

Aarya actress Sushmita Sen to marry alleged boyfriend Rohman Shawl? The diva spills the beans



Bollywood actress Sushmita Sen is currently busy promoting her upcoming web series Aarya 3. The Miss Universe winner had an impressive last year professionally as her web series Aarya based on the life of transgender activist Gauri Savant, received rave reviews. On a personal front, Sushmita is a happy mother to daughters Alisah and Renee. However, she has frequently been in the limelight for her love affair with alleged boyfriend Rohman Shawl. In a recent interview, the actress finally spoke about her marriage plans with Rohman Shawl.

In a recent interview with Film Companion, Sushmita Sen was asked about her thoughts on marriage. The actress said she is well aware of the fact that people think she should at least get married at this stage, but the truth is she doesn't give a damn about the wedding speculations. The Aarya actress shared that she loves and respects the institution of marriage. However, more than marriage, she believes in companionship. Sushmita stated that if there's a strong companionship and friendship in a relationship, then anything can happen. Going by Sushmita's statement, it seems that the actress is in no mood to take the nuptial vows in the future anytime soon. For those unaware, Sushmita Sen and Rohman Shawl once openly accepted their relationship in public. The duo often used to post adorable videos and pictures of each other on their respective social media platforms. Given their openness towards their love affair, many speculated that Sushmita and Rohman may soon marry each other. However, in the year 2021, the couple broke up and even mentioned it on social media. In the year 2022, IPL founder Lalit Modi posted a series of pictures with Sushmita Sen where he wrote that the duo are madly in love with each other. However, there was neither any statement of acceptance nor denial from Sushmita's side about her relationship with Lalit Modi.

Esha Deol, Bharat Takhtani separation: Does the businessman still want to save their marriage?

Esha Deol, Bharat Takhtani separation: The Dhoom actress recently announced the separation from her businessman husband. Esha and Bharat have been married for the past 11 years and have two daughters. Rumours of divorce have been circulating on social media for the past few weeks; however, both Esha and Bharat recently issued a joint statement confirming their separation after 11 years of marriage. The estranged couple have chosen not to mention the exact reason behind the drastic decision. However, it seems that Bharat has not moved on from his previous marriage with Esha and still wants to save their marriage.

One look at Esha's official Instagram post, and you can see how the actress has deleted all the pictures of her estranged husband, Bharat Takhtani. Whenever one goes through a separation, this is the one thing that almost everyone does in order to completely move on from their past. However, it seems Bharat Takhtani is not ready yet, or let's say he doesn't want to move on from Esha Deol.



Murder Mubarak: From desi diva to glam goddess, Sara Ali Khan's onscreen transition will leave you in awe

Sara Ali Khan is an actress who has time and again impressed the masses with her performances in traditional roles in movies like Atrangi Re, Kedarnath, Simmba, and Zara Hatke Zara Bachke. Ahead on the slate, the actress has a highly anticipated film 'Murder Mubarak', in which she is all set to surprise the audience with a bold shift into the urban, modern thriller space.

Sara Ali Khan who has excelled in portraying the quintessential desi girl in her previous successful films, is now all set to explore a whole new territory in her acting arena that promises to showcase a whole new facet of her performance on the screen. It would definitely be interesting to see the shift from her familiar territory into an edgier and more contemporary avatar.

In Murder Mubarak, Sara will be seen in talented actors like Pankaj Tripathi, Sanjay Kapoor, Vijay Varma, and others. The actress in her glamorous avatar is indeed a refreshing treat to relish on the screen while she adds a whole new charm. The anticipation for the film is constantly building up and the first look of Sara in the trailer has become a talking point, and her character is already stealing the spotlight.



Murder Mubarak will stream on Netflix. It will premiere on March 15, 2024.

Recipes

Fluffy Pancakes



Ingredients
3/4 cup milk
2 tablespoons white vinegar
1 cup all-purpose flour
2 tablespoons white sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 egg
2 tablespoons butter,
melted cooking spray

Method:
Combine milk with vinegar in a medium bowl and set aside for 5 minutes to "sour".
Combine flour, sugar, baking powder, baking soda, and salt in a large mixing bowl.
Whisk egg and butter into "soured" milk.
Pour the flour mixture into the wet ingredients and whisk until lumps are gone.
Heat a large skillet over medium heat, and coat with cooking spray.
Pour 1/4 cupfuls of batter onto the skillet, and cook until bubbles appear on the surface.
Flip with a spatula, and cook until browned on the other side.
Serve hot with honey or maple syrup.
Enjoy !

Best tea types to sip on for better digestion



What we drink can make a big difference in our efforts to live a healthier lifestyle. Particularly teas, which is loved by almost each one of us, have been praised for their numerous health advantages. Here is a selection of five teas that will not only entice your palate but also help strengthen your immune system and improve digestion.

