

Jaya Bachchan reveals what she finds 'red flag' in a relationship; 'Have you ever heard me...'



Jaya Bachchan has never minced words. She has always been candid and straightforward. The veteran star has made a comeback to films. She was last seen in Rocky Aur Rani Kii Prem Kahani along with Dharmendra, Ranveer Singh, Alia Bhatt, Shabana Azmi and more. Currently, she is in the news because of her latest chat with granddaughter Navya Naveli Nanda for her talk show What The Hell Navya. Jaya Bachchan and daughter Shweta Bachchan Nanda made a joint appearance and spoke at length about varied topics including modern day dating. Jaya Bachchan revealed what she finds to be the red flag in a relationship. Jaya Bachchan stated that she find 'bad manners' as red flag in a relationship. She also finds referring to partner as 'tum' disrespectful. She was quoted saying, "Bad manners would be a red flag for me. I hate it when people say 'tu' or 'tum.' Have you ever heard me referring to nana (grandfather; Amitabh Bachchan) as 'tum?' It feels disrespectful." Shweta Bachchan also dropped in her views and mentioned that violence in any form, be it physical or verbal, is what she considers to 'red flag'. She added that one must not do or behave in a way that bothers the partner and if the partner has said sorry after a fight, there is no point dragging it. Talking about modern day dating, Jaya Bachchan stated that she doesn't think about it as it does not concern her. Shweta Bachchan jokingly added that she won't be able to date someone like Navya Naveli Nanda. When asked why, she said that Navya would require that Valentine's Day thingy. Jaya Bachchan quipped 'very very frivolous'. Meanwhile, Jaya Bachchan recently hit headlines as a video of her as she lost her cool in Rajya Sabha went viral on social media. She said 'We are not school children' and the line went viral on social media.

Humraaz sequel: Ameesha Patel to be part of Bobby Deol and Akshaye Khanna's film; says 'I guess it is best..'



Abbas-Mustan is all set to make a sequel of Humraaz which was a mega hit in 2002. Fans are eagerly waiting for the much-anticipated film and cannot keep calm. The film featured Bobby Deol, Akshaye Khanna, and Ameesha Patel in the main roles. Well, recently in an interview Gadar 2 actress Ameesah Patel spoke her heart out about the sequel. Ameesha said that she is not sure if the makers have locked a script for the film as of now. But she said that it was quite surprising to see the news of Humraaz 2 all over the internet. She even said that she was aware of the producers and directors working on the script, but had no clue that the script had been locked or not. Ameesha did not reveal many details about the sequel but said that it is best to leave it to the producer, Mr Ratan Jain, who will speak about it whenever he feels that it is the right time. According to sources close to the development, Abbas, Mustan and Ratan Jain have cracked the script which will not just be bigger but also better than the first

part. Well, now the makers will be approaching actors to come on board for the film.

Teri Baaton Mein Aisa Uljha Jiya leaked online: Shahid Kapoor, Kriti Sanon film latest victim of piracy



Teri Baaton Mein Aisa Uljha Jiya, the latest release from the Indian film industry, has become the latest victim of online piracy. The film, which features a star-studded cast including A-list actors Shahid Kapoor and Kriti Sanon has been leaked online on popular piracy websites such as Telegram and more. This unfortunate incident has raised concerns about the impact of piracy on the business of cinema and the measures being taken by the Indian government to combat this issue. The leak of Teri Baaton Mein Aisa Uljha Jiya on these piracy websites may have an impact on the film's box office collection. With the movie being readily available, many potential viewers may fall in the trap and opt for pirated version instead of watching it legally in theatres or on authorized streaming platforms. This can result in a substantial loss of revenue for the producers, distributors, and other stakeholders associated with the film. Piracy not only affects the financial aspects of the film industry but also undermines the hard work and creativity of the filmmakers. Teri Baaton Mein Aisa Uljha Jiya is a product of months of dedication and effort put in by the cast

and crew. The leak of the film online not only deprives them of their rightful earnings but also discourages future investment in quality cinema.

