitting for long hours inhibits the proper formation of lipase in the body. Consider walking for two to three minutes in the middle of long sitting hours to improve your lipase production.

Very regular workouts

It might sound nearly impossible but working out very regularly can lead to weight gain or stagnation. After working out, people tend to eat more because they feel like they have earned it. In addition to this, it can also promote water retention and lead to gained weight. Keeping oneself hydrated will help with losing excessive water weight and stabilize the levels of water retention in the body.

Stress

Stress hormone cortisol is responsible for triggering the fight or flight response due to which most people end up consuming a lot more food than they normally would. Cortisol stimulates the appetite and leads to comfort eating which are facilitators of gaining weight. If you try not to give in to stress cravings, cortisol will lead to a slower metabolism which will lead you the same way as your cravings.

A well-planned diet, a regular workout routine and all other measures to ensure that your body is functioning in an optimum manner in order to facilitate the process of weight loss. Despite trying out everything, you may meet with disappointment every time you step on the scale, and the probable reasons could vary widely. Losing weight is not the easiest task but there is definitely something wrong if you are not able to lose weight despite making all efforts in that direction. Here are some of the most probable and commonly found reasons that hinder weight loss.

Proteins

Proteins are vital for the body because they're the building blocks that are responsible for muscle building, repair and energy needs of the body. In addition to this, proteins also make us feel full. Proteins are vital food components

that build muscle and prevents loss of lean muscle mass while speeding up the loss of fat. Considering all these benefits of protein for the body and specifically for better weight loss, it is important to include sufficient amounts of protein in your diet. Depending upon weight, the amount of protein consumed varies from person to person but falls between 40 to 80 grams for women.

Honey, Oats and Milk for that Ultimate Scrub

Easy to procure, these ingredients are the best way to gently exfoliate your skin. Just grind some oats, mix honey and add a little

DIY skincare recipes using the power of superfoods



Regardless of whether you have an incredibly sensitive skin or you're simply hoping to keep away from the plethora of unsafe chemical compounds for your skincare routine, superfoods can provide much-needed nutrition to the skin. Superfoods, to put it simply, are nutritious behemoths, they are rich in many nutrients such as vitamins, minerals, antioxidants, enzymes, and healthy fats. All of these components are necessary for the skin's health.

As the seasons change, so do our skincare requirements! Our skin becomes dull and lifeless as the temperature decreases. When the temperature drops, the skin loses its natural oils and moisture, causing skin problems. With the right skincare regime, one can obtain the best possible skin wellness.

Honey, Oats and Milk for that Ultimate Scrub

Easy to procure, these ingredients are the best way to gently exfoliate your skin. Just grind some oats, mix honey and add a little

milk for that ultimate homemade scrub. This combination ensures that your skin does not lose its natural oils and acts as a super antioxidant for your skin, leaving it soft, supple and fresh. This should be done once a week for best results.

Let Coffee and Chocolate make all your Tan Vanish

These superfoods have the power to naturally lighten the dark circles, provide protection against UV rays and smoothen out the skin. Just add equal amounts of instant coffee, chocolate powder and some curd for that magical face pack that will leave your skin refreshed and smooth.

Tomato and Rose water as a magical Toner

This is one of the best ways to tone and cleanse your skin, for that fresh hydrated feel. Its super easy to prepare too! Just add equal amounts of rose water and fresh tomato juice; take some cotton and gently dab it onto your face. It is laden with antioxidants and Vitamin A and C. It cleanses, reduces oiliness, tightens skin pores and makes the skin supple. Use it twice daily for best results.

Citrus Fruits for a Hydrated Look

The juice of all fresh citrus fruits like Mandarin, Oranges, Watermelons are high in vitamin C and can be applied directly on your face or skin. They simply add the best glow on your face. Just apply the juice of these ingredients gently on your skin using cotton and wash it away after 15 minutes for that instant refreshed look.

Papaya for that Healthy and Revitalized Skin

Papaya is well-known for its antioxidants content and anti-inflammatory properties. Its powerful anti-ageing properties are often missed. In a mixing bowl, mash the papaya, add one tablespoon of honey for that extra moisturizing, and then apply to the face. This face mask will help revitalize, firm, and make your skin appear supple and energised.

Choose to pamper your skin in the most natural way possible and the next time you plan to DIY, remember to be gentle.

