

Kareena Kapoor Khan, Saif Ali Khan's son Taimur Ali Khan has already made a career choice? Star couple spills the beans



Kareena Kapoor Khan and Saif Ali Khan's elder son Taimur Ali Khan is a paparazzi's favourite star kid. Every since his birth, his pictures have been ruling the social media. Kareena Kapoor and Saif Ali Khan did not take the popular celebrity route and hide their kids from the paparazzi. Rather, shutterbugs got to pap Taimur ever since he was a few months old and his pictures would go viral instantly. Now the little munchkin is almost seven years old. He now gets papped at his school and other sports events. Well, it seems Taimur has already chosen his career path. In a recent interview with Film Companion, Kareena Kapoor Khan and Saif Ali Khan spoke about Taimur Ali Khan and what he wants to become when he grows up. It was Kareena Kapoor Khan who said that Taimur Ali Khan may not follow his parents' shoes and become an actor. Saif Ali Khan added that Taimur wants to become a lead guitarist and also play football. Taimur wants to go to Argentina and play for the team. Bebo added that Taimur currently wants to be like Lionel Messi. Saif Ali Khan said, "He wants to move to Argentina and become.." while Kareena Kapoor Khan intertwined and said, "Well, figure it out na, play it properly." Kareena also revealed that Taimur recently lost a match of football. Well, there is a long time to go for Taimur Ali Khan to actually make his career choice. Saif Ali Khan also spoke about audiences' obsession with star kids. He gave the example of The Archies and added, "They're constantly being photographed, constantly being followed. I mean tomorrow if somebody wants to make a movie with one of them, it's not rocket science." Workwise, Saif Ali Khan is next going to be seen in Devara along with Janhvi Kapoor and Jr NTR. Kareena Kapoor Khan has The Crew in her kitty that will also star Tabu and Kriti Sanon.

Mirzapur 3 star Ali Fazal and Richa Chadha are expecting their first child

Ali Fazal and Richa Chadha make for an adorable pair. The couple met on the sets of Fukrey in 2012 and fell in love. They also worked together in an episode of Netflix India Original show Call My Agent. They recently lent their voice to the Audible Original Virus 2062. They later got legally married in the year 2020 but celebrated their union with friends in 2022. Their wedding pictures have been quite dreamy and beautiful. They had their grand wedding reception in Mumbai. Now, the couple has shared another big news. Yes, they have finally announced pregnancy with a cute post on Instagram. Ali and Richa are all set to welcome their first child. They took to Instagram and shared a picture saying 1 + 1 = 3. They also shared their romantic picture where Ali wore a colourful shirt and white coat while Richa gorgeous black outfit. They shared these on Instagram and wrote, "A tiny heartbeat is the loudest sound in our world." As soon as they announced the good news, Dia Mirza, Karishma Tanna, Saiyami Kher, Shriya Pilgaonkar, Shweta Basu Prasad and others congratulated the couple.



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Kiran Rao reveals why ex husband Aamir Khan didn't produce her film Laapataa Ladies

Kiran Rao is right now gearing up for her directorial film Laapataa Ladies. The ex-wife of the superstar is back at doing what she loves most and its direction. And this is the first time that her directorial will be released under her production. And there is a lot of charter around why Aamir Khan did produce her film this time. It is because of the dynamics of their changed relationship? Aamir and Kiran announced their separation quite a time and despite the divorce, they both continue to be cordial with each other. But this time Kiran didn't want Aamir Khan to produce her films and she has her reasons for the same. Kiran Rao even clarified that it's not that she would never work with Aamir Khan Production. "It's not because I don't want to work with AKP in any way. I feel this is a space (her production house) that gives me the freedom to develop what I want to make." She added, "Aamir Khan Productions has given me space for whatever I want to do. I have been involved with every production. I will be attached to AKP always. I feel it's mine. I am one of the directors and I won't leave it. I am spiritually and emotion-



ally connected to AKP." Kiran Rao and Aamir Khan have a son together, Azad Rao Khan. For how Aamir Khan is on a sabbatical and soon he will announce his comeback film.

