

Love and War: Was Sanjay Leela Bhansali strict director to Alia Bhatt during Gangubai Kathiawadi?



Alia Bhatt owned Gangubai Kathiawadi like no other, she left the taskmaster Sanjay Leela Bhansali with her craft, and no wonder he is working with her all over again. And it won't be a denying to see after Deepika Padukone, Alia Bhatt is Bhansali's new muse in the tinsel town. But was Bhansali a strict director like he is known to give tough times to his actors on the sets? Well, the answer here is NO. In the latest interview, veteran actress Seema Pahlwa who played a significant role in Gangubai Kathiawadi reveals that she didn't see Bhansali yelling on the sets and he was totally unlike his personality. Sharing her experience working with SLB she said, "I had never worked with Sanjay. I didn't know about his style of working. I didn't know how comfortable he makes the actors feel. The second challenge was, if the audience will accept me or not. Because they had just been seeing me doing comedy so seeing me playing a negative role... I didn't know if the audience would accept me,". Praising Alia Bhatt and her work ethics, Seema Pahlwa said, "Alia was also a surprise for me. I thought she is a new girl, very successful. You never know how arrogant she could be, how she works. But she is extremely hardworking, very sincere, respects her elders, senior actors. She does it very well. I was very comfortable with her". Alia Bhatt is one of the finest actors and with Gangubai Kathiawadi she once again proved her mettle. Alia won her first National Award for this film. The actress is right now all set to work with Sanjay Leela Bhansali again in Love and War along with her husband and Bollywood star Ranbir Kapoor and Vicky Kaushal. This love triangle saga is going to be epic. Well, this is just Alia's second film with SLB, she had said on Karan Johar's show season 7 that the filmmaker has promised her four films after he did three with Deepika Padukone.

Is this when Anushka Sharma and Virat Kohli will welcome their second baby home?



Anushka Sharma and Virat Kohli are expecting their second baby news is all over making headlines after cricketer AB de Villiers confirmed that the couple is expecting their second baby. Hence Virat is focusing more on his personal life right now. But sooner the cricketer deleted the video from his YouTube, but the red already spread like wildfire on the internet. Anushka Sharma and Virat Kohli fans are eagerly waiting for the couple to announce the baby, amid the on going speculations. The first town news of Anushka Sharma expecting her second baby came out in September. HT broke the news and claimed that the actress had even entered her second trimester. After that Anushka made several spottings as she cheered for her hubby Virat Kohli at the stands while he played matches. The baby bump the actress was very visible and many thought these were just rumours. Usually, baby bumps appear after the completion of six months. And due to no spotting of baby bump their second pregnancy news dissolved.

Shahid Kapoor to star in an epic historical film on Chhatrapati Shivaji Maharaj?



Shahid Kapoor is one of the most loved actors of Bollywood. He has always proved that he can do any kind of role easily. Shahid is currently awaiting the release of his film, Teri Baaton Mein Aisa Uljha Jiya. He will be seen opposite Kriti Sanon in the movie which is releasing on February 9. As per reports, the actor has already bagged another new movie. Well, there is no confirmation about the same. But reports in Pinkvilla, Shahid Kapoor is in talks for a film directed by OMG 2 fame Amit Rai. They are all set to collaborate for a historical film based on the life of Chhatrapati Shivaji Maharaj. Amit Rai has always loved these kind of subjects. His story and vision has impressed the producers and the talks about the casting has started. And as per reports, Shahid Kapoor's name has come up without any second thoughts. It is also being said that even Shahid Kapoor has expressed his excitement for the project and has agreed to do it. However, the announcements about the same will be made once a top studio aligns with the film. The producers are actively looking for studios and financiers. The historic

film will bring to light a courageous chapter from the life of Chhatrapati Shivaji Maharaj.

