

Ranbir Kapoor, Alia Bhatt's decision to unveil daughter Raha's face was not pre-planned? Granddad Mahesh Bhatt spills the beans



Ranbir Kapoor and Alia Bhatt surprised everyone last year around Christmas when they decided to unveil their daughter Raha Kapoor's face to the media. After Raha was born, Ranbir, Alia, along with Ncuti Kapoor, invited the paparazzi for a small gathering where they requested the media not to take their daughter's pictures. The media adhered to the couple's request, and Raha's pictures were never clicked or leaked. Many thought that, like Virushka, Ranbir and Alia would keep their child's face hidden for a long time. However, the Brahmastra couple shocked everyone when they decided to unveil their daughter's face to the media. Raha's granddad, filmmaker Mahesh Bhatt, recently revealed that Ranbir and Alia didn't inform them beforehand about their decision to unveil Raha's face to the public. In a recent interview with Zoom, Mahesh Bhatt revealed that neither Ranbir nor Alia informed or discussed the decision with him before showing Raha's face to the media. Mahesh Bhatt mentioned that their decision seemed to come out of the blue for him, and he was shocked when Raha's face was revealed. He speculated that the couple might have felt it was the right time to share their daughter's face, especially since she was already one year old and the world was curious to see what baby Raha looks like. Ranbir Kapoor recently won the Best Actor award for Animal. In his acceptance speech, he expressed gratitude to three special people: filmmaker Sandeep Reddy Vanga for believing in him to portray such a character; his late father Rishi Kapoor, whom he remembered the most while working on the film, and his daughter Raha, who is his everything now. Ranbir Kapoor has repeatedly mentioned his desire for another daughter if he is blessed with a second child.

Vijay Varma, Tamannaah Bhatia wedding eagerly awaited by Jaane Jaan star's family?

Vijay Varma and Tamannaah Bhatia are one couple whom fans and paps adore a lot. Their whirlwind romance has been one of the epic love stories of 2023 in Bollywood. Fans loved their chemistry in Lust Stories 2, the project that kickstarted their love affair. While reports say that Tamannaah Bhatia and Vijay Varma are enjoying this courtship phase, and have no plans to marry soon but fans are hopeful for a quick wedding. Vijay Varma had a terrific 2023 with top projects like Jaane Jaan, Dabaad and Kaalkoot. He seems very happy in his personal space too. Vijay Varma did a small Q and A session with his fans on Instagram. A female fan asked, him, "Kab Shaadi karre????!!!!!!". The actor reacted with a witty response. He wrote, "My niece asking mom questions already (accompanied by a red goblin emoji) also I heard it in Hyderabad." As we know, Vijay Varma is from the city of Hyderabad. His family is originally from Rajasthan but he has grown up in the city of Charminar. Vijay Varma and Tamannaah Bhatia have been seen in many events on and off. Vijay Varma and



Tamannaah Bhatia have been seen in many events on and off. The couple are adored by the paparazzi who love to tease them. It seems they struck a chord instantly when they met for Lust Stories 2.

Rakul Preet Singh-Jackky Bhagnani wedding: Star-studded reception, lavish venue, high-profile guests and more

Bollywood's cutest couple Rakul Preet Singh and Jackky Bhagnani have been dating for a long time now. The two are head over heels in love with one another and are all set to take their relationship to the next level. As per reports, Rakul and Jackky will tie the knot on February 21 in Goa. The two paint the town red with their romantic PDAs. As per the latest report in India Today, Rakul and Jackky will host a grand wedding reception for Bollywood and South celebrities on February 22 in Mumbai. Yes, you read that right! Their pre-wedding festivities have been planned from February 19 to February 21 in Goa. Rakul and Jackky will report exchanging their wedding vows in the presence of their close friends and family members. Their wedding reception will be a lavish event and many high-profile guests including Prime Minister Narendra Modi are expected at the event. The guest list will include celebrities, directors and producers who will attend their reception. As per reports, Rakul and Jackky wanted to have a destination wedding abroad, but they changed plans last-



minute aligning with the call from Prime Minister Narendra Modi for families to host celebrations within the country.