Recipes

Paneer Ananas Tikka



Ingredients
500 gm paneer
300 gm beaten yoghurt (curd)
1/2 teaspoon finely chopped ginger salt as required, 1 red bell pepper
4 slices pineapple tidbits
250 gm pineapple, 50 gm fresh cream
1 teaspoon crushed peppercorns
1 capsicum (green pepper)
2 teaspoon sugar
Method:
To prepare this snack recipe, cut the paneer into 2 X 2-inch cubes with 1/2-inch thickness. Give a slight cut on the side to create a pocket for the stuffing. Now, peel the pineapple and add 200 grams in a blender to make a fine paste. Chop the remaining pineapple in a bowl. Stuff the paneer pockets with the chopped pineapple.
Take a bowl and mix together the pineapple paste along with beaten yoghurt, chopped ginger, salt, fresh cream, crushed peppercorns to prepare the marinade. Now, deseed and cut the capsicum and red bell pepper into 2-inch cubes. Marinate the paneer cubes and capsicum well with the prepared marinade, and keep aside for 15-20 minutes.
Sprinkle the pineapple tidbits with salt and sugar. Now, arrange the marinated paneer, green capsicum, red bell pepper and pineapple tidbits on a skewer and cook in a tandoor for 6-8 minutes. Alternatively, you can also cook the skewers in an oven at 200 degree Celsius for 8-10 minutes. Once cooked, take the skewers out from the oven or tandoor. Serve these hot on a platter with a dip of your choice to enjoy!

Balancing yoga asanas to improve concentration



Balancing yoga asanas can significantly enhance concentration and focus. These poses not only strengthen your physical body but also cultivate mental stability. Some simple and straightforward, effective balancing asanas that contribute to improving concentration.
Tree Pose (Vrikshasana)
Stand tall with feet together, shift weight to one leg. Place the sole of the other foot on the inner thigh or calf. Bring palms together in front of the chest. Focus on a fixed point and breathe steadily. This pose improves balance and concentration.
Eagle Pose (Garudasana)
Start in a standing position, arms by your sides. Lift one foot, cross it over the other, and hook it behind the calf. Cross one arm over the other, bending at the elbows. Focus your gaze on a point for stability. Eagle pose enhances concentration and balance.
Warrior Pose (Virabhadrasana)
Begin in a standing position, feet hip-width apart. Shift weight onto one leg and extend the other leg behind. Simultaneously, bring the torso forward, forming a T shape. Keep arms parallel to the ground. This pose strengthens the legs and improves focus.



Lord of Dance Pose (Natarajasana)
Stand on one leg, bend the other knee, and hold the ankle. Extend the lifted leg backward while leaning forward. Reach the opposite arm forward, keeping balance. Focus on a steady breath and a fixed point. Dancer pose enhances concentration and grace.
Crow Pose (Bakasana)
Begin in a squatting position with hands shoulder-width apart. Place knees on the back of the upper arms. Lift feet off the ground, balancing on hands. Engage core muscles and gaze forward. Crow pose builds mental focus and strength.
Incorporating these balancing yoga poses into your routine can lead to improved concentration and mental clarity. Remember to approach each asana with mindfulness, and gradually increase the duration as your balance improves.
Try these to improve concentration.

Benefits of dunking face in ice every morning

Dunking your face in ice water or using ice cubes on your skin in the morning can offer several potential benefits for your skin and overall well-being:
Reduces Puffiness: The cold temperature of the ice constricts blood vessels and reduces swelling, which can help to minimize puffiness around the eyes and on the face. This can be particularly beneficial in the morning when you may wake up with swollen or tired-looking eyes.
Tightens Pores: Cold temperatures cause the skin to contract, which can temporarily tighten the appearance of pores. This can give your skin a smoother and more refined look, making it a popular technique for those with large pores or oily skin.
Soothes Inflammation: Ice has anti-inflammatory properties that can help to calm redness, irritation, and inflammation in the skin. If you have conditions like acne, rosacea, or sunburn, applying ice can provide relief and reduce the appearance of redness.
Increases Circulation: Cold temperatures stimulate blood circulation in the skin, which can promote a healthy, rosy complexion. Improved circulation delivers oxygen and nutrients to the skin cells, enhancing their overall health and vitality.



