

Alia Bhatt-Ranbir Kapoor to take their own sweet time to get married? Gangubai Kathiawadi actress spills the beans



Ranbir Kapoor and Alia Bhatt's marriage is a subject of rumours every now and then. The couple have been together since 2017 but made it public after a few months. Ranbir Kapoor and Alia Bhatt fell for one another as they travelled together for a recce for *Brahmastra*. Ayan Mukerji was also with them. The actress is now busy promoting her movie *Gangubai Kathiawadi*. The film directed by Sanjay Leela Bhansali is based on the life of the famous sex worker from Mumbai in the 1960s who became an underworld don.

In an interview with *Bollywood Bubble*, Alia Bhatt was asked if she finds it bothersome that it is her rumoured wedding with Ranbir Kapoor that makes more news than her films. Alia Bhatt said that she does not remember such news bothering her. The actress feels that it snowballed as a number of Bollywood couples tied the knot. She also said that marriage is an individual decision and should be led by feeling not what society says. She told *Bollywood Bubble*, "I always believe it should be led by feeling and it should be done at the right time whenever you feel comfortable, and by you, I mean by me and him individually." The actress also said that she is not someone who did hide her affair or the fact that she is marrying soon. Alia Bhatt said that Ranbir Kapoor and she loved each other immensely. She also described him as one of the most fascinating people she has in her life. Alia Bhatt said she is happy for the love and support that he gives her. Alia Bhatt said she was sure that even Ranbir Kapoor would gush about her in his interviews. She told *Bollywood Bubble*, "But all shall happen in due time and I promise you...or maybe I won't, it's too soon...that when I am getting married, the world will know."

5 superfoods to manage diabetes in women

Due to biological disparity and lifestyle differences, many diseases affect men and women differently. Though both genders are equally at risk of developing chronic health conditions, the prevalence, complications and risk factors are governed by internal factors. When it comes to type 2 diabetes, even though men are twice as likely to develop the condition than women, the latter are at a greater risk of complications. Here are five super foods every woman must include in her diet to lower the chances of developing diabetes later in life.

Fatty Fish

Fatty fish like salmon, mackerel, sardines, tuna, and anchovies are great sources of omega-3 fatty acids Docosahexaenoic acid (DHA) and eicosapentaenoic (EPA). Getting these fatty acids in sufficient amounts can improve insulin sensitivity, lipid levels and restore hormonal function. Regular intake of fish can also lower the chances of developing heart disease and stroke. Besides, fatty fish is also helpful in managing a healthy weight and it also improves lean muscles in the body.

Ginger

Ginger is considered the healthiest spice in the world, so it has to be on your list of superfoods. High on anti-oxidants and having anti-inflammatory properties, ginger can reduce fasting blood sugar levels and improves insulin sensitivity. Adding ginger to your diet is also good for your heart, thyroid and digestive system. The powerful spice can be added to the diet in many ways. You can either use raw ginger root or ginger powder to enhance the flavour of the food and subsequently gain the amazing health benefits of this spice.



Turmeric

Turmeric is a spice commonly found in every Indian household. Used to give a golden colour to curries, turmeric offers myriad health benefits. Its anti-inflammatory and anti-oxidant properties have proven beneficial in treating and reducing the risk of developing certain diseases including those in which the blood sugar level increases.

Curcumin, which is the main compound in turmeric, is said to regulate the functions of the pancreas and also balances the insulin levels in the body. You can use turmeric powder or the fresh root of this plant in your food to get the benefit of this superfood.

Green leafy vegetables

Leafy vegetables like spinach are loaded with nutrients, vitamins, and antioxidants that help to prevent several chronic diseases. Low in calories, green leafy vegetables contain easily digestible fiber, which can be absorbed by the body quickly without spiking the blood sugar level. The green veggies are also rich in vitamin C, a nutrient that can boost your immune health, reduce inflammation in the body, and heals cellular damage.

Walnut

Walnut is the most nutritious and healthy tree nut. It is one of the best nuts to snack on between meals to prevent hunger and thus balances the blood sugar level. The fatty acids in walnuts can also protect your heart by increasing the amount of good cholesterol and decreasing the harmful cholesterol level. Research suggests that daily intake of walnuts can also help to manage the blood sugar level and reduce the risk of obesity.

