

Suhana Khan and Agastya Nanda are staying away from the public eye due to THIS reason?



Suhana Khan and Agastya Nanda are one of the most talked about B Town rumoured couples in the tinsel town. Suhana and Agastya made their Bollywood debut together with The Archies and left the fans talking about their crackling chemistry. They both made a good noise with their acting skills in the film. While Suhana and Agastya who won hearts with their appearance in The Archies have been leaving their fans curious to know the details behind their personal lives. But both Suhana and Agastya will never let their personal lives be the topic of discussion and hence they refrain from making a public appearance together.

An insider reveals, "Suhana and Agastya had graced Neha Dhupia's party last night but the actress chose to not get clicked by the paparazzi. Suhana likes to keep her personal life away from the attention and hence she had put the black curtain on her car windows. Agastya Nanda travels in a very millennial car so that the paparazzi have less focus on him. Both the star kids are working hard in their professional careers, especially after receiving mixed responses for their debut film 'The Archies'. The source further adds, "Suhana and Agastya are good friends and they are very much aware of the curiosity that people have around their personal lives, but they will never entertain the fans. They are also aware that these constant rumours around their personal lives are a part of their profession". Suhana and Agastya's chemistry in 'The Archies' was loved by fans. And the audience wants them to do a film together that will have a theatrical release. Suhana and Agastya have been friends since childhood and hence they share a good bond. On the professional front Agastya is gearing up for Ekki directed by Sriram Raghavan. While Suhana Khan will be seen next in The King along with her father Shah Rukh Khan helmed by Sujoy Ghosh.

Bhakhshak on OTT: Bhumi Pednekar thanks Shah Rukh Khan and Gauri Khan for THIS reason

Bollywood actress Bhumi Pednekar played the role of a journalist in her recent OTT release Bhakhshak which is directed by Pulkit. The actress recently took to her social media account and thanked Shah Rukh Khan and his wife Gauri Khan for choosing her for this character. Bhumi even penned down a heartfelt note for the same and expressed her gratitude. On February 12, Bhumi shared a video on her Instagram account page and thanked everyone for the huge responses to the film. In the video, Bhumi recites a dialogue from this film, while the movie's scene is playing in the background. She said, 'Have you forgotten to empathize with others' pain? Do you still count yourself among humans? Or have you deemed yourself a devourer?'

Bhumi captioned the video as, "Jab #bhakhshak shuru ki thi tab @justpulkit ne kahaan tha, dekha Bhumi ye kahaani logon ko kabhi chhodh nahi payegi. Shooting this film was full of many moments that still overwhelm me. Our 'story' was reality for these children. They were so young that they probably didn't even know what was happening with them. This thought kept us going. We have to make a



film free of all corruption and with all the right intentions. This one is beyond a hit or flop. It's about how deeply it affects you when you watch it.'

Bhool Bhulaiyaa 3: Akshay Kumar to star in third installment? Anees Bazmee spills the beans

Bollywood's most versatile actor Akshay Kumar is ruling millions of hearts with playing a wide range of roles. He has time and again showcased his talent in comedy films and we must say he does comic roles with much ease. Akshay in Bhool Bhulaiyaa film left everyone spellbound with his impeccable comic timing. Well, recently fans could not control their excitement as Kartik Aaryan announced Bhool Bhulaiyaa 3. The second installment featured Kartik, Tabu and Kiara Advani in main roles. Well, fans are eagerly awaiting Akshay's role in the third installment. Kartik took to his social media and revealed that Vidya Balan who played the role of OG Manjulika in the film has joined the cast. Recently, director Anees Bazmee revealed if Akshay will be part of Bhool Bhulaiyaa 3. During a recent conversation with Zoom, Anees Bazmee spoke about the ongoing speculation about Akshay Kumar's role in the upcoming Bhool Bhulaiyaa 3. He said Akshay will not be part of Bhool Bhulaiyaa 3. He even added that he has been dying to work with him, but unfortunately, he



has not been able to script a film where they could work together. But, he said that they would work together in the future.