Improves Product Absorption: Chilled skin tends to absorb skincare products more effectively. By applying ice to your face before using serums, moisturizers, or other treatments, you can enhance their penetration and effectiveness.
Energizes the Skin: The shock of cold water or ice on the skin can have an invigorating effect, waking up your senses and providing a natural energy boost. This can help you feel more alert and refreshed in the morning.
Reduces Under-Eye Dark Circles: Cold compresses can help to constrict blood vessels and reduce the appearance of dark circles under the eyes. By improving circulation and reducing puffiness, ice can make your under-eye area look brighter and more rejuvenated.
Promotes Lymphatic Drainage: Ice massages can stimulate lymphatic drainage, helping to remove toxins and excess fluid from the skin. This can contribute to a clearer, more radiant complexion over time.
Provides a Cooling Sensation: Especially during hot weather or after a restless night, dunking your face in ice water can provide instant relief from heat and discomfort. The cold sensation can be incredibly refreshing and invigorating, helping you start your day feeling more awake and energized.

General Knowledge Question Answers

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| 1. Name the first non-Indian who received the Bharat Ratna award?
(A) Khan Abdul Ghaffar Khan
(B) Mother Teresa
(C) Martin Luther King
(D) Aubin Mehta | (D) Iron Ore
6. Who was the last Mughal Emperor?
(A) Akbar
(B) Noor Jehan
(C) Bahadur Shah
(D) Babur | 11. Which one among the following radiations carries maximum energy?
(A) Ultraviolet rays
(B) Gamma rays
(C) X-rays
(D) Infra-red rays |
| 2. In which year, the Mother Teresa won the Nobel Peace Prize?
(A) 1975
(B) 1982
(C) 1981
(D) 1979 | 7. The Indian state which leads in agricultural production is
(A) Punjab
(B) Haryana
(C) Karnataka
(D) Tamil Nadu | 12. Bokaro Steel Limited was set up with the assistance of
(A) USA
(B) Germany
(C) UK
(D) Soviet Union |
| 3. For making bullet-proof glass, which one of the following glasses is used?
(A) Soda glass
(B) Reinforced glass
(C) Jena glass
(D) Pyrex glass | 8. The longest mountain range in the world is known as:
(A) The Himalayas
(B) The Alps
(C) The Rockies
(D) The Andes | 13. The Headquarters of WTO (World Trade Organization) is situated in
(A) Montreal
(B) Geneva
(C) Seattle
(D) the Hague |
| 4. Which substance is used to retard the setting action of cement?
(A) AlO
(B) CaO
(C) NaO + KO
(D) CaSO.2HO | 9. The most populous city in the world is
(A) Paris
(B) Tokyo
(C) Peking
(D) London | 14. Which was the second Italian Satellite launched from Soviet Union?
(A) Bhaskar-1
(B) Aryabhata
(C) Rohini
(D) Apsara |
| 5. The mineral in which India depends largely on imports is
(A) Mercury
(B) Mica
(C) Bauxite | 10. Which state among the following produces maximum soybean?
(A) Bihar
(B) Uttar Pradesh
(C) Madhya Pradesh
(D) Rajasthan | 15. The metal whose salts are sensitive to light is
(A) Copper
(B) Zinc
(C) Silver
(D) Gold |

ASTRO SPEAK

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| ARIES

MAR 21 - APR 20
You can make huge strides forward today if you let your ambition take over. It can lead you to a success you've deserved for a long time, but you're going to have to swallow your pride in order to follow it. When you show you can be a team player and work for the greater good, those in power take notice, and they will be impressed by your selflessness. Don't be surprised if they ask you to take on responsibility. | LIBRA

