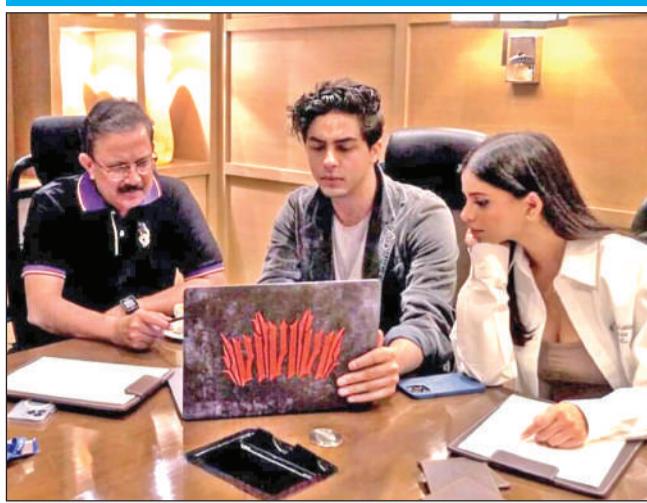


Gauri Khan has the sweetest reaction as Aryan and Suhana Khan represent Shah Rukh Khan at IPL Auction 2022



Shah Rukh Khan's kids stepped out together as they represent their heir after at IPL auction 2022 and ever since then fans are gushing over them. SRK's fans are showering LOVE on the kids and cannot be happier to see Aryan Khan all healing. While the internet is going gaga over their pictures as they attend IPL auction 2022 together, mom Gauri Khan is all hearts for her kids. The mommy is proud of her little ones. Taking to her Instagram stories, she shared the picture of her babies with all hearts. SRK and Gauri are one proud parent and their parenthood is no less than an INSPIRATION for their fans. After Aryan Khan's drug case, many assumed that the young lad might skip the IPL auction this year; however, he proved them wrong! Suhana Khan who attended the IPL auction for the first time too is all excited and shared her picture from the auction along with her big brother Aryan on her Instagram story.

Last year Aryan Khan too had made headlines for representing his after at the IPL auction with Juhi Chawla's daughter Jahnvi and many called them young SRK and Juhi. Peaking at Indian Express, Juhu spoke about their pictures going VIRAL last year, "Many little things come to mind. One was, how amazing is nature! In a glimpse, Aryan looked like a young Shah Rukh and Jahnvi resembled me so much!" Further adding she said, "I was so glad the children are taking a keen interest in the team. They are not being pushed to do this, they are doing it because they truly wish to. They both keenly follow the sport. Jahnvi wakes up at odd hours of the night, to watch cricket matches in different parts of the world".

Ways to build your confidence if you have social anxiety

Dealing with social anxiety is very tough. Being unable to mix well with people pushes you towards an isolated corner that is almost impossible to survive in. Sometimes when it gets tough, it is absolutely alright to reach out for help. It isn't easy to tolerate social anxiety by yourself. But taking little steps will help you be more comfortable and social around people. Here are some ways to build confidence if you have social anxiety.

Talk positively to yourself

Practice talking to yourself in the sweetest way possible. Don't let negative thoughts get into your head. Practice saying positive things and affirmations that help you feel better and elevated. Motivate yourself by saying things that you want to do or be better at.

Think about your achievements

Don't degrade yourself into thinking that you don't matter. Instead, think about your past achievements and what has pulled you up so far. These little moments of



motivation will help you realize you are capable of doing greater things.

Accept compliments more often

When people say how good you look or how well you countered a decision, accept their compliments. Compliments are meant to make you feel good about yourself. Listen to others and also thank them for their compliments and feedback.

Good posture

Practice good posture because it helps amping up your personality to a great extent. When you sit or stand up straight, it oozes confidence.

When you let your shoulders slump or close off, it will give off a very timid or meek energy.

Setting goals

Learn to set small goals at the beginning so that it is achievable. Don't pressurise yourself by setting huge goals because that can get overwhelming at first. You might even get negative thoughts so, it's necessary to take baby steps first.

Lock Upp: Shehnaaz Gill to reunite with THIS Bigg Boss 13 contestant on Kangana Ranaut's show?



Lock Upp which will be hosted by Kangana Ranaut and produced by Ekta Kapoor is making a lot of news. As of now, the names doing the rounds for contestants are Shehnaaz Gill, Poonam Pandey, Rohman

Shawl (Sushmita Sen's ex-boyfriend), Om Swami and others. The show is somewhat similar to Bigg Boss but the conditions will be a lot more harder. Sources FIRST told BollywoodLife that Shehnaaz Gill is going on the show. It seems she wants to be away from the media for a while. The singer and actress feels that it will give her the space to get over the demise of Sidharth Shukla.

