Farhan Akhtar and Shibani Dandekar plan their Big Bollywood Wedding in April 2022?

Bollywood lovebirds Farhan Akhtar and Shibani Dandekar have been in a relationship for the past few years. There have been strong reports of the couple getting married soon. BollywoodLife had exclusively reported that Farhan and Shibani are planning to get married in March first week. There were reports that Farhan and Shibani will do a court marriage on February 21, 2022. As per reports, "Wedding was on cards for two of them, as they have been in love for the longest time now. They have been discussing wedding plans for a while now and have finally decided to take things to the next level. On February 21, their relationship will take a new turn, as they will take the formal vows to be partners for life." The couple had earlier decided to do a simple wedding with close friends and family. However, now we have learnt that the couple is all set to walk the aisle in April 2022 and do a grand wedding.

A well-placed source reveals to BollywoodLife, "Farhan and Shibani have now decided to do a grand wedding in April after their court marriage in February. The couple had earlier decided on an intimate wedding due to pandemics and rise in Covid 19 and Omicron threat. But now the things are getting under control the couple has now thought to do it in a grand way by following all the protocols. The couple has chosen to wear Sabyasachi and their wedding outfits are being made and they all want to keep it extremely intimate."

On the professional front, Farhan is all set to direct a film titled Jee Le Zaraa which stars Priyanka Chopra, Katrina Kaif and Alia Bhatt. He had posted about the film on Instagram, " Did someone say road trip? Thrilled to announce my next film as director and what better day than 20 years of Dil Chahta Hai to do it.

Radhe Shyam: Prabhas - Pooja Hegde's film gets a new official release date, to hit theatres on March 11, 2022

Fans were unhappy when Prabhas' Radhe Shyam got pushed from a Sankranti release. The movie was supposed to come out on January 14, 2022. The movie got delayed due to the third wave of the pandemic. But the makers had no option but to wait for the theatres to reopen as the movie needs a theatrical release. The movie is now going to release on March 11, 2022. The producers have announced the new release date with a new poster. In the poster, we can see a ship caught in a storm. The caption reads witness the biggest war between love and destiny. In the trailer, we saw Prabhas playing the role of Vikramaditya, a fortune-teller whose fame is worldwide. He falls in love with Prerna but their love story is full of trials.

When fans saw the trailer, they were immediately reminded of Titanic. The movie gives us vibes of the Leonardo Di Caprio - Kate Winslet blockbuster. The movie has been shot in Europe in countries like Austria, Georgia and Italy. This is the first time that Prabhas and Pooja Hegde are coming together on screen. Radhe Shyam is a departure for Prabhas after action packed films like Baahubali and Saaho.

Gulshan Kumar and T-Series present 'Radhe Shyam' a UV Creations production. Directed by Radha Krishna Kumar and edited by Kotagiri Venkateswara Rao. The film is produced by Bhushan Kumar, Vamsi and Pramod. So, get set for March 11, 2022 to see Radhe Shyam in cinema halls!

Natasha Dalal OPENS UP about her equation with Varun Dhawan; says, 'He supports me in whatever I do'

Varun Dhawan and Natasha Dalal recently celebrated their first wedding anniversary. Varun shared a string of unseen pictures from his D-Day celebrations where the couple exchanged garlands. The two have always managed to give couple goals thanks to their rare public appearances. And getting used to media glare is something Natasha says that she can never get used to it. She also opened up about her equation with her childhood friend-turned-lover.

"That (making a name for her) is something I always wanted to do. Having your own individuality is important. It keeps you grounded and focused. I would like to keep myself as busy as Varun," Natasha was quoted as saying by HT Cafe and further added, "He is amazing and supports me in whatever I do. That's quite great." Speaking about being exposed to the media, Natasha added, "I will never get used to being in the public eye. But it doesn't bother me. In

fact, I've realised it (being in the public eye) is something you can use in a good way." Varun Dhawan married long time girlfriend, fashion designer Natasha Dalal, in January 2021 at The Mansion House resort in Alibaug.

Recipes

Brown Bread Gulab Jamun

Ingredients

6 slices brown bread
1 cup sugar
1 piece green cardamom
6 tablespoon milk
1 cup water
1 cup vegetable oil

Method:

Break the bread roughly and add it to a blender. Blend a few times to form breadcrumbs.

Take them out in a bowl.

Now add milk to the breadcrumbs and knead with your hands.