Recipes

Eggless Banana Chocolate Cake



Ingredients

- 1 cup all purpose flour
- 1/4 cup refined oil
- 1/2 teaspoon baking powder
- 1/2 teaspoon vanilla essence
- 1/2 cup cocoa powder
- 1 banana
- 2 tablespoons yoghurt (curd)
- 1/2 teaspoon baking soda
- 1/4 cup colorful sprinkles

For The Main Dish

- 1/2 cup lukewarm milk
- 1/2 cup sugar

Method:

In a bowl, take the curd and baking soda, mix well and keep aside for 10 minutes.

Peel the banana and mash it using a fork. You can use a blender too. Add sugar and milk to the curd mixture and let the sugar dissolve. Add vanilla essence, oil and mashed banana to it and mix them well.

Sieve in the flour, cocoa powder and baking powder. Gently fold it to make a smooth batter.

Grease a cake pan and preheat oven at 180 degrees Celsius for 10 minutes. Pour the batter into the greased pan, sprinkle the colourful sprinkles and bake for 35 minutes. A toothpick inserted in the centre should come out clean.

Remove from oven, let it stand for 5 minutes.

Demould it and let it cool down completely. Cut and serve immediately.

Enjoy!

5 Yoga asanas for high blood pressure management



High blood pressure or hypertension means having blood pressure that is consistently above normal. If not managed properly, uncontrolled high BP can result in several complications like heart attack or kidney failure. While it is essential to follow your doctor's prescriptions, following a regular yoga routine alongside can support your process of blood pressure management. It is advised to consult your doctor before beginning a new workout routine. Here are five asanas that can be of your help.

Yashtikasana (Stick Pose)

Yashtikasana, also known as the Stick Pose, is a simple yet effective posture that can help regulate blood pressure. It promotes blood circulation, stretches the spine, and relaxes the body, helping to reduce stress and lower blood pressure. To perform this asana, lie on the back on a mat, legs fully extended. Keep your feet together and the hands stretched above the head parallel to each other. Keep the mind relaxed. Inhale and stretch the body at full length, the toes and the fingers pointing outwards. Maintain the stretched

position for a few seconds and then return to the starting position, exhaling and relaxing.

Hastpadungushtasana (Extended Hand to Big Toe Pose)

Hastpadungushtasana focuses on stretching the hamstrings and promoting relaxation. To perform this asana, stand with your feet together and your hands on your hips. Inhale, lift your right leg forward, and hold the big toe with your right hand. Extend your right leg forward while keeping it straight. Maintain balance and hold the position for 10-15 seconds while breathing normally. Exhale and lower your leg. Repeat the same steps with your left leg.

Utkatasana (Chair Pose)

Utkatasana, or the Chair Pose, is a dynamic posture that engages various muscle groups and improves blood circulation. To practice this asana, stand with your feet together and your arms by your side. Inhale deeply. Now raise your arms above your head. Exhale and bend your knees, in an imaginary chair pose. Keep your back straight, chest up, and arms stretched forward. Hold the position for about 30 seconds while breathing deeply. Slowly return to the original position.

Bhadrasana (Butterfly/Gracious Pose)

Bhadrasana, or the Butterfly Pose, is a gentle and relaxing asana that can help manage high blood pressure by reducing tension and stress. To perform this pose, sit with your legs stretched out in front of you. Bend your knees and bring the soles of your feet together, allowing your knees to drop to the sides. Hold your feet with your hands. Now gently begin flapping your knees up and down. Keep your back straight. Maintain this movement for 1-2 minutes while breathing deeply and calmly.

Matsyasana (Fish Pose)

Matsyasana, or the Fish Pose, is a therapeutic posture that can help alleviate stress and promote relaxation. To practice this asana, lie on your back with your legs straight and your arms resting alongside your body. Place your hands under your hips. Make sure your palms are facing down. Inhale, lift your upper body, and arch your back, raising your chest toward the ceiling. Hold the position for 15-20 seconds while breathing deeply. Exhale and gently release. Return to the starting position.

Want rapid hair growth? Herbs you should try



If you want your hair to grow longer and become healthier, then you need a combination of proper care, a healthy lifestyle, and the use of natural remedies like herbs. These herbs are known for their properties that stimulate hair growth, improve scalp health, and strengthen hair follicles.