Recipes

Mixed Dal Dosa



**Ingredients**  
2 tablespoon toor daal  
2 tablespoon green moong dal  
2 tablespoon urad dal  
2 green chilli, salt as required  
2 tablespoon yellow moong dal  
2 tablespoon chana dal  
4 tablespoon basmati rice  
5 cloves garlic  
2 tablespoon virgin olive oil

**Method:**  
Collect the dal and rice in a bowl. Wash it well at least 3-4 times. Collect the washed dal and rice in a bowl. Fill it with warm water and let it soak for about 4 hours. Now drain the excess water. Add the dal and rice to a blender along with 1/2 cup of water, garlic cloves and green chillies. Blend to form a paste. Take out the batter in a bowl. Add salt as per taste and give a good mix. Use a whisk and whisk the batter for 1-2 minutes to fluff it up well. You can add a little bit of water more to adjust the consistency. Heat a non-stick pan and drizzle it with some oil. Now pour 2-3 ladleful of batter on the tawa and spread in circular motions to form a thin layer. Cook the dosa from both sides until golden in colour and crisp in texture. Make more such dosas with the remaining batter. You can easily make 5-6 dosas with this much batter. Your Dosas are now ready to be served. Pair up with coconut chutney or sambhar and serve.

Yoga asanas to overcome joint pain in winter



During winter, many individuals experience discomfort in the upper body, which can be attributed to the cold temperature and hunching to stay warm. The increased circulation and body warmth generated by this pose make it a valuable addition to your winter yoga routine, ensuring that you stay comfortable and agile despite the cold. **Hasta Uttanasana** Steps: Start in a standing position with your feet together and palms together at your chest in a prayer position. Inhale deeply while raising both arms overhead, arching your back slightly, and looking upward. Keep your arms alongside your ears, and press your hips slightly forward. Hold the pose briefly while you continue to breathe. Exhale and bring your hands back down to your chest in a prayer position. **Adho Mukha Marjariasana** Adho Mukha Marjariasana helps warm up the spine, alleviates back stiffness, and encourages spinal health. The stretching and strengthening of muscles, coupled with improved blood circulation, counteract the discomfort associated with cold weather. Steps: Start on your hands and knees in a tabletop position, with your wrists under your shoulders and knees under your hips. Inhale deeply as you arch your back, lifting your head and tailbone toward the ceiling (Cow Pose). Exhale as you round your back, tuck your

chin to your chest, and draw your navel in toward your spine (Cat Pose). Continue to flow between Cow and Cat Poses with your breath, inhaling for Cow and exhaling for Cat. Repeat this gentle, rhythmic movement for several breaths, synchronizing your breath with the motion. **Adho Mukha Svanasana** This asana provides a comprehensive full-body stretch that strengthens the legs and arms while simultaneously relieving stiffness in the back and shoulders. By increasing blood circulation and enhancing overall flexibility, this pose is not only effective in promoting body warmth but also aids in maintaining the suppleness of the body even in cold weather. Steps: Start on your hands and knees with wrists under shoulders and knees under hips. Lift your hips, and straighten your legs to create an inverted 'V' shape. Keep hands shoulder-width apart, fingers spread, and press palms into the mat. Maintain a slight bend in elbows, lengthen the spine, and look toward your toes. Breathe deeply and hold for 30 seconds to a minute. To exit, bend your knees and return to a tabletop position. **Setu Bandhasana** For those experiencing back pain during the winter, Setu Bandhasana is highly effective. It involves a deep stretch of the spine, which reduces stiffness and opens up the chest, relieving upper body tension. Steps: Lie flat on your back with your knees bent and feet hip-width apart. Your arms should be placed alongside your body, palms facing down. Inhale as you press your feet and arms into the mat and lift your hips off the floor. Roll your shoulders underneath you and interlace your fingers, creating a strong base for your arms. Keep your thighs parallel to each other and your knees directly over your ankles. Lift your chest slightly toward your chin while keeping your neck relaxed. Breathe deeply and hold the pose for several breaths. To exit, release your hands, exhale as you slowly roll your spine down to the mat, and return to the starting position.