General Knowledge Question

1. When cream is separated from milk

- A. the density of milk increases
- B. the density of milk decreases
- C. the density of milk remains unchanged
- D. it becomes more viscous

2. When did US astronauts Neil Armstrong and Edwin E. Aldrin land on the moon?

- A. July 21, 1969
- B. July 21, 1970
- C. July 21, 1963
- D. July 21, 1972

3. What is the literacy rate of Punjab?

- A. 63.615 per cent
- B. 61.03 per cent
- C. 69.95 per cent
- D. 65.07 per cent

4. What is the S.I. unit of temperature?

- A. Kelvin
- B. Celsius
- C. Centigrade
- D. Fahrenheit

5. When did 19 NATO members and 11 Partners for Peace join hands for peace plan for Kosovo Crisis?

- A. 1999
- B. 1989
- C. 1979
- D. 1969

6. Yelena Isinbayeva is associated with which of the following games/sports?

- A. Tennis
- B. Pole vault
- C. Boxing
- D. Weightlifting

7. What is the Indus valley culture called Harappan culture?

- A. The first discovery comes from Harappa
- B. It was first discovery by a person called Harappa
- C. Harappa is the biggest site discovered so far
- D. Most of the valuable remains have come from Harappa

8. What is the population of Assam?

- A. 140/sq km
- B. 340/sq km
- C. 240/sq km
- D. None of the above

9. What is the measurement of the badminton court for singles?

- A. 13.41 m x 6.10 m
- B. 13.41 m x 5.18 m
- C. 12.30 m x 7.66 m
- D. 12.30 m x 6.23 m

10. When did India enter into space age by launching the satellite 'Aryabhata'?

- A. 1966
- B. 1932
- C. 1975

D. 1990

11. What is Bhakti movement?

- A. It is a social and religious movement from about AD 500 to 1600
- B. It is the movement that influenced the development of regional language because it emphasized people's everyday speech
- C. both (a) and (b)
- D. None of the above

12. When and where athletics introduced in the Olympics?

- A. 1896 at Athens
- B. 1900 at Paris
- C. 1992 at Barcelona
- D. 1995 at Athens

13. What was the purpose of establishment of NATO?

- A. To maintain and develop individual and collective capacity to resist armed attack
- B. To defend economic and trade interests of the developing nations of the world
- C. To provide collective defence and economic cooperation in south-east Asia
- D. None of the above

14. When and where is the next winter Olympics scheduled to be held?

- A. 2015, Salt Lake City (USA)
- B. 2016, Turin (Italy)
- C. 2017, Nagano (Japan)
- D. 2018, Pyeongchang (South Korea)

Kabhi Eid Kabhi Diwali: This comedian from The Kapil Sharma Show to be a part of Salman Khan's film?



movie. Earlier, it was reported that Zaheer Iqbal, who was launched by Salman Khan in *Notebook*, will also be a part of the film, and even Aayush Sharma will be seen in the film. However, later, there were reports that after receiving a good response in *Antim*, Aayush won't be playing a supporting role.

While the makers have not yet announced the other cast of the film, a recent report in ETimes states that Krushna Abhishek, who is currently entertaining everyone in *The Kapil Sharma Show*, might be a part of the *Kabhi Eid Kabhi Diwali*. The makers are in talks with him as well as Shreyas Talpade to play pivotal roles in the movie.

A few months ago, there were even reports that South star Venkatesh will also be seen playing a pivotal role in the movie. A source had told *Pinkvilla*, "Yes, Venkatesh will be a part of this film and he is all ready to get back to Bollywood after a long time. He will be playing a parallel lead alongside Salman Khan and all the stakeholders are excited to see the two giants share screen space for the first time."

Fighter: Hrithik Roshan and Deepika Padukone to undergo rigorous training; film to start rolling from THIS Date?



as #Fighter! Looking forward to my first flight alongside the exceptional @deepikapadukone . All buckled up for this #SiddharthAnand joyride."

Recipes

Honey Chilli Cauliflower



Ingredients

- 1 cauliflower; 2 tablespoon honey
- 1 tablespoon soy sauce
- 2 dry red chili, 1 small onion
- 1 tablespoon sesame seeds
- 1/4 cup all purpose flour
- 1 teaspoon red chili powder
- 1 tablespoon tomato ketchup
- 5 cloves garlic
- salt as required
- 1 cup vegetable oil

Method:

Cut the cauliflower florets into neat pieces. Wash them properly, pat dry and set aside.

Now add all-purpose flour to a bowl. Now add some salt, red chili powder and give a mix. Now add water as per need and mix well to prepare a slurry. The consistency should neither be too thick nor too thin.

