

Hrithik Roshan and Saba Azad to get married at the end of 2023?



It looks like Bollywood might see another big fat wedding in 2023 after the nuptials of Kiara Advani and Sidharth Malhotra. The buzz is that Hrithik Roshan and Saba Azad are planning to get wedded in November 2023. In fact, news of their marriage and engagement is doing the rounds since a long time. The couple have been apparently living together. Hrithik Roshan and Saba Azad have zeroed down on a plush property in the Juhu Versova Link Road. The interiors are being done right now. Saba Azad has become close to the Roshan family too.

Hrithik Roshan and Saba Azad met via Twitter. After some conversations they decided to meet up for dinner. The friendship and romance blossomed quickly. In fact, even Sussanne Khan is good friends with Saba Azad. We have seen Sussanne Khan and Arslan Goni partying with Hrithik Roshan and Saba Azad. They were there to cheer her for her new venture in Goa. Saba Azad recently performed in Lollapalooza India. The whole Roshan family was there to cheer for her. Saba Azad is a part of many Indie films. She was a part of the much acclaimed show Rocket Boys which was about Vikram Sarabhai and Homi Bhabha. The above news was shared by KRK on his Twitter handle.

Hrithik Roshan has said that he is in a happy space in his relationship. On the other hand, Saba Azad does not speak much on it. They have been brutally trolled too! She has said she finds it odd that actors' personal lives get discussed so much. Saba Azad said she did like to keep things private. Towards the end of 2022, Hrithik Roshan went for his annual vacation with his sons, Hrehaan and Hridhaan. Let us see if he makes a comment on this. As of now, he is busy with his prep for Fighter which is releasing in December 2024.

Taj actress Aditi Rao Hydari BREAKS SILENCE on dating rumours with Siddharth; says, 'People will talk...'



Rumours are part and parcel of celebrities lives. Fans are always eager to know what is happening in personal lives of stars. The latest stars to rule headlines for their alleged love affair are Aditi Rao Hydari and South star Siddharth. They are said to be a couple even though none of them have confirmed it. Aditi and Siddharth have been spotted together at several events leading to the rumours. Their social media posts for each other have also added fuel to fire. Now, the actress is promoting her latest series Taj: Divided by Blood. In a recent interaction she broke silence on all the dating rumours that are doing the rounds of the internet.

In an interview with Mid-day, Aditi Rao Hydari stated that she is not very bothered with all the rumours and people will talk. She says that people will do what they find interesting and she'll keep doing what she finds interesting that is working. She said that she is currently in a happy space as she is working with amazing directors. The diva was quoted saying, "Since I'm working I am not looking at that. People will talk and you can't stop them from talking. They will do what they find interesting and I am doing what

I find interesting, which is going to set. I think it's ok." It was recently that a video of Aditi and Siddharth had gone viral on social media. The two stars danced on the viral 'Tum Tum' song and the video went viral in no time. Fans simply loved their chemistry.

Did Sara Ali Khan just hint at break-up with Kartik Aaryan while talking about 'worst phase' of her life?



Sara Ali Khan is all over the news for her latest podcast interview. The Kedarnath actress was recently featured on Ranveer Allahbadia's podcast and her statements on her career, trolling and the lowest and the worst phase of her life have become the talk of the town. Sara Ali Khan's statements often make headlines and this time, she has opened up about her personal life a little more which has left fans in shock. The Simmba actress opened up on her break-up which has been linked with Kartik Aaryan and the string of flops.

Entertainment News is full of updates about Sara Ali Khan and her interview with Ranveer Allahbadia aka BeerBiceps. In the interview podcast, Sara talked about the worst phase of her life which was in 2020. The actress called it a very bad year and didn't seem to want to talk about it. Sara said that most of it is on the internet already. Sara was asked about her thoughts on the same to which the actress said that the trolling and all seem trivial and incidental that

the fact that it all actually happened. She talked about being heartbroken and having a 'jwalamukhi' inside her that the things on the internet didn't really matter.

Recipes

Bread Pizza Pocket



- Ingredients**
- 6 slices bread slices
 - 1 medium capsicum (green pepper)
 - 1 small carrot
 - 1 tablespoon vegetable oil
 - 1/2 teaspoon chilli flakes
 - 2 cheese cubes, salt as required
 - 1 medium onion, 3 tablespoon corn
 - 3 tablespoon pizza sauce, 1/2 teaspoon oregano
 - 4 cloves garlic
 - 4 tablespoon vegetable oil

Method:
Heat 1 tbsp oil in a pan. Add minced garlic and chopped onion. Saute for a minute. Now add finely chopped carrot, capsicum and corn. Saute for 2-3 minutes.