General Knowledge Question

1. When light passes from air into glass it experiences change of

senger are pushed forward because of the

- A. frequency and wavelength
- B. frequency and speed
- C. wavelength and speed
- D. frequency, wavelength and speed

7. What is the literacy rate of Himachal Pradesh?

- A. 68.59 per cent
- B. 77.13 per cent
- C. 22.63 per cent
- D. 54.40 per cent

8. When the batsman, in cricket, is out without scoring a single run, is called

- A. drive
- B. duck
- C. flight
- D. googly

9. What is the literacy rate of Maharashtra?

- A. 77.27 per cent
- B. 66.26 per cent
- C. 55.25 per cent
- D. 44.24 per cent

10. What is Magna Carta?

- A. It was a charter of Rights granted to the Englishmen during 1215 AD by King John II
- B. It was a charter guaranteeing the freedom of the barons, the church and the common man
- C. It is the foundation stone of the rights and liberties of the English people
- D. All of the above

4. When is the International Workers' Day?

- A. 15th April
- B. 12th December
- C. 1st May
- D. 1st August

5. What is the population density of Madhya Pradesh?

- A. 202/sq. km
- B. 196/sq. km
- C. 116/sq. km
- D. 68/sq. km

6. When a moving bus stops suddenly, the pas-

11. When does Russia celebrates its Independence Day?

- A. 14th November
- B. 8th October
- C. 9th August
- D. 12th June

12. What is the language mostly used in Madhya Pradesh?

- A. Hindi
- B. Marathi
- C. English
- D. Malayalam

13. When and where was hockey introduced for women in Olympics?

- A. 1908 at London
- B. 1980 at Moscow
- C. 1936 at Berlin
- D. 1924 at Paris

14. When is the Haryana Day?

- A. September 1
- B. October 1
- C. November 1
- D. December 1

15. When did Afghanistan end monarchy and became a republic?

- A. 1949
- B. 1973
- C. 1965
- D. 2000

5. 196/sq. km

6. Metera of the passengers

7. 77.13 per cent

8. 6.26 per cent

9. 77.13 per cent

10. All of the above

4. 1st May

3. 1979

2. 14th November

1. 1st August and speed

ANSWERS:

ASTRO SPEAK



ARIES

MAR 21 - APR 20

The moon moves into Gemini this morning, putting you in a chatty and chatty mood. You'll benefit from an increase in your wit and problem-solving abilities, helping you conquer the social and logistical realms. The vibe will be fairly high as your mind stays active throughout the day, making it important that you check in with your body and breathe at least once an hour.



TAURUS

APR 21 - MAY 20

Check in with your budget today, dear Taurus, as the Gemini moon illuminates your second house. This cosmic climate will ask you to take stock of your spending and recurring payments, which could bring a bit of a shock your way. You may also want to check your cell phone for subscriptions that renew annually, cutting the cord with any apps you no longer engage with.



GEMINI

MAY 21 - JUN 20

The moon moves into your sign this morning, dear Gemini, bringing good vibes your way as the cosmos showers you with plenty of love. You'll feel right free now, without any distractions from the other planets. The earthly realm will mirror this movement as your day flows without obstacles or upsets. Just try not to fly away with the wind, or you could begin to lose touch with the people around you.



CANCER

JUN 22 - JUL 23

You'll feel like your brain has been split in two today, little Crab, as the Gemini moon brings duality to your health. While your functional mind is busy at work seeing to tasks and professional responsibilities, you'll find your subconscious mind keeping up in a shade. Unfortunately, this energy can get a little distracting, causing you to mentally trail off in the middle of a task and leading you to forget what you were doing in the first place!



LEO

JUL 24 - AUG 23

Your social media pages will be on fire right now, providing you with an abundance of entertainment that will manifest across the board, making it a good time for you to update your page with a post, as your engagement is likely to see a boost. Just try not to let your devices derail your focus too much, or you could end up paying for a lack of productivity later.



VIRGO

AUG 24 - SEP 23

The beginning of this week may have been a little too much for you, possibly causing you to fall behind within your professional responsibilities. Luckily, today's Gemini moon will give you the cosmic boost you need to play catchup, bringing you to a highly efficient and organized headspace. Even if your motivation isn't there, try to chip away at your goals piece by piece.



PISCES