How to de-clog pores at home

Clogged pores can be a common skincare woe, leading to issues such as acne, blackheads, and dull complexion. While professional treatments are available, there are effective and affordable ways to address clogged pores at home. **Steam your way to clear skin** Steam is an excellent natural remedy for opening up pores and softening impurities, making them easier to remove. Create a DIY steam facial by boiling a pot of water. Once steaming, drape a towel over your head and lean over the pot, allowing the steam to envelop your face for about 5-10 minutes. **Gentle exfoliation with natural scrubs** Regular exfoliation is key to preventing pore blockages. Opt for natural exfoliants like sugar, coffee grounds, or oatmeal to create homemade scrubs. These ingredients help slough off dead skin cells, excess oil, and debris, preventing them from settling into pores. Gently massage the scrub onto damp skin in circular motions, focusing on areas prone to clogging. **Clay masks for deep cleansing** Clay masks are renowned for their ability to absorb excess oil and impurities from the skin. Bentonite, kaolin, or French green clay can be mixed with water or apple cider vinegar to form a paste. Apply the mask to your face, let it dry for about 15-20 minutes, and then rinse. Clay masks are especially effective in drawing out deep-seated impurities from the pores. **Oil cleansing method** Contrary to common belief, oil can be an effective



solution for de-clogging pores. The oil cleansing method involves massaging a nourishing oil, such as jojoba or sweet almond oil, onto your face. The oil helps dissolve and lift excess sebum, impurities, and even stubborn makeup. Gently wipe away the oil with a warm, damp cloth to reveal cleansed pores. **Salicylic acid or glycolic acid** Incorporating products with salicylic acid or glycolic acid into your skincare routine can aid in de-clogging pores. These ingredients exfoliate the skin, penetrating deep into the pores to remove dead skin cells and excess oil. Consider using a toner, serum, or spot treatment containing these acids, but start with a patch test to avoid irritation. **Honey and cinnamon mask** A homemade mask using honey and cinnamon can be beneficial for clearing pores and preventing bacterial growth. Mix a teaspoon of honey with a pinch of cinnamon to create a paste. Apply the mixture to your face and leave it on for about 10-15 minutes before rinsing. Honey's antibacterial properties, combined with the exfoliating effects of cinnamon, make this mask a soothing yet effective option. **Regular hydration and moisturisation** Maintaining proper hydration is essential for healthy skin. When the skin is dehydrated, it can produce more oil, leading to clogged pores. Drink an adequate amount of water daily, and use a lightweight, non-comedogenic moisturizer to keep your skin balanced and hydrated.

General Knowledge Question Answers

- Which article of the Indian Constitution deals with the establishment of the Parliament of India?  
a) Article 76  
b) Article 80  
c) Article 83  
d) Article 87
- The Parliament of India consists of how many houses?  
a) One  
b) Two  
c) Three  
d) Four
- The maximum strength of the Lok Sabha is how many members?  
a) 530  
b) 545  
c) 550  
d) 560
- What is the term of the Lok Sabha?  
a) 4 years  
b) 5 years  
c) 6 years  
d) 7 years
- Which house of the Parliament represents the states of India?  
a) Lok Sabha  
b) Rajya Sabha  
c) Both Lok Sabha and Rajya Sabha  
d) Neither Lok Sabha nor Rajya Sabha
- What is the term of a member of the Rajya Sabha?  
a) 4 years  
b) 5 years  
c) 6 years  
d) 7 years
- Who is the ex-officio Chairman of the Rajya Sabha?  
a) Vice President of India  
b) Prime Minister of India  
c) President of India  
d) Speaker of the Lok Sabha
- Who is the ex-officio Chairman of the Lok Sabha?  
a) Vice President of India  
b) Prime Minister of India  
c) President of India  
d) Speaker of the Lok Sabha
- Who can preside over the joint sitting of both houses of the Parliament?  
a) President of India  
b) Vice President of India  
c) Speaker of the Lok Sabha  
d) Chairman of the Rajya Sabha
- What is the quorum required for conducting business in the Lok Sabha?  
a) One-third of the total number of members  
b) One-fourth of the total number of members  
c) One-fifth of the total number of members  
d) One-sixth of the total number of members
- Which house of the Parliament has the power to initiate money bills?  
a) Lok Sabha  
b) Rajya Sabha  
c) Parliament  
d) None of the above
- The President of India can nominate how many members to the Rajya Sabha?  
a) 6  
b) 10  
c) 12  
d) 14
- What is the minimum age required to be a member of the Lok Sabha?  
a) 21 years  
b) 25 years  
c) 30 years  
d) 35 years
- Which amendment to the Indian Constitution introduced the anti-defection law?  
a) 52nd Amendment  
b) 62nd Amendment  
c) 72nd Amendment  
d) 84th Amendment
- What is the maximum time limit for which a money bill can be kept pending in the Rajya Sabha?  
a) 6 months  
b) 3 months  
c) 1 year  
d) There is no time limit