Recipes

Carrot Cake Pancakes



Ingredients
250 gm oat flour; 1/4 teaspoon baking soda
2 teaspoon cinnamon, 1/4 teaspoon nutmeg powder
2 tablespoon coconut oil
1 egg
1/2 teaspoon salt
1 teaspoon baking powder
1/4 teaspoon dried ginger powder
180 ml almond milk
1 tablespoon maple syrup
120 gm carrot
Method:
In a large mixing bowl, combine your dry ingredients (oat flour, salt, baking soda, baking powder, cinnamon, ginger, and nutmeg) and stir together. Remove a little of the combined dry ingredients and mix it with the grated carrots. Move your dry ingredients to a ring around the bowl, so you have an empty well in the center for your wet ingredients. Into the well, add all the wet ingredients. Whisk till all your wet ingredients are combined, then stir your wet ingredients into your dry ingredients so everything is well incorporated. Fold in your grated carrots. Rest your batter for 15 minutes. Heat your stove to medium heat. Add coconut oil into the pan. Pour a ladle of pancake batter onto your pan and cook for a few minutes, till you start to see bubbles forming on top, and gently lift the edge of your pancake up - if you can see beautiful golden brown marks you are ready to flip your pancake. Flip and cook for another few minutes. Serve with a side of cream cheese and maple syrup. Enjoy !

What causes lower back pain, how to relieve it



Lower back pain can be minor or severe. Sometimes discomfort might make it hard or impossible to work, sleep, walk, or perform daily tasks. It might have sprained when you were doing office work or house cleaning. Alternatively, you may have a persistent illness like arthritis or ankylosing spondylitis, or an old sports injury that is causing your back pain. A physician or physical therapist should be consulted if you experience sudden or severe back pain. That also applies to persistent pain. Numerous illnesses, injuries, and disorders can cause low back pain; however, back injuries to the muscles or tendons are the most common cause. **Causes of lower back pain** Back sprains and strains: The most typical cause of back discomfort is a strain or sprain in the back. Should you lift something too heavy or not safely, you run the risk of hurting your muscles, tendons, or ligaments. Some people sneeze, cough, twist, or bend over, which puts strain on their backs.Fractures: In an accident, such as a vehicle crash or a fall, fractures may result in a broken bone. Osteoporosis and spondylolysis are two disorders that raise the risk of fractures. As people age, disk issues can also rip (herniated disk). **Arthritis:** The most frequent kind of arthritis that causes lower back dis-

comfort is osteoarthritis. **Disease:** Back discomfort can be brought on by infections, spinal tumors, and other cancers. **Spondylolisthesis:** This disorder results in a slippage of the vertebrae, causing pain in both the legs and the low back. You may attempt a few at-home treatments for low back pain to assist relieve the pain until your back returns to normal, depending on the cause and degree of your back pain. Here are a few things to think about: **Restricted bed rest** Bed rest was once the cornerstone of back pain treatment, but it is no longer recommended. Physicians now understand that it's best to maintain movement to prevent your muscles from stiffening up. Even so, bed rest may be helpful in treating low back pain, especially if it makes it uncomfortable to sit or stand. However, attempt to restrict it to a few hours at a time and a maximum of one or two days. **Child's pose** The Child's Pose, which stretches the paraspinal muscles, glutes, and thighs, is regarded as one of yoga's most restorative positions. Take these actions: Sink back to place your hips on your heels while keeping your knees on the floor. As you tilt at the hips and press your heels deeper into your hips, extend your arms out in front of you. Keep your arms extended in front of you and raise your palms if it seems comfortable. Stretch your arms out to the sides of your body if it feels too intense. Hold for one minute, or for as long as is comfortable for you. **Heat and cold treatments** After a back injury, it is better to apply cold compresses or an ice pack rather than heat since they can prevent or lessen swelling and ease discomfort by numbing the affected area. However, using heating pads or a hot-water bottle on your back for about 48 hours after the start of back discomfort may be beneficial. Warmth promotes blood flow, which speeds up the healing process and relieves and relaxes sore muscles. Remember that the first week of heat therapy is the most beneficial.