The mixture might feel crumbly, but don't add more milk. Keep kneading and you will get a dough soon.

Now make about 10 balls from the dough. Heat oil in a pan and add 5 balls to the pan.

Fry until golden brown in colour. Take them out and fry the rest of the balls as well.

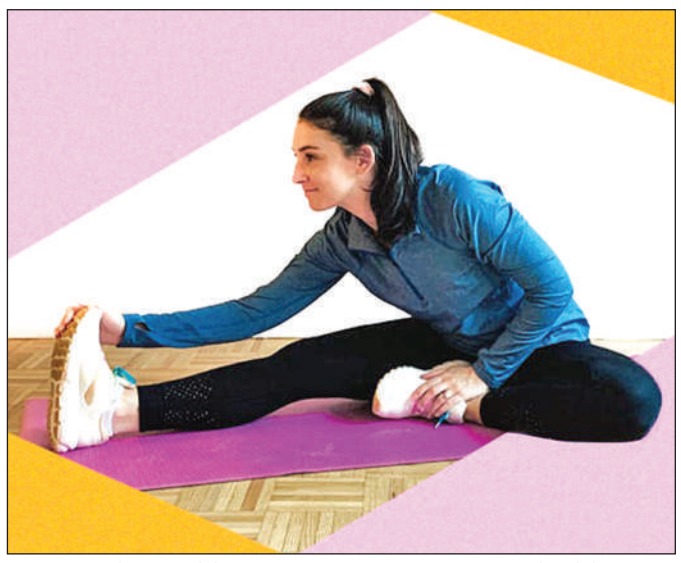
Add 1 cup sugar and 1 cup water to a pot. Bring to a boil, add cardamom and then let it simmer until it thickens a bit. Switch off the flame and add the fried balls to it.

Cover with a lid and set it aside for 2 hours.

After 2 hours, the Gulab Jamuns will double in size and will be filled with syrup.

Serve warm.

Ankle-strengthening exercises you should include in your fitness routine



While exercising, most of us focus on the major joints and muscle groups like abs, shoulders, core and hips, strengthening our ankles are as essential as any other part of the body. Our ankle is a complex joint, which helps you perform multiple functions in a day. There are several factors that may lead to a weak ankle like lack of physical activity and exercising in an incorrect form. Working on this joint can help you improve speed, agility and prevent injuries. Here are 5 ankle-strengthening exercises you should include in your routine.

Heel walk

Step 1: Stand straight with your feet together and hands by your side.

Step 2: Balance your body weight on your heels and lift your toes off the ground.

Step 3: Walk forward on your heels.

Non-weight bearing eversion

Step 1: Lay down on the mat with your legs and hands stretched in front of you.

Step 2: Move only your ankle by pointing your toes outwards and then turn it clockwise and anti-clockwise.

Step 3: Do the same with each ankle for 15 seconds.

Single-leg balance on an unstable surface

Step 1: Stand straight on a Bosu ball and try to balance your body.

Step 2: Lift your left leg behind your back and balance your body on the single-leg placed on the Bosu ball.

Step 3: You may squat a little or stretch both your hands out to maintain balance.

Calf Raises

Step 1: Stand straight close to a wall with your legs slightly apart.

Step 2: Place your hands on the wall for support and rise onto the balls of your feet.

Step 3: Keep your body straight and maintain your balance.

Step 3: Pause, then put your legs down. Repeat this 10-15 times.

Jump squat

Step 1: Stand on the ground with your feet shoulder-width apart.

Step 2: Push your hips back, engage your core and glutes and go down to get into the squat pose.

Step 3: Pause for a minute, jump up explosively and land back on the ground firmly.

Step 4: Lower your body back into the squat position to complete one repetition.

Invest in your skincare: Decoding skin-vestment

Investment in beautiful and healthy skin gives one confidence and happiness every day. There are a lot of products for skin available in the market that attract us, but one must be smart enough to know which ones will prove to be a good investment and which ones are not really that important.

Sunscreens – no matter the weather conditions, one must invest in good sunscreen. Harmful UV rays cause a lot of damage to the skin and make it look tired. The SPF in the sunscreen shields the skin from this damage. Choose a sunscreen that not only protects against UV rays but also hydrates, replenishes, soothes, and slows down the ageing of the skin. Sunscreen or sunblock with Aloe Vera and Carrot works amazingly. A very high SPF or an expensive product does not necessarily mean it will give you great results. SPF 40 to 50 works well, it will protect your skin from the sun without breaking your bank. Sunscreen is a wise investment to make on your skin.