Recipes

Vegan Banana Oats Chocolate Cake



Ingredients
1 cup rice flour; 3/4 cup ground almonds
1/2 teaspoon baking soda, 2/3 cup almond milk
2 tablespoon flax seeds, 1 teaspoon lime juice
1 tablespoon apple cider vinegar
1/4 cup almond butter
2 cup oats powder
2 teaspoon baking powder
2 banana
1/2 cup maple sugar
5 tablespoon water
2 teaspoon vanilla extract
100 gm dark chocolate
Method:
To prepare this easy recipe, start by taking a grinder jar and adding rice flour; oats flour/powder; ground almonds, baking powder, and baking soda. Grind well to a fine powder and transfer to a bowl.
Next, grind together peeled bananas, almond milk, maple sugar, flax seeds, water, lime juice, vanilla extract, and apple cider vinegar in the same jar. Once done, keep aside.
Now, fold together the mixtures (step 1 & 2) until no lumps are remaining. You can also blend them together in the jar.
Then, in another bowl, mix vegan dark chocolate and almond butter very well.
Now, take a baking pan and add half the flour mixture, then the chocolate mixture. Repeat the process to add both the mixtures and your cake mix will be ready.
Finally, bake the cake for 40 minutes or till a fork comes out clean.

5 yoga poses for clearing blocked sinuses in winter



Sinusitis, often seen in monsoon and winter, involves inflammation of sinus cavities due to factors like allergies, infections, nasal polyps, or sinus lining swelling. Symptoms include nasal congestion, difficulty breathing, pain around eyes, cheeks, nose, or forehead, along with cough, headache, fever, and sore throat. According to Founder of Akshar Yoga Kendraa, "To ease sinusitis, alongside medications, yoga proves beneficial. It stimulates white blood cell production, improves circulation, and releases endorphins. Specific yoga poses target sinusitis by opening air passages in the nose, stretching lungs, and enhancing oxygen intake. Yoga also boosts adrenaline production, helping contract blood vessels to reduce inflammation. Try these yoga poses to clear those sinuses: Cobra Pose (Bhujangasana) Start by lying flat on your stomach with palms under your shoulders. Keep your feet together with toes on the ground. Inhale deeply, hold your breath, and lift your head, shoulders, and torso to a 30-degree angle. Maintain the posture for 10 seconds, ensuring your navel remains on the floor and your shoulders are broad. Exhale as you slowly

lower your torso back down. Cat cow pose Cat-Cow pose is a dynamic yoga stretch beneficial for sinus relief. Begin on all fours, inhale arching your back into Cow position, lifting your head and tailbone. Exhale into Cat, rounding your spine and bringing your chin to your chest. Repeat fluidly, syncing breath with movement. This pose improves flexibility and circulation, providing relief for sinus congestion. Child's Pose (Balasana) Get down on all fours, then sit back on your heels, reaching your arms forward. This pose not only provides a gentle stretch for the back but also encourages deep breathing, aiding sinus drainage. Bridge Pose (Setu Bandhasana) Lie on your back, bend your knees, and place your feet hip-width apart. Lift your hips toward the ceiling, creating a bridge with your body. This pose promotes blood circulation, helping to alleviate sinus congestion. Downward-Facing Dog (Adho Mukha Svanasana) Start on your hands and knees, then lift your hips toward the ceiling, straightening your legs. This inversion allows gravity to assist in draining your sinuses, offering relief from congestion. Standing Forward Bend (Padahastasana) Stand with your feet hip-width apart, hinge at your hips, and bend forward, reaching toward the ground. Padahastasana promotes blood flow to the head, potentially relieving sinus pressure. Alternate Nostril Breathing (Nadi Shodhana Pranayama) Sit comfortably, using your right thumb to close off your right nostril and inhale through the left. Then, close the left nostril with your right ring finger and exhale through the right. Repeat, alternating nostrils. This breathing technique helps balance the flow of air and may alleviate sinus issues. Remember, consistency is key. Incorporate these poses into your routine, and breathe easy this winter.