Tulsi and Ashwagandha tea
Tulsi and ashwagandha combine their healing properties in this calming mixture. Holy basil, or tulsi, is well known for its ability to reduce stress and inflammation. It is enhanced by the immune-boosting properties of ashwagandha. When combined, they create a potent combination that may help reduce inflammation, stress, and anxiety while strengthening your body's defenses against infections.

Pudina and Adrak Chai
This refreshing Pudina and Adrak blend will help your digestive system recover. Mint leaves are well-known for their ability to aid with digestive problems, including gas, bloating, and indigestion. On the other hand, ginger has antiviral and antibacterial properties and helps calm the stomach. Enjoy a relaxing experience and aid in digestion by sipping this delicious tea.



Detox Haldi tea
This golden drink invites you to embrace the detoxifying properties of turmeric. Combining black pepper, ginger, and turmeric - rich in anti-inflammatory and antioxidant qualities - makes for a powerful mixture. This tea has the potential to improve digestion and balance your immune system, shielding you from dangerous bacteria and viruses.

Honey, Lemon, and Ginger tea
Use this zesty honey, lemon, and ginger combination to strengthen your immune system. These ingredients, which are high in vitamin C, are well-known for strengthening the immune system. In addition, this tea might help reduce inflammation, clear your throat, and ease nasal congestion. This citrus-infused tea is a delightful choice whether you're fighting off a cold or just want to strengthen your defenses.

Ginger and Mulethi tea
Ginger and mulethi are a great combination to make a tea that supports respiratory health. Mulethi may help soothe your lungs and throat, and ginger is well known for relieving the symptoms of colds and coughs. Both ingredients also have immune-boosting qualities. Drink this tea to help your respiratory system and to enhance your general health.

Drink this juice to reverse greying of hair

Greying of hair is a natural part of aging, influenced by various factors such as genetics, hormonal changes, and lifestyle. While there's no magical elixir to completely reverse the process, incorporating certain nutrients into your diet may support overall hair health and potentially slow down the greying process. One such approach involves consuming a juice rich in essential vitamins and minerals that are believed to benefit hair pigmentation.

Ingredients for the hair-boosting juice:
Spinach: Packed with iron and vitamins A and C, spinach promotes a healthy scalp and hair growth. Iron deficiency is linked to premature greying, making spinach an essential ingredient.
Carrots: Carrots are abundant in beta-carotene, which converts to vitamin A in the body. Vitamin A is crucial for sebum production, maintaining the scalp's health and combating dryness that may contribute to premature greying.
Beets: Beets are rich in antioxidants, particularly vitamin C, which aids collagen production. Collagen is essential for hair strength and pigmentation, potentially reducing the appearance



of grey hair.
Amla (Indian Gooseberry): Amla is a powerhouse of vitamin C and antioxidants. It has been a staple in Ayurvedic medicine for promoting hair health, preventing premature greying, and supporting the natural pigmentation process.
Ginger: Ginger possesses anti-inflammatory properties that may benefit the scalp's health. Improved scalp conditions contribute to healthier hair and potentially slow down the greying process.
Lemon: Rich in vitamin C, lemon aids in collagen synthesis and enhances iron absorption from plant-based sources. This citrus fruit supports overall hair health and may play a role in preventing premature greying.
Mint leaves: Mint leaves provide a refreshing flavor while contributing antioxidants to the juice. Antioxidants help combat oxidative stress, which is associated with premature greying.
Coconut water: Coconut water is hydrating and contains essential electrolytes, promoting overall health. Proper hydration is crucial for maintaining healthy hair and preventing dryness that can contribute to greying.

Biology Question Answers

1. Which one of the following parts of the pitcher plant becomes modified into a pitcher?

A. Stem
B. leaf
C. stipule
D. petiole
2. In which one of the following animals is respiration done by skin?

A. Flying fish
B. Sea horse
C. Frog
D. Chameleon
3. Which one of the following bacteria helps in improving the soil fertility?

A. Clostridium
B. Rhizobium
C. Salmonella
D. Staphylococcus
4. Which chamber of human heart pumps fully oxygenated blood to aorta and hence to the body?

A. Right Auricle
B. Left Auricle
C. Right Ventricle
D. Left Ventricle
5. Which one of the following is a vitamin?

A. Citric acid
B. Folic acid
C. Glutamic acid
6. Which one of the following is responsible for converting milk into curd?

A. Fungi
B. Bacteria
C. Virus
D. None of these
7. In which one of the following animals is skin a respiratory organ?

A. Cockroach
B. Frog
C. shark
D. Whale
8. A typical human ribcage consists of how many ribs?

A. 12
B. 14
C. 16
D. 24
9. What is the pH level of blood of a normal person?

A. 4.0 – 4.5
B. 6.45 – 65.5
C. 7.35 – 7.45
D. 8.25 – 8.35
10. Which of the following disease is not a caused by viruses?
11. In which one of the following, antibody formations takes place?