Amla: Amla is revered in Ayurveda for its hair-nourishing properties. Rich in Vitamin C and antioxidants, it strengthens hair follicles, promotes hair growth, and helps prevent premature graying. Amla can be used in various forms - as oil, powder, or in teas - to support hair health.

Bhringraj: Known as "King of Herbs" for hair, Bhringraj oil or powder stimulates hair growth and prevents hair fall. It nourishes the scalp, improves blood circulation, and strengthens hair follicles, promoting healthier and faster hair growth.

Fenugreek: Fenugreek seeds are rich in proteins and nicotinic acid, which are beneficial for hair growth. They strengthen hair follicles, prevent breakage, and add shine to hair.

Fenugreek seeds can be soaked overnight and ground into a paste for application or used as a hair rinse.

Aloe Vera: Applying aloe vera gel directly to the scalp promotes healthy hair growth by balancing pH levels, reducing scalp inflammation, and nourishing hair follicles. It also acts as a natural conditioner, improving hair texture.

Hibiscus: Hibiscus flowers and leaves are rich in vitamins and amino acids that nourish hair, stimulate growth, and prevent hair fall. Its natural conditioning properties make hair soft and manageable. Hibiscus can be used in hair masks, oils, or rinses to encourage rapid hair growth.

Neem: Neem has potent antibacterial and antifungal properties, making it ideal for maintaining scalp health. It cleanses the scalp, treats dandruff, and promotes hair growth by keeping infections at bay. Neem oil or neem-infused hair products can be beneficial for overall hair health.

How to use these herbs

These herbs can be used in various DIY hair masks, hair oils, or as infusions to experience their benefits. It's important to note that while these herbs can support hair growth and improve hair health, individual results may vary. Consistency in usage and overall lifestyle factors like a balanced diet, proper hydration, and reduced stress also play a significant role in promoting rapid hair growth. If there is a medical condition, it is best to consult your dermatologist for proper diagnosis and treatment.

General Knowledge Question Answers

- Who is the author of "To Kill a Mockingbird"?
 - A) George Orwell
 - B) Aldous Huxley
 - C) Ray Bradbury
 - D) Margaret Atwood
- Who wrote "The Diary of a Young Girl"?
 - A) Anne Frank
 - B) Elie Wiesel
 - C) Primo Levi
 - D) Viktor Frankl
- Who wrote the novel "The Great Gatsby"?
 - A) F. Scott Fitzgerald
 - B) Ernest Hemingway
 - C) Harper Lee
 - D) Virginia Woolf
- Who is the author of "The Catcher in the Rye"?
 - A) J.K. Rowling
 - B) J.R.R. Tolkien
 - C) C.S. Lewis
 - D) Roald Dahl
- Which author wrote "The Chronicles of Narnia"?
 - A) J.K. Rowling
 - B) J.R.R. Tolkien
 - C) C.S. Lewis (Answer)
 - D) Roald Dahl
- Who is the author of "1984"?
 - A) Gabriel Garcia Marquez
 - B) Pablo Neruda
 - C) Jorge Luis Borges
 - D) Octavio Paz
- Who is the author of the novel "The God of Small Things"?
 - a) Arundhati Roy
 - b) Salman Rushdie
 - c) Vikram Seth
 - d) Kiran Desai
- Who is the author of the novel "Wuthering Heights"?
 - a) Charlotte Bronte
 - b) Emily Bronte
 - c) Jane Austen
 - d) Virginia Woolf
- Who is the author of "The Color Purple"?
 - a) Toni Morrison
 - b) Alice Walker
 - c) Maya Angelou
 - d) Zora Neale Hurston
- Who is the author of "The Lord of the Rings" trilogy?
 - a) J.K. Rowling
 - b) J.R.R. Tolkien (Answer)
 - c) C.S. Lewis
 - d) Roald Dahl
- Who wrote "The Picture of Dorian Gray"?
 - A) Oscar Wilde
 - B) Virginia Woolf
 - C) James Joyce
 - D) T.S. Eliot
- Who is the author of "One Hundred Years of Solitude"?
 - A) Oscar Wilde
 - B) Virginia Woolf
 - C) James Joyce
 - D) T.S. Eliot