Easy head massage that can increase your hair growth



Don't all of us want healthy and vibrant hair; and to achieve the same many of us often end up undergoing complex treatments and trying out expensive products. However, sometimes the key to promoting hair growth lies in the simplicity of a routine head massage. This age-old practice not only induces relaxation but can also stimulate blood circulation to the scalp, encouraging hair follicles to flourish. Before delving into the step-by-step guide, let's understand the science behind how head massages can contribute to hair growth. Improved blood circulation Massaging the scalp increases blood flow to the hair follicles, ensuring they receive an enhanced supply of oxygen and nutrients. This improved circulation promotes overall hair health. Reduced stress levels Stress is a known factor contributing to hair loss. Head massages induce relaxation, reducing stress levels and minimizing the impact of stress-related hair issues.

Activation of hair follicles Gentle massage movements stimulate the dormant hair follicles, encouraging them to transition into the active growth phase. **Step-by-step guide to an easy head massage** Now, let's explore a simple head massage routine that you can incorporate into your self-care regimen for potential hair growth benefits. **Create a relaxing environment:** Find a quiet and comfortable space where you can sit or lie down. Dim the lights, play soothing music, and set the mood for relaxation. **Choose a nourishing oil:** Opt for a hair-friendly oil such as coconut oil, olive oil, or jojoba oil. These oils not only provide lubrication for the massage but also offer nourishment to your hair and scalp. **Warm the oil:** Gently warm the chosen oil to a comfortable temperature. Ensure it is not too hot to avoid discomfort. **Section your hair:** Divide your hair into sections to make the massage more effective. Use hair clips or ties to secure the sections. **Apply the oil:** Start by applying a small amount of oil to your fingertips. Begin at the base of your neck and work your way up, applying the oil evenly to your scalp. **Begin massaging:** Using your fingertips, start massaging your scalp with gentle circular motions. Focus on covering the entire scalp, paying extra attention to areas where you may experience thinning or hair loss. **Include pressure points:** Explore pressure points by applying a bit more pressure with your fingertips. This can help release tension and enhance the benefits of the massage.

General Knowledge Question Answers

| | | |
|---|---|---|
| 1. When is World Environment Day celebrated? | b) January 1 c) February 14 d) November 19 | 12. When is World Water Day celebrated? |
| a) June 5 b) April 22 c) September 16 d) October 24 | | a) 22nd March b) 2nd March c) 20th March d) 10th March |
| 2. When is International Women's Day celebrated? | a) March 22 b) April 22 c) May 22 d) June 22 | 13. When is International Women's Day celebrated? |
| a) March 8 b) February 14 c) November 19 d) October 31 | | a) 8th March b) 10th March c) 12th March d) 6th March |
| 3. When is International Yoga Day celebrated? | a) October 16 b) November 19 c) September 21 d) December 1 | 14. When is World Press Freedom Day celebrated? |
| a) June 21 b) July 1 c) May 1 d) August 15 | | a) 3rd May b) 5th May c) 7th May d) 10th May |
| 4. When is World Humanitarian Day celebrated? | a) April 22 b) March 22 c) May 22 d) June 22 | 15. When is World Humanitarian Day celebrated? |
| a) August 19 b) July 11 c) June 5 d) September 21 | | a) 19th August b) 20th August c) 21st August d) 22nd August |
| 5. When is the International Day of Peace celebrated? | a) February 4 b) January 1 c) March 8 d) December 25 | 16. Which day is celebrated on March 8th every year? |
| a) September 21 b) July 4 c) October 31 d) December 25 | | a) World Health Day b) International Women's Day c) World Environment Day d) Earth Day |
| 6. When is World AIDS Day celebrated? | a) October 11 b) November 19 c) September 21 d) December 1 | |
| a) December 1 | | |

| | | | | |
|-------------------------------|----------------|-----------------|---------------|-----------------|
| 16. International Women's Day | 12. 22nd March | 13. 8th March | 14. 3rd May | 15. 19th August |
| 1. June 5 | 4. August 19 | 5. September 21 | 6. December 1 | 7. March 22 |
| 2. March 8 | 3. June 21 | | | |