Now add salt as per taste, oregano and chilli flakes. Saute for a minute. Lastly, add pizza sauce and grated cheese. Saute for a minute and switch off the flame. Your filling mixture is ready. Take a bread slice and trim the edges. Use a rolling pin to flatten the bread. Add 1-2 tbsp filling to the bread and spread it a bit. Apply a few drops of water on all the sides of the bread and fold the bread in half. Press down on all sides to seal the edges. Applying water helps in sealing the pocket properly. Repeat this step to make more such pockets with the remaining bread slices and filling.

Heat 3 tbsp oil in a non-stick pan. Once hot, place all the pockets in the pan. Shallow fry from both sides until golden brown in colour. Serve the Bread Pizza Pockets with tomato ketchup and enjoy.

Causes of high blood pressure which are NOT due to age



High blood pressure, when the blood pressure crosses the 120/80 mmHg, puts the body at a greater risk. Many people assume that blood pressure is a sign of old age and they do absolutely nothing about it. However, medically it has been proven that few factors of blood pressure are age independent.

Eating too much salt: Salt and blood pressure do not go hand in hand. High levels of sodium elevates the blood pressure level in the body. Our body needs sodium to function, but high levels of it are dangerous. We think of sodium when the discussion is around salts, it is because we consume sodium in the form of salt mostly. Since salt is detrimental to health we need to cut down its consumption mainly through packaged foods. Just like sugar, processed foods have lots of hidden salts in it.

Smoke or secondhand exposure to smoke: Smoking is injurious to health-- we all have come across this line several times. But did you know exposure to secondhand smoking puts us at almost the

same risk as smoking it directly? In any way the hazardous smoke is entering our system.

Obesity: A healthy body mass index is the indicator of sound health. Many people are not careful about their weight and are unaware of the disasters that are building in their body in due course of time. Not just high blood pressure, obesity is the reason behind several other health complications like diabetes, cardiovascular issues and others.

High fasting blood sugar: Did you know that a person with diabetes is four times more likely to have high blood pressure and is more likely to develop heart complications? As per a report available in the website of John Hopkins Medicine, about two-thirds of adults with diabetes have blood pressure greater than 130/80 mm Hg or use prescription medications for hypertension.

Too much alcohol: Consumption of alcohol has always been a debatable topic. Too much intake of alcohol puts the body at a higher risk of developing life threatening conditions. Health agencies have also cautioned that no amount of alcohol consumption is safe for the health.

Sedentary life: What happens to your body when you keep sitting for longer hours? Without any physical activity, the human body stops functioning in a normal way. Lack of physical activity and sedentary lifestyle is a major cause of deadly diseases related to major organ systems.

Less hours of sleep: Sleep is the body's way of bringing it to rest and waking up after 7-8 hours fully energized. Depriving the body of sleep might help you to function in a normal manner for some days, but in the long run your body will crash due to stress caused by sleep deprivation. As much as it is important to keep the body going, it is important to give it the amount of rest it deserves to have.

Here's how to cure hairfall with Ayurveda



According to Ayurveda, any type of disturbance caused in the body leads to hair loss. Suffering from hair fall is a heart-breaking problem. On a daily basis, our hair is harmed by pollution, styling, and coloring. Trying a chemical temporary cure to fix it doesn't always work and this can also lead to hair fall. Ayurveda can provide us with powerful, natural medicines that improve our natural ability to grow hair while causing no negative side effects. Ayurveda also promotes holistic health practices.

Hair normally gets dull dry and frizzy due to various harmful substances. However, Ayurveda manages the core of the problem. Using ayurvedic products that include ingredients proven to solve your hair issues and give you the silky hair that you've always wanted.

Amla: Amla is a rich source of vitamin C. Massaging Amla directly on the scalp can help improve blood circulation and make your hair stronger and remove dandruff as well. It provides essential nutrients to hair follicles in order to promote hair growth.

Bhringraj: Bhringraj is extremely beneficial for uplifting hair health. It promotes hair growth and prevents premature greying. It promises to promote hair growth, enhance hair structure, increase hair volume, and fortify hair to

withstand damage.