A source close to the show told us that Ekta Kapoor has approached a few political analysts for the show. One of the names doing the rounds is that of Tehseen Poonawalla. He is known as a political and election analyst. Tehseen Poonawalla has the experience of Bigg Boss, and is quite popular on social media and TV. The other names being considered are that of Prashant Kishor and Kumar Vishwas. The source said, "They want political analysts as we know that such personalities have the gift of the gab and can be fiery too. We can trust Ekta Kapoor to think out of the box." Lock Upp has Kangana Ranaut as the host. She has promised to add the spice with her witty, unabashed and fiery repartee.

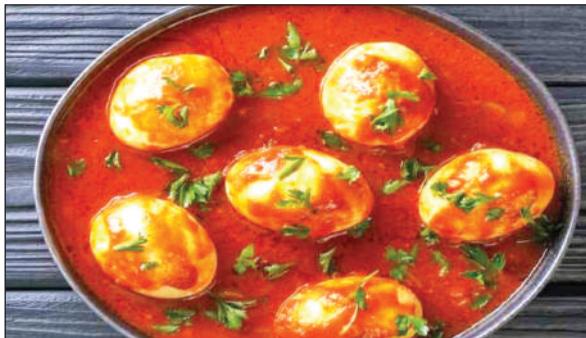
Amidst dating rumours, Siddhant Chaturvedi drops heart emoji on Navya Naveli Nanda's latest pictures



Health and has been associated with it. She even started Project Naveli, an NGO to promote gender equality.

Recipes

Egg Makhani



Ingredients

4 boiled egg, 2 tablespoon fresh cream
1 teaspoon coriander powder
1 1/4 teaspoon garam masala powder
3 cloves garlic, 2 small chopped green chilli
salt as required
2 tablespoon chopped coriander leaves
1 teaspoon butter, 1 teaspoon red chilli powder
1/4 tablespoon cumin seeds, 1 inch ginger
1 medium chopped onion
2 small chopped, peeled tomato
black pepper as required
1 tablespoon ghee

Method:

Add ginger, cumin seeds, green chillies, and garlic in a blender. Make sure it blends well and forms a smooth paste.

Heat ghee on a pan, add onions and saute them till they turn golden brown in colour. Then add the ginger-garlic paste to the pan. Now, add tomatoes and cook till the mixture gets mushy and soft. If needed, use a vegetable masher to mash the potatoes. Once everything has blended well, add in the spices (chilli powder, garam masala, coriander powder, salt, and pepper). Mix everything well. Add 1 cup of water and then let it cook on a medium flame for about 5 mins. Once the oil appears on the top of the curry, add in the boiled eggs. Cook for about 5 mins on low flame.

Once it gets cooked well, add the fresh cream on the top followed by butter and coriander leaves.

Makeup hacks for every girl attending a wedding



You don't have to spend hours in front of a mirror to get your makeup spot on. While that might be the case sometimes but it isn't like that always. Imagine, attending your first family dinner post-wedding? You cannot afford to make a late entrance. There are all kinds of makeup hacks you can use that will make applying cosmetics much easier and give you the desired look at the same time.

Oily face makeup hack

This makeup hack will ensure that your makeup stays put for longer hours without melting away. Use a primer for your face and seal it with a setting spray. Then, you can apply your base of foundation and continue putting on makeup as you would normally.

Turn your liner pencil into gel

Ran out of liquid eyeliner and have a pre-wedding function to attend? Don't worry we've got you. Pick any kohl pencil and hold it under the flame for 10 to 15 seconds. This makeup hack would

make your kohl work like a dark liner in less than 10 seconds. Let it cool down for a few seconds before you apply it to your upper eyelid.

Makeup hack to make your eyes look wider

Sweeping your mascara towards the direction of your nose instead of moving upwards will help make your lashes look fuller and bigger. To, avoid the clumping of your lashes you can pre-heat the mascara for a few seconds before actually applying it. It will also help to make your eyes look bigger.

Get fuller lips with the right amount of contouring

Thought contouring was only for your face? Ahem, nope! Use a darker color lip pencil and outline your lips using the same. The trick is to fill it in with a lighter shade lip color pencil before you come down to apply the lipstick itself. This will give your lips a multidimensional effect and make them appear bigger than they already are.

How to intensify the colour of your eyeshadow

Headed towards your friend's Haldi ceremony wearing a blue outfit and want to wear a similar shade of eyeshadow as well? We have a trick for you to make your cyan eyeshadow pop out even more. Apply white eyeliner all over your eyelid. The white will help intensify the color of your eye tint. Lastly, apply a coat of your favorite eyeshadow and you're ready to kill them with your dramatic eyes.

How To wink with the perfect liner wing

I don't like winged eyeliner, said no girl ever. But, it's such a hassle to perfect it every single time. Isn't it? We've got the perfect makeup hack. Draw your cat-eye first, and then fill it in using a liquid gel liner.