ASTRO SPEAK

| | | | |
|--------------------------------------|--|---|---|
| ARIES MAR 21 - APR 20 | Sweet Venus enters stoic Capricorn softening the rough edges within us all. This planetary placement also brings opportunities to manifest professional ambitions, helping you balance grace with authority to seize a more prominent role in your field. Meanwhile, the moon continues its journey through Cancer, helping you better understand the emotions and needs of those around you. | LIBRA SEP 24 - OCT 22 | Venus, your planetary ruler, moves into Capricorn and the sector of your chart that governs domestic bliss. Use this energy to reinvest in the coziness of your space, Libra, spending more time hosting loved ones at home versus going out in the coming weeks. Emotional outbursts within yourself and others when the Cancer moon faces off with Mercury this afternoon, bringing rough edges to the surface. |
| TAURUS APR 21 - MAY 20 | Blessings are afoot as Venus makes her debut into Capricorn, activating the sector of your chart that governs luck, expansion, and spirituality. Lean into these vibes by believing in yourself and the power of manifestation, and you're sure to surprise yourself in the coming weeks. Meditate on ways to put action behind your most brilliant ideas tonight when Mars stirs, leaving room for improvisation and plot twists. | SCORPIO OCT 23 - NOV 22 | You'll feel more comfortable voicing your needs within matters of the heart throughout the coming weeks, as Venus enters Capricorn and your solar third house. This planetary placement also presents an opportunity to examine your relationships, asking you to make more space for dynamics that offer stability and security. You should think your actions through carefully before executing them. |
| GEMINI MAY 21 - JUN 20 | You'll focus more heavily on personal commitments throughout the coming weeks, as Venus enters Capricorn. This planetary placement shines fondly upon financial, and business alliances, helping you move forward. Just be mindful not to jump the gun with your investments when the Cancer moon faces off with Mercury this afternoon, pausing to fully think through important financial moves. | SAGITTARIUS NOV 23 - DEC 22 | Venus moves into Capricorn and the sector of your chart that governs money, dramatically elevating your ability to manifest and prosper throughout the coming weeks. Meanwhile, the Cancer moon shines a light on your business partnerships, though a harsh opposition to Mercury this afternoon could lead to financial disagreements. |
| CANCER JUN 22 - JUL 23 | Venus migrates into Capricorn, priming you for plenty of romance in the coming weeks. However, you'll need to focus on your own needs, as this planetary placement pushes you to bring more structure to self-care practices and find harmony. Try to diffuse conflict as it arises, steering clear from needless bickering lest arguments intensify into something more fiery when Mars becomes agitated tonight. | CAPRICORN DEC 23 - JUL 20 | Venus makes her debut in your sign amplifying your natural allure and ability to put others at ease. You can also expect to gain more attention from potential mates throughout the coming weeks, and an era of romance will be in store whether you're single or happily partnered. You may need to burn off some steam when Mars stirs, making it a good time to do something fun with your favorite partner in crime. |
| LEO JUL 24 - AUG 23 | Venus enters Capricorn and the sector of your chart that governs wellness, dear Leo, asking you to show your body some extra love and care throughout the coming weeks. This planetary placement also promotes teamwork, bringing harmonious vibes to you and your colleagues. A restless energy takes hold this evening when Mars becomes agitated, though it may be difficult to muster the energy to get moving. | AQUARIUS JAN 21 - FEB 23 | Venus migrates into Capricorn and your solar twelfth house, asking you to focus on finding love from within throughout the coming weeks. Lean into this planetary placement by spending more time in solitude, taking time to appreciate where you've come while finding excitement for what you can still manifest. Consider how movement can be healing when Mars activates this evening, looking for a mind/body connection. |
| VIRGO AUG 24 - SEP 23 | An artistic renaissance unfolds for you throughout the coming weeks, dearest Virgo, as Venus enters Capricorn and your house of self-expression. These vibes also bode well for your love life, helping to reinvigorate connections that have gone flat or conjure a new flame. Avoid social media debates tonight when Mars becomes agitated. | PISCES FEB 20 - MAR 20 | Venus enters Capricorn and the sector of your chart that governs community, helping you make friends in high places throughout the weeks. This planetary placement also encourages you to accept new roles as a leader within your profession or social sphere, organizing gatherings to connect others and do good. Connect amongst friends could manifest when Luna faces off with Mercury. |