10 natural remedies for beautiful nails



Maintaining beautiful and healthy nails doesn't always require expensive salon treatments or chemical-laden products. Nature offers a variety of remedies to promote strong, beautiful nails. Here are 10 natural remedies you can incorporate into your nail care routine: **Healthy Diet:** A well-balanced diet rich in vitamins, minerals, and nutrients is essential for strong nails. Incorporate foods high in biotin (e.g., eggs, nuts, and whole grains), vitamin E (e.g., spinach, almonds, and sunflower seeds), and omega-3 fatty acids (e.g., fatty fish and flaxseeds) to support nail health. **Hydration:** Staying hydrated is vital for nail health. Drinking enough water helps prevent nails from becoming dry and brittle. **Coconut Oil:** Coconut oil is a natural moisturizer that can strengthen and nourish nails. Gently massage a small amount of coconut oil onto your nails and cuticles before bedtime. **Lemon Juice:** Lemon juice can help brighten and whiten nails. Mix equal parts lemon juice and olive oil, and soak your nails in the solution for a few minutes. This also helps to strengthen nails. **Vitamin E Oil:** Vitamin E oil promotes nail growth and hydration. Apply vitamin E oil direct-

ly to your nails and cuticles or look for nail products containing vitamin E. **Tea Tree Oil:** Tea tree oil has antifungal properties that can help prevent nail infections. Mix a few drops of tea tree oil with a carrier oil (like coconut oil) and apply to your nails and cuticles. **Horsetail Extract:** Horsetail extract is rich in silica, a mineral that supports nail strength and growth. You can take horsetail supplements or use horsetail-infused nail products. **Olive Oil Soak:** Soaking your nails in warm olive oil can help moisturize and strengthen them. Add a few drops of lemon juice for extra nourishment. **Biotin Supplements:** Biotin, also known as vitamin H, supports nail growth and strength. Consult with a healthcare professional before adding any supplements to your routine. **Garlic:** Garlic contains selenium, which is beneficial for nail health. Crush a few garlic cloves and mix them with a carrier oil. Apply the mixture to your nails and leave it on for about 10 minutes before rinsing. Consistency is key when using natural remedies for nail care. Additionally, be cautious if you have allergies or sensitivities to certain ingredients.

General Knowledge Question Answers

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| 1. Which river is the longest river in the world? | a) Amazon River
b) Nile River
c) Yangtze River
d) Mississippi River | b) Michelangelo
c) Pablo Picasso
d) Vincent van Gogh | d) Denmark |
| 2. Who was the first Indian astronaut in space? | a) Rakesh Sharma
b) Kalpana Chawla
c) Sunita Williams
d) Abdul Kalam | 7. What is the capital of Australia? | a) Penguin
b) Ostrich
c) Eagle
d) Albatross |
| 3. Who invented the telephone? | a) Alexander Graham Bell
b) Thomas Edison
c) Benjamin Franklin
d) James Watt | 8. Who is known as the Iron Lady of India? | a) Johannesburg
b) Cape Town
c) Pretoria
d) Durban |
| 4. What is the currency of Japan? | a) Yen
b) Yuan
c) Euro
d) Pound | 9. What is the national animal of India? | a) J.K. Rowling
b) Stephenie Meyer
c) Suzanne Collins
d) Dan Brown |
| 5. Which is the largest desert in the world? | a) Sahara Desert
b) Gobi Desert
c) Arabian Desert
d) Australian Desert | 10. Who wrote the famous play "Hamlet"? | a) Euro
b) Swiss Franc
c) Pound
d) Dollar |
| 6. Who painted the famous painting "Mona Lisa"? | a) Leonardo da Vinci | 11. Which country is known as the Land of the Midnight Sun? | a) Japan
b) China
c) Thailand
d) South Korea |

