

Shah Rukh Khan's daughter Suhana Khan to make her Bollywood debut with Zoya Akhtar's next?



Shah Rukh Khan and Gauri Khan's daughter Suhana Khan is grabbing headlines. It's because she was snapped outside filmmaker Zoya Akhtar's office. Fans are speculating that she might be starring in Zoya's next film. Suhana was seen in a tank top and cargo pants. Many fans are eagerly waiting for her film debut. According to reports, Zoya's next will be an adaptation of Archie comics. Sridevi and Boney Kapoor's younger daughter Khushi Kapoor and Amitabh Bachchan's grandson Agastya Nanda are also being considered for the film. So it might be a launchpad for these star kids. For the unversed, she has already made her acting debut with a short film called The Grey Part of Blue.

In the past, Suhana had shared a tweet of a user on her social media handle which read, "Misogyny is not only conscious hate towards women, it's also subconscious conditioned hateful behavior towards women. You don't have to consciously think you hate women but ask yourself why when a woman does something you feel more triggered than if it was done by a man."

She had also written a note on how she was told that she was ugly because of her skin tone. Her note read, "There's a lot going on right now and this is one of the issues we need to fix!! this isn't just about me, it's about every young girl/boy who has grown up feeling inferior or for absolutely no reason. Here are just a few of the comments made about my appearance. I've been told I'm ugly because of my skin tone, by full grown men and women, since I was 12 years old. Other than the fact that these are actual adults, what's sad is that we are all Indian, which automatically makes us brown - yes we come in different shades but no matter how much you try to distance yourself from the melanin, you just can't. Hating on your own people just means that you are painfully insecure."

Will Shaheer Sheikh team up with THIS top TV actress for Rajan Shahi's show?



Fans of Shaheer Sheikh are eagerly waiting for his show with Rajan Shahi. It is said to be a social drama. As per our sources, the show might go on air

from the end of March. It has been delayed due to some reasons. One of them is the lack of availability of an empty space in Goregaon's Film City to make the set. After Yeh Rishtey Hain Pyar Ke, Shaheer Sheikh and Rajan Shahi are coming together for the second time. The show will come on Star Bharat. The makers are now on a hunt for a leading lady who can match his acting chops.

A source told BollywoodLife, "Initially, makers were looking at Hiba Nawab. But then, they felt that she did look very young in front of Shaheer Sheikh. Now, they are in talks with Rubina Dilaik. They want a proper top TV actress for this show. They have approached her, and the talks are on. We should get a clarity in few days." In the past, Hiba Nawab has worked with Rajan Shahi on the show, Tere Sheher Main. Her work was much appreciated by the audience on the serial that also starred Dhruv Bhandari.

It seems the Star Bharat show is an epic romantic saga cum family drama. Raquel Bapat and Shaheer Sheikh were supposed to play brothers.

Samantha Ruth Prabhu once revealed how Naga Chaitanya came to her rescue when she didn't have money



Samantha Ruth Prabhu and Naga Chaitanya were once the cutest yet powerful couples of the South Film industry. However, it was last year that the couple decided to part ways. Naga Chaitanya and Samantha Ruth Prabhu's divorce left all of their fans shattered. Since then they have been ruling the headlines for several reasons. An old interview of Samantha Ruth Prabhu has resurfaced on the web. It was during a talk show that Samantha Ruth Prabhu had narrated how Naga Chaitanya is simply perfect for her while giving an example that she did not have money to call her home when in the US, and he helped her. During a talk show, the Pushpa star had called her now estranged husband 'perfect husband material'. She had said, "Chay is completely husband material. He has seen me from nothing. I remember I didn't have money to make a call to my mother from the US. I took his phone and made a call home. Chay has seen me from that to this, so how can it be anybody else, right? Anybody else only knows me halfway. As a human being also, he has seen me make the most horrible mistakes."

How to tackle those dark circles



Under Eye Lightening cream

An Under Eye Cream helps in reducing fine lines, dark circles, and puffiness while its hydrating ingredients help soothe puffiness. Hydrating molecules draw moisture into the skin for long-lasting hydration. Additionally, this safe and effective formula offers a visible difference in 3-6 weeks.