Now heat oil in a kadhai. Dip the florets in the slurry and deep fry them in batches. Fry until golden brown in colour. Take out on an absorbent paper and set aside.

Now heat 2 tbsp oil in a pan. Add chopped garlic, onion and dry red chillies. Fry for 3-4 minutes. Now add soy sauce, ketchup, honey and salt as per taste. Mix well and cook for about two minutes. Now add the florets and mix well to coat them in the honey mixture. Lastly, add sesame seeds and cook for about two minutes more. Lip-smacking Honey Chilli Cauliflower is now ready to be served.

How to heal your stressed-out skin



Manage your stress

Keep a note of your stress triggers, talk to loved ones, seek medical help when required, meditate. Exercising regularly, having a well-balanced diet, timely & adequate sleep pattern, weight control definitely plays an important role in keeping stress at bay.

Follow a skincare routine consistently

Formulate a simple skincare routine according to your skin's needs. Use a cleanser and moisturizer twice a day. Apply a broad-spectrum sunscreen with SPF 30 or more inadequate amounts every 3 to 4 hours. One may incorporate retinoids, antioxidant serums like vitamin C & niacinamide for added benefit.

Protection from environmental stressors

Environmental stressors like UV rays, pollution, smoking may damage skin tissues. Adequate sun protection and topical anti-oxidants like vitamin C, niacinamide, vitamin E help when incorporated into one's routine.

Managing dryness

Avoid hot showers, refrain from using scrubs or loofahs & moisturize twice to thrice a day. Look for barrier repairing ingredients like hyaluronic acid, ceramides, glycerin, petrolatum, squalene, vitamin E in your moisturizer.

Reducing dullness

Hyaluronic acid and ceramides containing products repair skin & prevent dullness. Ingredients like Vitamin C, niacinamides, retinols, glycolic acid, kojic acid, arbutin, lactic acid even out skin tone. Sunscreen application & regular exfoliation is a must.

Managing oily skin and breakouts

Use non-pore clogging lighter formulations like serums or gels. Ingredients like retinoids, benzoyl peroxide, salicylic acid help. Seek early medical help to tackle frequent breakouts. Clean makeup applicators regularly & remove make-up at bedtime. Always use a moisturizer and sunscreen. Exfoliate once a week. Avoid milk, excessive sugar intake and foods with a high glycemic index.

ASTRO SPEAK

ARIES



MAR 21 - APR 20

You may find yourself questioning some of your relationships this morning, dear Aries, as the Aquarius moon forms a harsh t-square with the nodes of fate. These vibes could push you to cut ties with certain people that you've outgrown, especially if they've been bringing negativity or drama into your life. You'll notice a shift mid-afternoon when Luna finds her way into watery Pisces.

TAURUS



APR 21 - MAY 20

Finding synchronization between your professional, domestic, and love lives could feel like a challenge this morning, dear Taurus, thanks to a harsh t-square between the Aquarius moon and the nodes of fate. While you may feel pressured to elevate your earning potential or make a romantic commitment, it's not rushed into any decisions that you're not fully sold on.

GEMINI



MAY 21 - JUN 20

Your typical routines could leave you feeling bored and at an impasse, as the Aquarius moon forms a harsh t-square to the nodes of fate, which has the potential to leave you disengaged with day-to-day life. Rather than feeling stuck within your situation, try to brainstorm ways to change your life, even if this process is a slow one. The energy will shift by mid-afternoon.

CANCER



JUN 22 - JUL 23

You may have a hard time fitting in today, darling Cancer, due to a difficult t-square between the Aquarius moon and nodes of fate. Avoid comparing yourself to your friends and colleagues right now, and look for ways to boost your confidence whenever possible. Luckily, building energy will fill the air by mid-afternoon as Lady Luna makes her way into compassionate Pisces.

LEO



JUL 24 - AUG 23

Take some time to analyze how your love life has impacted your professional ambitions presently or in the past, as the moon forms a harsh t-square with the nodes of fate. If you have a history of prioritizing love over your career goals, it may be time to reevaluate how you approach such matters. Luckily, you'll find the motivation to change, if needed, later in the afternoon once the moon has moved into watery Pisces.

VIRGO



AUG 24 - SEP 23

Take some time to analyze how you're eating, sleeping, and exercise routines are affecting your mental clarity right now, sweet Virgo, especially if you've been feeling extra fatigued or unable to focus recently. If you haven't been kind to your body, the universe will let you know right now, and you could suffer from a mental or energetic lull.

PISCES