Moisturizer – It is a misconception that skin needs moisturization only during winters. While in winters the skin requires more intense moisturization, one should use a moisturizer throughout. Opt for a moisturizer that is enriched with Aloe Vera and Vitamin E, so that your skin gets the nourishment it needs. Dry skin gets damaged and ages quickly, so it is essential to invest in a high-quality moisturizer.

Serum - Life is short buy the serum! A serum helps to battle inflammation and protect against harsh outdoor elements. Spend a little bit of time researching the options available in the market and choose the one that fits your daily requirements. A serum gives amazing results thus proves to be a profitable skin-vestment.

Face Masks – never underestimate the merits of face masks. They give an extra boost to your skincare. Choose the one which is packed with active ingredients that provides intense hydration. The good thing is that One does not have to splurge on this. Many affordably priced effective D-Tan and hydrating face masks are easily available.

Toners – toners clean unwanted particles from the skin, moisturise and when used regularly they have a major positive impact on the appearance of the skin and tightening of pores. One may not spend a lot on an expensive toner, invest in the one which is made with natural ingredients.

With these the skin-vestment portfolio is optimised, now one can make the right decisions on where to spend and where to save money on skincare products.

General Knowledge Question

1. Which language is spoken in Karnataka?

A. Marathi
B. Hindi
C. Malayalam
D. Kannada

2. Which are the important minerals found in manipur?

A. Sillimanite, nickel, petroleum
B. Oil, coal, manganese
C. Iron, lime, bauxite
D. None of the above

3. When was Lord Buddha born?

A. 586 BC
B. 1000 BC
C. 560 BC
D. 750 BC

4. Which missile is designed to defend large installation like oil-fields etc. against enemy air attacks?

A. Akash
B. Nag
C. Agni
D. Prithvi

5. When was Zoroaster, the founder of Zoroastrianism born in Media(Iran)?

A. 2000 BC
B. 660 BC
C. 1075 BC
D. 740 BC

6. When was Prophet Mohamed, the founder of Islam, born?

A. 420 AD
B. 570 AD
C. 868 AD
D. 1138 AD

7. Which are the main crops of Arunachal Pradesh?

A. Rice, maize, millet, wheat, mustard
B. Rice, tobacco, oilseeds, jute, cotton
C. Tea, jute, rice, cotton, silk
D. None of the above

8. Which of the following inventions were done by Thomas Alva Edison?

A. Incandescent lamp
B. Phonograph C (Gramophone) and microphone
C. Carbon telephone transmitters
D. All of the above

9. Which of the following are the member countries of the commonwealth?

A. Australia, Tonga, UK and Zimbabwe
B. Nigeria, Pakistan, India, Jamaica and Singapore
C. Mauritius, Maldives, Ghana, Bangladesh
D. All of the above

10. When was Mona Lisa painted by Leonardo da Vinci?

A. 1431 AD
B. 1492 AD
C. 1504 AD
D. 1556 AD

11. Which of the following agencies related to the United Nation was in existence before the Second World War?

A. Food and Agricultural Organisation
B. International Labour Organisation
C. World Health Organisation
D. International Monetary Fund

12. Which is the state with largest urban population?

A. West Bengal
B. Maharashtra
C. Kerala
D. Goa

13. Which of the following are the important sects of Islam?

A. Catholics and Protestants
B. Sunnis and Shias
C. Mahayana and Hinayan
D. None of the above

14. Where is the sports stadium, Green Park, located?

A. Kanpur
B. Jamshedpur
C. Cuttack
D. Patiala

15. Which Bank has the maximum number of branches?

A. ICICI Bank
B. HDFC Bank
C. State Bank of India
D. State Bank of Patiala

Answers:

1. Kannada
2. Sillimanite, nickel, petroleum
3. 560 BC
4. Akash
5. 660 BC
6. 570 AD
7. Rice, maize, millet, wheat, mustard
8. All of the above
9. All of the above
10. 1504 AD
11. International Labour Organisation
12. Maharashtra
13. Sunnis and Shias
14. Kanpur
15. State Bank of India

ASTRO SPEAK

ARIES (MAR 21 - APR 20): Today, the moon moves into watery Pisces, asking you to slow down and go within. You'll feel more emotionally sensitive than usual, making it important that you're taking out time to nurture your psyche. While these vibes could take a toll on your productivity during the first part of the day, you'll get an opportunity to catch up this afternoon when Luna shares a supportive aspect to your ruling planet, Mars.