A cold compress

A cold compress goes a long way in reducing puffiness and helps shrink dilated blood vessels. A cold jade roller or ice cubes wrapped inside a muslin cloth can be used for approximately 20 minutes. Dampening a washcloth with cold water also helps when put under the eyes for 20 minutes. This process should be repeated if the cloth becomes warm or if the ice melts.

Soaked Tea Bags

Applying cold tea bags under the eyes is another great way to combat dark circles. Tea contains caffeine, and antioxidants that stimulate blood circulation to leave a soothed effect beneath your skin.

Soak two black or green tea bags in hot water for five minutes. Then keep it in the refrigerator for 15 to 20 minutes. Once the tea bags are cold enough, apply them to your closed eyes for 10 to 20 minutes. Afterwards, rinse your eyes with cool water and keep them closed for another 10 min for a long-lasting effect.

Add some extra hours to your sleep

The easiest yet best remedy to reduce dark circles is sleep. A sleep-deprived eye will always look tired no matter how much concealer is used.

Treatments can be used to treat dark circles but healthy habits go a long way. Eating healthy, staying hydrated, and getting the right amount of sleep is important for your eyes.

Weight loss: These five popular exercises can actually harm you



Exercising is important for the body as well as the mind. In addition to weight loss, exercise also helps boost energy, mood and maintain a healthy sleep cycle that promotes overall well-being - mental as well as physical. Gym enthusiasts or even beginners engage in weight lifting exercises that benefit the muscles and the body as a whole. However, there are certain exercises that are extremely popular but can actually lead to damage. The adverse effects of these exercises are not experienced immediately but occur in the long run and are experienced later in life.

Due to this, it becomes even more important to know about them and take all corrective measures possible in order to minimize damage, especially if you are a beginner at the gym. Here are five exercises which you may actually love doing but are actually harming you.

Cross fit pull ups

These pull-ups are a part of cross-fit training and require sudden, insane amounts of energy to lift oneself above the bar. Even though they may seem like a very good exercise for the muscles of arms,

experts have warned against the adverse effects that these pull-ups might have on the body. There are greater risks of injury in performing this exercise and it is therefore advisable to stick to the regular pull-ups.

Behind the head lat pull down

This exercise has been popularized by the great bodybuilding legend, Arnold Schwarzenegger. Even though he is renowned for his training habits and patterns, it is important to listen to what experts tell us. Pulling weight behind the neck can prove to be damaging for the shoulders and spine, and it is therefore recommended to pull the weight towards the chest.

Smith machine squats

If you're new to the gym, you'd find yourself on the Smith machine so that you are well protected even if you drop the weight by accident. This, however, is not the case. A Smith machine in fact puts excessive stress on your knees because of the restrictions that are placed on movement. In addition to this, Smith machine squats are not very effective in building the leg muscles. It is therefore advisable to try out an alternate way like doing barbell squats in the squat rack so that your muscles are worked properly.

Leg extension machine

The exercise works up the quad muscles really well, but it is important to note how the knees are put under extreme stress while performing this exercise. When a lot of weight is stacked up in the machine, the knees are under immense stress and this can lead to damage in the long run. If you wish to work your quad muscles, there are other exercises that you can perform which don't have any negative effects.

Crunches

Great for building core strength and the abdomen region, crunches put a considerable amount of strain on the back. This can lead to damage and core workouts can easily be done through mountain climbers or holding a plank.

General Knowledge Question

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

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

2. 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

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

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

4. 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

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

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

6. Which of the following agencies related to the United Nations 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

7. Which is the state with largest urban population?

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

8. 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

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

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

10. Which Bank has the maximum number of branches?

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

11. When was table tennis introduced in Olympics?

- A. 1896 at Athens
- B. 1988 at Seoul
- C. 1924 at Paris
- D. 1924 at Seoul

12. Which is the associated sport of Bombay Gold Cup?

- A. Basketball
- B. Weightlifting
- C. Hockey
- D. Football

13. Which is the place of worship for Judoists?

- A. Synagogue
- B. First temple
- C. No church or temple
- D. Monastery

14. Which is the sacred text of Hinduism?

- A. The Vedas
- B. The Bhagavad Gita
- C. The epics of the Mahabharata and the Ramayana
- D. All of the above

15. Which amongst the following mammals has the highest metabolic rate in terms of oxygen consumption (mm3/g/hour)?

- A. Dog
- B. Mouse
- C. Rabbit
- D. Rat

ANSWERS:

- 1. 1504 AD
- 2. International Labour Organisation
- 3. Maharashtra
- 4. All of the above
- 5. 1988 at Seoul
- 6. All of the above
- 7. 1924 at Paris
- 8. Smritis and Shastras
- 9. Kangaroo
- 10. State Bank of India
- 11. 1988 at Seoul
- 12. Hobkay
- 13. Shastragane
- 14. All of the above
- 15. 1924 at Paris

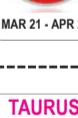
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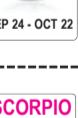
Don't be afraid to invest in your fantasies today, dear Ram, as the Taurus moon shares a soft connection to dreamy Neptune. These vibes will trigger a deep desire to embrace splendor, making it totally acceptable to treat yourself within reason. Supportive vibes will flow from communicative Mercury this evening, helping you sort out any issues you're having on a professional or financial scale.



Try not to let a fear of being judged hold you back from speaking up this morning, dear Libra, especially when it comes to sharing your ideas and opinions. While you may be in a quiet mood during work, your talkative spirit will come out this evening as the Taurus moon blows a kiss to communicative Mercury. Use this energy to bond with your closest friends and family, especially if you happen to share a roof with them.



Try to get an early start with work today, dear Taurus, or you could fall out of sync with the world, as the quarter moon threatens to put you and your responsibilities at odds. Use this energy to take a small break, and be sure to post a glamorous selfie of yourself. Watch out for synchronicities and signs from the universe this evening when Luna aspects the messenger planet, Mercury.



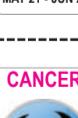
A sweet connection between Taurus moon and Neptune will bring through romantic and inspirational vibes this morning, creating the ideal ambiance for love of self and that special someone. Your heart will be open and alive with gratitude, though you should prioritize appreciating yourself over a significant other for the first part of the day. Connection within your partnership will strengthen this evening.



The temptation to sleep in will be real this morning, as the quarter moon brings strange and visceral dreams your way, making the astral realms more appealing than waking life. Give yourself permission to hit the snooze button once, but try not to stumble into work with extreme tardiness. The vibe will lighten as afternoon rolls in, helping you feel relaxed and plugged into your work.



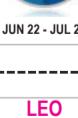
Do yourself a favor and take some time out for a grounding meditation session before you head into work today, or your mind and body could get a little out of sync, causing you to make small and inconvenient mistakes. Luckily, this energy can also aid in your productivity, but only if you find healthy outlets to manage your stress with. Look for ways to invest in your wellness and personal organization this evening.



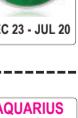
You won't have much patience for superficial discussions today, darling crab, as the quarter moon puts you in an altruistic and thoughtful headspace. These vibes will leave you longing to make a difference, though knowing where to start could become overwhelming. Luckily, clarity will find you this evening when Luna shares a supportive connection to intellectual Mercury.



Don't stifle your personality or let others put you in a box today, even if you're worried about what others might think. While it's true that your particular flavor of uniqueness might not appeal to everyone, catering to the expectations of others will only serve to drag you down. Luckily, your eccentricities will find an appropriate audience this evening when the moon shares a sweet connection with communicative Mercury.



Catering to your own needs could be difficult this morning, as the Aquarius moon shakes things up within your professional life. Though work demands are likely to weigh on you, try not to let yourself succumb to unreasonable pressure, and remember to breathe. Luckily, these vibes will begin to dissipate as the morning continues to unfold, and a sweet connection between Luna and Neptune forms.



Today's Taurus moon will activate a quiet strength within you, giving you the power to float through the day feeling solid and stable. The vibe will be particularly euphoric by mid-morning when Luna blows a kiss to dreamy Neptune. This is a good time to connect with your crystal collection if you've got one, though other mindful tools such as essential oils or tarot cards will also do the trick.



Your day will be filled with coincidences and what seem to be signs from the universe, dear Virgo. However, you may have a hard time decoding many messages sent from beyond the veil. Try not to get caught up in what it all means right now, and instead enjoy feeling connected to the world around you. A creative outlet can help you communicate with the universe.



You'll be in a quiet mood this morning, little Fish, though work or social demands will likely make it impossible for you to find the solitude you seek. You may feel a little more agitated than normal as the workday begins. Fortunately, the vibe will even out by mid-morning when the moon enters a soft connection to Zen Neptune. You'll feel more social this evening.