Jatamansi: Jatamansi helps to control hair fall, to improve the oiliness of the scalp, and thicken the hair. It has antibacterial and anti-infectious properties which can also help in reducing acne if applied on the body or face.

Onion: Onion juice contains Sulphur, which helps to prevent hair breakage and thinning. Sulphur is required for hair follicle regrowth. Onion juice is high in antioxidants, which help to keep hair from greying prematurely. Onion feeds your hair and prevents it from falling out.

Shikakai: Shikakai is used in many shampoos and conditioners due to its high saponin content. This natural foaming agent cleanses the scalp gently and promotes a healthy hair environment. Furthermore, the antifungal and antibacterial properties of this "hair fruit" soothe itchy or irritated scalp.

Shirolepa: The easiest and quickest way to stop hair loss and maintain a healthy scalp is to use a hair mask twice a week for a period of two to three months. This method is known as Shirolepa in ayurveda. To help cool the head, a hair pack is applied to the entire scalp. This Ayurvedic hair regrowth treatment treats split ends, helps in getting rid of dandruff, manages frizz, and lessens hair fall. Shirolepa not only works for hair health but, also aids in treating a number of ailments like migraines, insomnia, and headaches.

Diet and Sleep: External factors aren't the only reason that leads to hair damage or fall, maintaining a diet is also an important factor in maintaining hair health. Steer clear of processed carbohydrates. Eat food that is simple to digest. Fewer pre-biotics and more pro-biotics will be beneficial. Include fruits and green vegetables in your diet. Drink as much water as possible. Relax and take plenty of rest.

General Knowledge Question

1. Which organ of the human body produces a fluid known as bile?
 - A. Pancreas
 - B. Gall Bladder
 - C. Kidney
 - D. Liver
2. Which of the following is not a function of liver?
 - A. Regulation of Blood Sugar
 - B. Storage of Blood
 - C. Filtering the blood
 - D. Reproduction
3. Heart is made up of:
 - A. Non-Striated muscle
 - B. Cardiac muscle
 - C. Adipose Tissue
 - D. Striated Muscle
4. Where does the digestion of protein starts in our body?
 - A. Mouth
 - B. Stomach
 - C. Duodenum
 - D. Intestine
5. Name an acid which is secreted in the stomach?
 - A. Sulphuric Acid
 - B. Hydrochloric Acid
 - C. Carbonic Acid
 - D. Nitric Acid
6. Nerves from the eyes and ears are connected to the
 - A. Cerebrum
 - B. Cerebellum
 - C. Medulla Oblongata
 - D. Spinal Cord
7. Define Blood Pressure:
 - A. It is the pressure that blood clot exerts over brain.
 - B. It is the pressure that blood receives on account of faulty commands from the brain.
 - C. It is the pressure that fatness or old age exerts on the body's circulatory system.
 - D. It is the amount of pressure on the blood as a result of the heart's pumping function and the resistance of the arterial walls.
8. Name a blood vessel which carries deoxygenated blood?
 - A. Aorta
 - B. Pulmonary Artery
 - C. Hepatic Artery
 - D. Pulmonary Vein
9. Name a hormone which controls the blood pressure in the human body?
 - A. Oxytocin
 - B. Estrogen
 - C. Testosterone
 - D. Vasopressin
10. Name the membranes which are invested by
 - A. Arachnoid
 - B. Pleural Membrane
 - C. Meninges
 - D. None of the above
11. The process of transfer of hereditary character from one generation to another is known as.....?
 - A. Genes
 - B. Mutation
 - C. Variation
 - D. Genetics
12. Who is known as father of genetics?
 - A. Gregor Mendel
 - B. Augustinian friar
 - C. Norman Borlaug
 - D. M.S Swaminathan
13. Who coined the term Mutation?
 - A. James Watson
 - B. Herman Joseph Muller
 - C. Hugo de Vries
 - D. None of the above
14. Which term of genetics represents the potential ability of a plant cell to grow into a complete plant?
 - A. Pluripotency
 - B. Totipotency
 - C. Cloning
 - D. Variation

- Answers:**
1. Liver
 2. Reproduction
 3. Cardiac muscle
 4. Stomach
 5. Hydrochloric Acid
 6. Cerebellum
 7. It is the amount of pressure on the blood as a result of the heart's pumping function and the resistance of the arterial walls.
 8. Pulmonary Artery
 9. Vasopressin
 10. Meninges
 11. Genetics
 12. Gregor Mendel
 13. Hugo de Vries
 14. Pluripotency