LIBRA (SEP 24 - OCT 22): Your methods for efficiency might not resonate with everyone, but what's important is that they work for you. Don't worry about fitting into what others would consider a "normal" routine since you tend to be more productive when left to your own devices. You may feel inspired to organize your home later this afternoon when the moon blows a kiss to fiery Mars. Try to embrace a healthy dinner this evening since your body will crave nourishment.

TAURUS (APR 21 - MAY 20): The moon enters sensitive Pisces this morning, helping break down any walls that may have built up between you and your family or friends recently. Now is the perfect time to reconnect with anyone you've lost touch with over the past few weeks, especially if maintaining the relationship is important to you. A rush of optimism will hit you as evening rolls in, and the moon forms a cosmic alliance with auspicious Jupiter.

SCORPIO (OCT 23 - NOV 22): While you're one of the most intense and mysterious members of the zodiac, dear Scorpio, that doesn't mean you're not a big softie on the inside. Pisces moon will help you break down barriers and establish new bonds. You'll feel especially connected to any children in your life right now, which could inspire you to spoil the little people you love this afternoon when Luna blows a kiss to Mars, your ruling planet.

GEMINI (MAY 21 - JUN 20): As one of the most social members of the zodiac, your ability to connect with others comes naturally. However, with the moon camped out in compassionate Pisces throughout the day, you could find yourself becoming more emotionally invested in people you don't normally let your guard down with. These vibes will hit you hardest on a professional level, which could help you pull back the layers with even your most private co-workers.

SAGITTARIUS (NOV 23 - DEC 22): Your home will be far more appealing than the outside world right now, as the Pisces moons shepherds in a cloud of domestic bliss. If you can work from home today, let your boss know you'll be taking a remote day so that you can stay cozy and warm within your space. A connection between Luna and Mars this afternoon could inspire you to shop for some new home decor, helping you freshen up and stylize your space.

CANCER (JUN 22 - JUL 23): Look for ways to nurture your connection with the universe today, little Crab, as the Pisces moon highlights the sector of your chart that governs spirituality and higher thinking. Your mind will naturally elevate to new levels, bringing through fresh ideas surrounding the nature of our existence. You may find that you're connecting with others on a soul level more easily, which will help strengthen your existing bonds. Take some time out for self-care as the moon blows a kiss to sweet Venus.

CAPRICORN (DEC 23 - JUL 20): Your intuition will benefit from a nice boost today, little Goat, as the Pisces moon illuminates the sector of your chart that rules communication. Your empathic nature will become more sensitive, helping you connect on an emotional level with anyone you speak to. A helpful connection between Luna and passionate Mars this afternoon will bring a burst of creative drive your way, helping you tackle any project.

LEO (JUL 24 - AUG 23): You'll float through the day with relative ease, as the Pisces moon melts away any stress or tension that you've been carrying over the last few days. Lean into healing right now since the universe will be in the mood to relieve your burdens. A burst of efficiency will find you this afternoon, as Luna shares a supportive connection to motivated Mars. A helping hand from Jupiter can help you make headways within your goals, so try to keep in mind that the small moves you make now can lead to big payoffs in the not-so-distant future.

AQUARIUS (JAN 21 - FEB 23): Give yourself permission to embrace the finer things in life today, darling Aquarius, as the Pisces moon illuminates your second house. Feel free to take things at your own pace, embracing leisure and luxury when it pleases you. We're all entitled to feel like royalty from time to time, and today, this gift falls upon you. Just try not to be unreasonable with your spending, as it would be easy to go overboard with your expenses.

VIRGO (AUG 24 - SEP 23): Your love will flow freely right now, dear Virgo, as the Pisces moon illuminates the sector of your chart that governs matters of the heart. Make sure you're taking time to nurture your love life right now, especially if you've felt a distance between you and the object of your affections recently. A passionate spark will manifest within you this afternoon.

PISCES (FEB 20 - MAR 20): The moon moves through your sign today, sweet Pisces, lifting your spirits while bringing a focus to your intuitive, creative, and romantic notions. Enjoy the lofty vibe right now, but try not to abandon your responsibilities in favor of daydreams and tranquility completely. Luckily, your motivation will receive a nice cosmic kick this afternoon when the moon enters a helpful connection to fiery Mars.