ASTRO SPEAK

- ARIES** (MAR 21 - APR 20): The sun enters Gemini and your solar third house marking the last stretch of spring and a chance for you to expand your mind. These vibes are perfect for nurturing your curious nature, though your social side will need some attention too. You'll want to be on guard for drama within your network of peers, taking care not to get involved if negativity begins to circulate your sphere.
- LIBRA** (SEP 24 - OCT 22): The sun enters Gemini and your house of spirituality this morning, elevating your spirits and intuition throughout the next month. Lean into the mystic that lives within, and you'll soon find a universe alive with magic and synchronicity. Unfortunately, a tense opposition between Mars and Pluto could temporarily rain on your parade, especially if your friends try to pull you into their drama.
- TAURUS** (APR 21 - MAY 20): The sun enters Gemini and your solar third house marking the last stretch of spring and a chance for you to expand your mind. These vibes are perfect for nurturing your curious nature, though your social side will need some attention too. You'll want to be on guard for drama within your network of peers, taking care not to get involved if negativity begins to circulate your sphere.
- SCORPIO** (OCT 23 - NOV 22): You'll be thinking heavily about ways to evolve throughout the coming weeks, as the sun enters Gemini and your house of transformation. Use this energy to make important decisions that will lead you to a higher path, even if doing so requires a few "goodbyes." Keep tabs on your emotions as Mars and Pluto face off overhead, taking care to set boundaries and nurture your needs if you feel overly stressed.
- GEMINI** (MAY 21 - JUN 20): Happy birthday, dearest Gemini! The sun officially enters your sign early this morning, giving you full permission to seek attention, revel in your popularity, and make things just a little bit more about you. However, you'll want to be delicate in your approach to adoration as Mars and Pluto face off, and be sure to keep your message positive and attitude light.
- SAGITTARIUS** (NOV 23 - DEC 22): Get ready for lots of love and plenty of flirting, as the sun migrates into Gemini and your solar seventh house. This luminary placement will heighten your charisma and natural wits, providing you with all tools necessary to enchant your latest crush. However, you should focus on maintaining a sense of balance on your own, making time to support your mind, body, and soul in the pursuit of harmony.
- CANCER** (JUN 22 - JUL 23): Your mind will be a busy place throughout the coming weeks, darling Cancer, as the sun enters Gemini and the sector of your chart that governs introspection. This solar placement will ask you to take stock of your life, meditating on ways to improve your overall happiness while acknowledging what you cannot control. A sweetness will wash over you this evening when the moon enters your sign.
- CAPRICORN** (DEC 23 - JUL 20): The sun enters Gemini and your solar sixth house asking you to recommit to your health and wellness goals. These vibes are perfect for recommitting to consistent bedtimes, workout regimes, and overall organization, so be sure to direct your focus accordingly throughout the coming month. You'll feel a shift this evening when the moon enters Cancer, helping you reclaim a sense of balance and harmony.
- LEO** (JUL 24 - AUG 23): Get ready for good times ahead, dear Leo, as the sun enters Gemini and the sector of your chart that governs community. Though you'll be busy shaking hands and kissing babies throughout the coming weeks, a desire to do something good will also come into play. Be sure to acknowledge the humanitarian that lives within. Just be sure to carve out some alone time this evening when the moon migrates into Cancer.
- AQUARIUS** (JAN 21 - FEB 23): A rush of playful and creative energy will wash over you as the sun enters Gemini and your solar fifth house. This luminary placement will reignite your spirits, especially when you devote more time to the pursuit of fun or the arts. Unfortunately, tensions could mound within your love life as Mars and Pluto face off in our skies, but try not to let small arguments spiral into something bigger.
- VIRGO** (AUG 24 - SEP 23): Take extra steps to nurture your professional network throughout the coming weeks, dearest Virgo, as the sun enters Gemini and your solar tenth house. This luminary placement can assist in making headway within your occupational goals, but relationships will be important as you inch your way to the top. Use this energy as motivation to get a head start.
- PISCES** (FEB 20 - MAR 20): Your home will feel elevated and bustling when you awaken as the sun migrates into Gemini and the sector of your chart that governs domestic affairs. Use this energy to get organized within your space throughout the coming month, and be sure to host plenty of social gatherings. You may want to lay low for now, as Mars and Pluto face off overhead, which could put you in a private and irritable mood.