ASTRO SPEAK

- ARIES** (MAR 21 - APR 20) Sleepytime fog may be difficult to shake off as the Libra moon forms an unbalanced connection with hazy Neptune. Grant yourself grace while continuing through the day, noticing how the energy shifts this afternoon when Luna makes her debut into Scorpio and the sector of your chart that governs transformation. Focus on releasing unhealthy internal dialogues as midnight closes in and Saturn activates.
- LIBRA** (SEP 24 - OCT 22) The moon takes its final steps through your sign today, dear Libra, forming an unbalanced connection with dreamy Neptune early this morning. Pay close attention to your movements and sense of focus when continuing through routines and work, as it would be easy to gloss over important details. A harsh connection to Pluto may cause your creativity to suffer, especially if it's been a while since you had some fun.
- TAURUS** (APR 21 - MAY 20) Technology may bring more distractions than convenience as the Libra moon forms an unbalanced connection with hazy Neptune. Do your best to stay organized when navigating these vibes, drafting a to-do list if you struggle to focus on tasks. You'll notice a shift this afternoon when the moon enters Scorpio, bringing harmonious vibes your way while activating the sector of your chart that governs matters of the heart.
- SCORPIO** (OCT 23 - NOV 22) You may fluctuate between your most introverted and extroverted selves this morning, dear Scorpio, as the Libra moon forms an unbalanced aspect with hazy Neptune. Play it safe by laying low, as this celestial exchange could hinder your self-awareness while increasing the chances that you'll encounter a difficult audience. Beware of mood swings within yourself and others.
- GEMINI** (MAY 21 - JUN 20) You'll have an opportunity to escape restrictions as the Libra moon and Neptune align. Unfortunately, the unbalanced nature of this cosmic climate could also cause you to lose grip on your responsibilities, so be sure to check in with your agenda in relation to personal goals. Just beware of a harsh square to Pluto, which emphasizes transforming to reach dreams, that change at once.
- SAGITTARIUS** (NOV 23 - DEC 22) You may struggle with hard feelings as the Libra moon forms an connection with hazy Neptune. Though hiding under the covers may feel like a temptation you're unable to resist, now is not the best time to hide away. Devote your morning to any chores or tasks that must be completed or require you to socialize with others so that you can return to your cocoon once afternoon settles in and the moon enters Scorpio.
- CANCER** (JUN 22 - JUL 23) Your home will feel light, dreamy, and inviting as the Libra moon aligns with ethereal Neptune. Unfortunately, the unbalanced nature of this celestial exchange could make it difficult to get out of bed, and sleeping in might not be an option. Luckily, your energy levels increase as afternoon settles in, and Luna makes her debut in Scorpio and reignites your lust for life, especially art and friendship.
- CAPRICORN** (DEC 23 - JUL 20) Don't believe everything you hear as the Libra moon forms an unbalanced connection with Neptune this morning, sweet Capricorn, even if the message is delivered by an authority figure or someone you respect. Your focus shifts to the collective and how your actions affect the greater good once afternoon settles in and the moon enters Scorpio, activating the sector of your chart that governs community.
- LEO** (JUL 24 - AUG 23) The Libra moon forms an unbalanced connection with Neptune bringing a confusing and potentially deceptive energy to your conversations. Don't give away trust before it is earned, saving intimate details for conversations that occur once you've had time to set solid foundations within new dynamics. You'll crave pampering when Luna makes her debut into transformative Scorpio this afternoon.
- AQUARIUS** (JAN 21 - FEB 23) Feel free to get lost in a world of your own creation, dearest Aquarius, as the Libra moon and ethereal Neptune align. This cosmic climate reveals your surroundings from a surreal and beautiful vantage point, allowing you to take a break from the harsh realities of our world in favor of finding gratitude. A harsh connection to Pluto suggests you may struggle to find your sense of empowerment.
- VIRGO** (AUG 24 - SEP 23) You may feel out of sync with your surroundings as the Libra moon forms an unbalanced connection with hazy Neptune. Luckily, your mental agility benefits from celestial support when Luna makes her debut into Scorpio, giving you a chance to process and communicate any ideas or issues you've been struggling to make sense of.
- PISCES** (FEB 20 - MAR 20) The ambiance may feel strange as the Libra moon forms an unbalanced connection with Neptune, sweet Pisces, putting you in the mood for change without providing direction on how you might achieve it. Luckily, you'll feel more at peace and open to the unknown once afternoon settles in and the moon enters Scorpio, unleashing your intuition and most philosophical self.