A. RBC's
B. Blood platelets
C. Blood Plasma
D. Donnan's membrane
12. From the evolutionary point of view, which one of the following is closer to man?

A. Dolphin
B. Flying fish
C. shark
D. tortoise
13. How do most insects respire?

A. through skin
B. through gills
C. by lungs
D. by trachea system
14. Which one of the following part of human brain is the regulating centre for swallowing and vomiting?

A. Cerebellum
B. cerebrum
C. medulla oblongata
D. pons
15. Cholera

16. Chickenpox

17. Hepatitis

18. Measles

ASTRO SPEAK

- ARIES**

As an Aries, you usually require a lot of movement and interaction to stay sane. Today's skies work to help you recognize that you're feeling a little burnt out, as the moon slides into slow and sleepy Pisces this afternoon. Today's skies pose little cosmic stress, as long as you lean into separation from tireless interactions with other people.
- LIBRA**

Dealing with other people has dominated most of your time lately, Libra. The moon slides into Pisces, coaxing you towards accomplishing errands, completing work, and reconnecting with your body. Idea-sharing Mercury links up with your ruling planet, Venus, this afternoon. This is helping you express yourself with charisma, appeal, and artistic flare in any projects that you wish to undertake this afternoon.
- TAURUS**

These past few weeks have felt particularly isolating for you, Taurus. Aries season tends to draw you inward for an annual process of "letting go." It's time to abandon things that are no longer serving you. Today's skies bring you ease of expression, helping you to better communicate that which you've been experiencing—as Mercury and Venus coax your words out and help you find stability.
- SCORPIO**

Your emotions have been dizzying lately, Scorpio. The skies work today to give you a much needed break from the hard stuff, as the moon slips into Nirvana-seeking Pisces. This movement helps release the stress you've collected by transforming it into a creative outlet. Find a way to express yourself by doing what you genuinely enjoy, and climb upon your own stage today.
- GEMINI**

Opportunities for advancement are being gifted to you from the universe today, Gemini. Your ruling planet, communicative Mercury, meets up with bond-building Venus. This sweetens your presence in your community and allows friends to bestow you with new opportunities. As the moon slides into personable Pisces, you're at your most visible.
- SAGITTARIUS**

Sagittarians live to explore the open road, so when it comes to hunkering down at home, it can feel like a prison cell rather than a cozy sanctuary. Today's skies see that you attend to your need for roots and a place to return regularly—as the moon dips into Pisces. Your love life benefits from your stillness too, as Mercury and Venus invite smooth, yet critical conversations.
- CANCER**

You've been getting your hands dirty in your personal relationships lately, Cancer. Your hard work is paying off as you're beginning to digest more clearly what's happening within your understanding of intimacy. Today's skies stir up your need to see the world from a larger perspective. Leave the mundane behind through music and film, as the moon in Pisces enchants you to escape.
- CAPRICORN**

You're likely to be busier than usual today, Capricorn. The moon slides into Pisces this afternoon, ramping up your connections to others. It's likely your phone will be blowing up and there's a ton of emails to respond to, or you may just wish to reach out and connect with others, as you crave communication. Mercury and Venus also bring up new opportunities in your work environment.
- LEO**

It's easy to slip and fall between the psychological crevices of your mind today, Leo. The moon dives into Pisces in the afternoon, not stirring up any trouble, but instead making you extremely sensitive to your environment and the people in it. Today's sweet union of Mercury and Venus is the perfect time to talk out some of your hidden problems with a partner or someone you trust.
- AQUARIUS**

Your finances are calling out for your attention today, Aquarius. Are you doing what you can to better save and budget your money? The moon dips into Pisces this afternoon, helping draw your attention to how you could rearrange your financial story to operate a little smoother. Elsewhere, the playful union of Mercury and Venus allow your voice to seek an artistic opportunity for self-expression.
- VIRGO**

You've managed to keep yourself exceedingly busy the past couple days, Virgo. The cosmos today call on your close relationships for further exploration, as the moon slides into your opposite sign of dreamy Pisces. A low-key day spent with a lover or calling up a close friend is an ideal way to pass the time today, as the skies are seeking some stress relief.
- PISCES**

The moon slides onto your home turf today, Pisces. The moon's visit to your sign helps bring awareness to your current set of needs, emotionally and physically. Your body is reaching out for your awareness, since you tend to float away from its responsibilities once in a while. Take stock of the pressing emotional matters that come to the surface today, as they reveal building blocks of your changing identity.