Make your lipstick stay on for longer

There is a quick and easy makeup hack that you can try. After you've applied your lipstick and blotted it, take a tissue and hold it over your lips. This will lock the tint of your lip color and help it stay put for longer hours.

General Knowledge Question

1. Which of the following statements are correct regarding respiration in plants?

C. Both A and B
D. Only A

I. Respiration is the process of releasing energy from food.

II. Respiration takes place individually in all parts of the plants like stem, roots, leaves etc.

III. The rate of respiration is slow in plants whereas it is faster in humans and animals.

Select the correct answer from the codes given below:

A. I and III are correct

B. I and II are correct

C. I, II and III are correct

D. None of the above

2. Name the process through which much needed oxygen is supplied to all the cells of the plants?

A. Diffusion
B. Endosmosis
C. Exosmosis
D. Photosynthesis

3. Due to Water logging:

A. An air is expelled from in-between the particles of soil.

B. Oxygen becomes unavailable to the roots of the plants.

C. Plants respire anaerobically which produces alcohol and kill them.

D. All the above are correct.

4. Respiration in Plants takes place through:

A. Stomata
B. Lenticels

5. Consider the following statements:

A. Respiration takes place both day and night.
B. Photosynthesis occurs during day time only.
C. Both A and B are correct.
D. Neither A nor B are correct.

6. Some plants store waste in their fruits in the form of solid bodies called:

A. Raphides
B. Lenticels
C. Stomata
D. Resins

7. Various methods used by plants to get rid of their waste products are:

I. Gaseous waste through stomata and lenticels.
II. Stored solid and liquid waste by shedding leaves, peeling of bark and falling of fruits.
III. By secreting waste in the form of gum and resins.

Which of the following statements is/are correct?

A. I and II are correct.
B. II and III are correct.
C. I and III are correct.
D. I, II and III are correct.

8. Name the waste products secreted by Plants?

A. Carbon Dioxide
B. Oxygen
C. Water Vapour
D. All are correct.

9. Which of the following statements is/are correct?

I. The net gaseous exchange in leaves at night is, oxygen diffuses in and carbon dioxide diffuses out.
II. Net gaseous exchange during day time is, oxygen diffuses out and carbon dioxide diffuses in.

Select the correct answer from the codes given below:

A. Only I is correct.
B. Only II is correct
C. Both I and II are correct.
D. Neither I nor II is correct.

10. Name an extension of the epidermal cells of a root which is in direct contact with the soil?

A. Root Hairs
B. Internodes
C. Bundle Scars
D. Pith

11. The process of removal of toxic wastes from the body of an organism is called:

A. Transport
B. Respiration
C. Excretion
D. Nutrition

12. The movement of a plant part in response to light is called:

A. Phototropism
B. Geotropism
C. Chemotropism
D. Hydrotropism

ASTRO SPEAK

ARIES



MAR 21 - APR 20

The moon moves into Leo today, bringing with it a warm and fun-loving vibe. No matter what your relationship status is, concentrate on having a good time and enjoying life, and your heart is sure to fill with joy. Meanwhile, Mercury, the planet of communication, is set to enter quirky Aquarius, sparking a unique brilliance within that beautiful brain of yours over the next several weeks.

TAURUS



APR 21 - MAY 20

Though your friends may have big, romantic ideas on how to spend the evening, you'll prefer domestic bliss. These vibes are perfect for a home-cooked meal and romantic night in, helping you create reasonable expectations for this high-pressure holiday. Make sure you're treating yourself with some extra love before the day comes to a close.

GEMINI



MAY 21 - JUN 20

The moon moves into Leo this morning, activating the sector of your chart that governs communication and bringing warmth to your words. Use your voice to charm others and boost your popularity, especially if it can help you make headway within your goals. Meanwhile, Mercury, your ruling planet, will enter Aquarius today, elevating your mind to a philosophical place over the next several weeks.

CANCER



JUN 22 - JUL 23

While many will feel pressured by what's supposed to be the most romantic day of the year, you'll be surprisingly cool and collected, as the Leo moon shifts stability your way. This solar alignment will help you feel secure within yourself and any relationships you may be involved in, taking the edge of Valentine's Day expectations. A mental shift will occur for you today as well when Mercury finds its way into innovative Aquarius and your eighth house.

LEO



JUL 24 - AUG 23

The moon moves into your sign this morning, sweet Lion, elevating your aura and your sensitivities. This blast of cosmic energy will open your third eye, which could leave you more emotional than you're used to, especially with all the love-charged air that's floating around. Whether you're single or in a relationship, try not to get overly invested in what this day means, focusing on what makes you happy rather than romance.

VIRGO



AUG 24 - SEP 23

You could feel a bit cynical about what Valentine's Day even means, dear Virgo, as the Leo moon shifts your focus to more profound matters. While you'll be deep in your mind and your feelings, the positive will come in your ability to recognize that love doesn't need a silly holiday to celebrate it, though perhaps it is nice that one exists.

LIBRA