SEP 24 - OCT 22
Coming up with great ideas will be your forte today. You can generate solutions to many of the problems that have been plaguing you. Your unique way of looking at things is your best asset. While other people waste time scratching their heads trying to come up with an idea, you simply find a new approach. This ability will make you very popular and very busy. You're going to be a superhero to some super frustrated people. |
| TAURUS

APR 21 - MAY 20
Today, a bright spotlight could be aimed right at you, so it's important that you take your time and plan all of your actions thoroughly. You should definitely not rush ahead and just blurt out whatever you're thinking. And don't push forward with any big plans just because you're in a hurry to see results. The people around you are very open to helping you, but they won't be able to keep up if you press to go further faster. | SCORPIO

OCT 23 - NOV 22
It doesn't really matter whether you get what you want when you see so many others who don't have anything at all. You have a strong urge to be of service today, and there should be no shortage of candidates for your goodwill. You can be a positive force in people's lives, even the people who don't know you. Jssust donating some money to a worthy cause, you can make a difference. |
| GEMINI

MAY 21 - JUN 20
Your creativity is stronger than most people's right now, so take the initiative when and if new projects need to get started. It shouldn't be too hard for you to take the steering wheel, because folks know a powerhouse of ideas when they see one! They would rather step back and see what you come up with than compete for power. It's time to celebrate your ability to contribute fresh, innovative. | SAGITTARIUS

NOV 23 - DEC 22
You can't keep a good secret right now. Your quiet little romance is going to get a lot of attention very soon. Are you ready for the scrutiny? Suddenly everyone wants to know what's going on between the two of you, what's next, and where this thing is going, and you might not even know the answers! Feel free to take a step back and protect your privacy. Your life is no one's business but your own. |
| CANCER

JUN 22 - JUL 23
Just because you have a vivid idea of what you want in life doesn't mean that you're going to get it any sooner than if you were totally clueless. If you're wondering when the rest of your life is going to begin, relax! You need to see that every moment is your life, so stop focusing so much on what you want and savor what you have. Ssstart making a list of all those things. Be happy. | CAPRICORN

DEC 23 - JUL 20
You've been promising yourself some downtime for a while now, a few days or even hours when you cut back on your workload and give yourself a chance to relax. So exactly when are you going to come through on that promise? You can start today. Cancel or postpone whatever you can and give yourself a block of empty time. Remind yourself what it feels like to have nothing to do! You won't be bored. |
| LEO

JUL 24 - AUG 23
If you can, try to surround yourself with people who are down-to-earth and grounded. These people have the kind of focus you need right now. They can teach you something new about how to appreciate the smaller things in life and have a good time doing it. These mellow types may not have the flashiest toys or the most stylish clothes, but they are contented in their life, and you could learn a lot from them. | AQUARIUS

JAN 21 - FEB 23
Tantalizing social invitations seem to hold the promise of a new love connection, but don't get sucked in by illusions. Be skeptical of any new people on the scene, because they aren't what they appear. A quiet night in by yourself could actually yield a much more rewarding experience. There is a certain undeniable freedom in creating a sense of mystery about yourself, and you can do that effectively now. |
| VIRGO

AUG 24 - SEP 23
It's not an ideal day for you to work with others. You could be feeling especially combative, with little if any patience for people who aren't as on the ball as you. This is a much better day for you to make progress on a solo project, whether at home or work. Doing something that doesn't require input or cooperation from others will help you feel productive. | PISCES

FEB 20 - MAR 20
On days like today, you should only feel comfortable counting on yourself for support. It's not that getting other people's encouragement will be impossible; it's just that they're awfully busy working on their own stuff. You're not likely to find anyone willing to stop what they're doing to lend you a hand. But no worries. You can continue on this path alone and reach your goals. |