ASTRO SPEAK

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| ARIES
MAR 21 - APR 20
Make sure your messages are grounded and rooted in the present moment, as Mercury and Jupiter square off. Though you'll be eager to share grand ideas, you may come across as disconnected if you don't take time to fine-tune these visions. Consider flying under the radar as the moon enters Pisces, heightening the value of privacy.Your deepest and most secret desires could manifest in brilliant ways. | LIBRA
SEP 24 - OCT 22
Mercury and Jupiter square off this morning, dear Libra, bringing all-or-nothing vibes to the table. You won't be in the mood to change yourself in an effort to please others, opting instead to invest fully in dynamics that promote authenticity and playfulness. Elevate your wellness game as Luna migrates into Pisces and the sector of your chart that governs health, being mindful of what your body needs to feel supported and whole. |
| TAURUS
APR 21 - MAY 20
Your words will have the power to break down barriers, dear Taurus, as Mercury and Jupiter square off in our skies. Don't shy away from conflict if addressing pressing matters can help you climb higher toward the top, but remember to maintain a sense of composure and maturity. Your social sphere expands as the moon migrates into Pisces, making it easier to scratch beneath the surface with peers. | SCORPIO
OCT 23 - NOV 22
Your emotions will be difficult to stifle as Mercury and Jupiter square off, dear Scorpio, particularly regarding matters of the heart. Don't be afraid to reveal how you truly feel about someone special but remember not to go overboard with declarations of love. Explore cheeky ways to express yourself when Luna migrates into Pisces, and be sure to prioritize fun, friendship, and creativity. |
| GEMINI
MAY 21 - JUN 20
Mercury and Jupiter square off this morning, dear Gemini, bringing a slightly overstimulating energy your way. You'll feel uplifted and hopeful under these cosmic conditions, though chasing too many dreams at once may lead to burnout down the line. Prioritize your most pressing and realistic goals as Lune enters Pisces, taking control of destiny by straddling your dreams and the real world. | SAGITTARIUS
NOV 23 - DEC 22
A scattered energy may find you this morning, dear Sagittarius, as Mercury and Jupiter square off in our skies. Your thoughts are liable to conflict with one another whilst navigating this cosmic terrain, and it'll be important that you strive to maintain mind/body connectivity, especially if you start to ramble or overshare. Touch base with your emotions while nurturing basic needs as Luna migrates into Pisces. |
| CANCER
JUN 22 - JUL 23
You'll find it easy to practice compassion while rising above drama as moon enters Pisces and the sector of your chart that governs higher thinking. Allow your philosophical beliefs to guide your decisions, especially when Saturn activates this evening, bringing a karmic element to the table. Set a good example when Luna blows a kiss to Jupiter helping the world evolve into a better place. | CAPRICORN
DEC 23 - JUL 20
Ground to steer clear of ego hits and social snafus Mercury and Jupiter square off. The inflated nature of this cosmic climate would make it easy to lose touch with the people around you, though staying present at the moment will help you avoid saying the wrong thing or misreading rooms. Your intuition benefits from a cosmic boost when the moon enters Pisces, allowing you to understand the emotional state of others. |
| LEO
JUL 24 - AUG 23
Mercury and Jupiter square off this morning, dearest Lion, broadening the horizons of your love life. If you're currently on the hunt for romance, consider exploring outside of what you're traditionally attracted to, but remember to maintain boundaries that feel comfortable. You'll sense a shift as Luna migrates into Pisces, helping you evolve on an emotional level. | AQUARIUS
JAN 21 - FEB 23
Your words will elicit emotional responses as Mercury and Jupiter square off making it important to maintain a sincere and positive disposition. Take space to ground when Luna enters Pisces, especially if the feelings of others start to weigh on you. Your focus shifts toward personal structures and the path toward success as Saturn activates this evening, making it a good time to review financial and professional goals. |
| VIRGO
AUG 24 - SEP 23
Organization and hard work are the keys to manifestation themes. Use this energy to clean up any messy paths you've been walking down, reclaiming control of your dreams. Love lingers in the air as Luna migrates into Pisces and the sector of your chart that governs romance, making it the ideal time to connect emotionally. | PISCES
FEB 20 - MAR 20
Your thoughts will expand as Mercury and Jupiter align, bringing a burst of activity below the surface. Journal your most inspired ideas while navigating these vibes, once you've had a chance to ground and reflect. You'll crave attention as Luna migrates into your sign, nudging you toward the limelight. Saturn lends strength this evening, making it easier to set boundaries. |