ASTRO SPEAK

- ARIES** (MAR 21 - APR 20): The vibe will be charged this morning, dearest Aries, as the Virgo full moon graces our skies. This astrological event will ask you to assess your relationship to health and wellness, though themes around organization and hard work will also come into play. Major shifts will initiate as Saturn makes its debut into watery Pisces, blurring lines and restructuring boundaries throughout the next two years.
- LIBRA** (SEP 24 - OCT 23): Sudden epiphanies or forgotten memories may suddenly crowd your psyche, dearest Libra, as the Virgo full moon rises in the sector of your chart that governs the subconscious. Hidden truths may also be revealed, though you should stay on guard for gaslighting or deceptive behaviors within others. Be careful who you confide in right now, as your secrets may not be as safe as you think.
- TAURUS** (APR 21 - MAY 20): You'll be in a fun-loving and creative mood today, darling Taurus, as the Virgo full moon illuminates the sector of your chart that governs self-expression, friendship, and personal interests. This astrological event also provides the perfect excuse to bring some drama into your look, so don't be afraid to strut your stuff, even if your agenda isn't that exciting.
- SCORPIO** (OCT 23 - NOV 22): Don't be surprised if you wake up to an abundance of text messages, emails, as the Virgo full moon rises in your solar eleventh house. These vibes are all about connecting with your community, so send out some love while nurturing new and existing alliances. Meanwhile, Saturn makes its debut in Pisces and the sector of your chart that governs self-expression, pushing you to refine a passion.
- GEMINI** (MAY 21 - JUN 20): The energy in your home will feel busy yet elevating. These vibes are perfect for tidying up your space, getting organized, or implementing a chore wheel, especially if you've been struggling to get your roommates involved in domestic upkeep. Meanwhile, Saturn makes its debut into water Pisces, asking you to focus more seriously on career goals throughout the next two years.
- SAGITTARIUS** (NOV 23 - DEC 22): You'll be in a serious mood when you awaken this morning, dearest Archer, as the Virgo full moon illuminates your solar tenth house. These vibes are all about seizing control of your life, which could require you to set strict boundaries with yourself and others. You'll sense a shift once Saturn makes its debut into Pisces, asking you to focus on your domestic and emotional health throughout the next two years.
- CANCER** (JUN 22 - JUL 23): You'll be in a chatty and perceptive place today, dear Cancer, as the Virgo full moon illuminates the sector of your chart that governs communication. Your ability to read others through body language and intuition will be pronounced, helping you identify what others want and need. Though assisting peers will bring a certain level of satisfaction, try not to askew your own agenda in the process.
- CAPRICORN** (DEC 23 - JUL 20): Take a moment to find your gratitude, say a prayer, or meditate as the Virgo full moon illuminates the sector of your chart that governs spirituality and personal philosophies. This lunar event is poised to dramatically elevate your intuition and manifestation skills, though you'll want to keep a realistic view of how quickly your goals will be met and the work required to build up these dreams.
- LEO** (JUL 24 - AUG 23): You'll awaken to a busy and bustling world, dearest Leo, as the Virgo full moon lends a buzz to the air. You'll sense a shift once Saturn makes its debut into Pisces, asking you to get serious about your long-term goals and what changes you need to make to evolve over the next two years. Consider unplugging from your electronic devices when Luna squares off with Mars later in the day.
- AQUARIUS** (JAN 21 - FEB 23): Take a moment to acknowledge your strength and resilience this as the Virgo full moon illuminates the sector of your chart that governs transformation. This lunation will remind you that all glow-ups come with a bit of hard work and that self-improvement never stops if you hope to maintain a healthy cycle of personal evolution. Give yourself permission to relax later in the afternoon when Luna squares off with Mars.
- VIRGO** (AUG 24 - SEP 23): Don't be surprised if you awaken with some extra pep in your step, as the full moon rises in your sign. This lunation will put all eyes on you, giving you an opportunity to sparkle within your personal and professional lives. Use this energy as an excuse to do something nice for yourself, checking in with your wants and desires as a guiding force for the day.
- PISCES** (FEB 20 - MAR 20): Choose to devote your day to love in all of its forms, dearest Pisces, as the Virgo full moon rises in the sector of your chart that governs matters of the heart. Whether you treat your sweetheart to a romantic meal, text your bestie, or show kindness to a stranger, themes around sweetness are bound to lift your spirit.