

Mrs Chatterjee Vs Norway star Rani Mukerji opens up on managing parenting and career; says, 'There are certain sacrifices that...'



Rani Mukerji is promoting her movie Mrs Chatterjee Vs Norway and dishing out interviews. In the movie, Rani plays a mother of two kids and she is separated from her children. Rani Mukerji is a mother to a daughter Adira Chopra. Rani and Aditya Chopra welcomed a baby girl in December 2015. Rani in a recent interview opened up on managing her career and also being a parent. Rani talks about making some sacrifices as a parent and as a working professional. On the other hand, Rani also shares how Adira is already understanding. Rani Mukerji is grabbing headlines of late because of the release of her movie Mrs Chatterjee Vs Norway. In an interview with India Today, Rani shares that the pandemic was a blessing in disguise as Adira started homeschooling which made travelling easier. However, now, things are different. Adira is now in the 1st grade and will soon go to the 2nd grade. Rani says that now Adira cannot bunk school. She adds that she has to start building strength to be away from her daughter. Adira also has to be prepared to be away from her mother because of the shoots. Rani says that she will see what happens in future. The actress shares that she will only do one film a year as she wants to go back home and spend time with her daughter. Rani also wants to help Adira with her homework. Rani says that when she is working in a professional environment, there are certain sacrifices that one has to be prepared for. She said that it is then that one has to make their child understand. "In my case, both Adi and I are working parents, so Adira is having a good upbringing in understanding that she has two professional parents," she says.

Kareena Kapoor Khan asks Ranbir Kapoor about the exact moment he realised Alia Bhatt is his 'Dal Chawaal', here's what he said

Kareena Kapoor Khan and Ranbir Kapoor are just hilarious together; and their chemistry shows how strong a bond these siblings share with each other. Ranbir was Bebo's first guest in What Women Want season 4, and Ranbir got candid like never before; they spoke about literally everything. But the highlight of the discussion was when Kareena asked her brother and actor Ranbir when the exact time was. He realised that Alia Bhatt was his Dal Chawaal, a popular dialogue from his super hit film Yeh Jawaani Hai Deewani. To which Ranbir Kapoor replied that he would like to say that he is a good husband and that it seems like this confession of RK wasn't digestible by Bebo, and she gave him a big laugh. Well, the inside jokes definitely must have popped into her mind. Having said that, Kareena also asked Ranbir about embracing fatherhood and whether he had ever changed Raha Kapoor's diaper, to which he admitted yes and even added that he was a burping master. Ranbir and Alia became parents in November, and their little one is now 4 months old and has started smiling, which breaks Daddy's heart already.



Kisi Ka Bhai Kisi Ki Jaan: Salman Khan's Eid release to be a monster hit, predicts trade expert

When we think of Bollywood, one name that immediately comes to mind is Salman Khan. He is not just an actor, but a phenomenon, and his fan following is a testament to his popularity. His cameo in Pathaan, His swagger style at the public events, his fandom and his next movie Kisi Ka Bhai Kisi ki Jaan becoming the most talked about and awaited film, shows the megastar's era is right here! Commanding the largest and a devoted number of fan following among all the actors in India, both online and offline, his social media pages have millions of followers, and his films consistently break box office records. What makes him even more special is the connection he always manages to build with the audiences. No fan of his has ever left the theatre without feeling a personal connection with him and his character, and his films are always eagerly awaited for with always increasing interest and anticipation. Trade expert Taran Adarsh shares : " Salman Khan's film on Eid is a festival combination on its own! Basis on the



kind of fan base and huge stardom the actor has, it's evident that once in a generation somebody gets this kind of constant stardom and loyalty. It is Salman Khan's era. His cameo in Pathaan was overwhelmed, his next KBKJ is the most anticipated movie and Tiger 3 may break multiple BO records!

B12 deficiency: Vegetarian foods rich in Vitamin B12



Vitamin B12 is essential for your body's active functioning. If you have been running low and are easily exhausted and experience fatigue and lethargy, your body may be deficient in vitamin B12. It is best to get a regular blood test to check the levels of essential vitamins and minerals in your body. B12 is also a key player in the function and development of brain and nerve cells. This vitamin is not produced by our body. So, we need to meet our B12 requirements through diet. Popular sources of vitamin B12 include egg, chicken and meat. However, if you are a vegetarian, you may struggle to meet your B12 requirements. Here are some easily available, rich sources of vitamin B12 that are also vegetarian. If you are unable to meet your daily vitamin B12 requirement through diet, you may take supplements after consultation with your doctor. Spinach Green veggies such as spinach, are one of the best vegetarian options to add vitamin B12 to your body. You can make all kinds of recipes from spinach – sabzis, soups and smoothies. Read more:

How safe is honey for diabetics? Honey for diabetics: Does honey spike sugar levels? Doe answers Greek yogurt Greek yogurt is rich in protein and vitamin B12. Make sure you purchase or prepare yogurt without any added sugar. You can eat it with baked potatoes for a delicious combination, or add some berries in a cup of yogurt for a refreshing and nutritious snack. Beetroot Beetroot is rich in iron, fiber, potassium as well as vitamin B12. Eating beets on a regular basis is known to improve hair growth, make skin healthier and glowing, boost blood circulation and stamina. Tempeh Tempeh is a fermented soybean cake that is a part of the traditional Indonesian food. It is similar to tofu and a rich source of vitamin B12. It can be steamed, baked or grilled. According to a 2014 study published in the journal Nutrients, tempe contains a considerable amount of Vitamin B12 (0.7 – 8.0 µg/100 g). The study added that bacterial contamination during tempe production may contribute to the increased Vitamin B12 content. Cow's milk Unless you are lactose intolerant or vegan or have any other form of allergy, cow's milk can be a good source of vitamin B12, along with protein, calcium, phosphorus, and potassium. Drinking 2 cups of milk per day can get you to your daily requirement. Milk products such as cheese are also a good source of vitamin B12. Signs of Vitamin B12 deficiency A mild B12 deficiency may lead to no symptoms. However, if untreated, it can impact your bodily functions, leading to weakness, tiredness, lightheadedness, heart palpitations and shortness of breath. You may also observe pale skin and a smooth tongue. B12 deficiency can also lead to constipation, diarrhea, loss of appetite, or gas.

How to get rid of dark circles permanently



Dark circles under the eyes can have many causes, including genetics, age, lack of sleep, allergies, dehydration, and other health issues. While it may be challenging to get rid of them permanently, there are several things you can do to minimize their appearance and prevent them from getting worse. Get enough sleep: Lack of sleep can cause dark circles and bags under the eyes, so try to get at least 7-8 hours of sleep each night. Stay hydrated: Dehydration can make dark circles more noticeable, so make sure you drink plenty of water throughout the day. Protect your skin from the sun: Exposure to the sun can damage the delicate skin around the eyes and make dark circles more prominent. Use a sunscreen with an SPF of 30 or higher to protect your skin. Use a cold compress: Applying a cold compress to the eyes can reduce swelling and improve circulation. Use an eye cream: Look for an eye cream that contains caffeine, vitamin K, or retinol, which can help reduce the appearance of dark circles. Consider cosmetic treatments: If your dark circles are severe, you may want to consider cosmetic treatments such as laser therapy or injectable fillers.

It's important to remember that dark circles may not be completely eliminated but by taking these steps, you can minimize their appearance and prevent them from getting worse. While there is no guaranteed cure for dark circles, there are some home remedies that can help reduce their appearance: Cucumber slices: Place cool cucumber slices on your eyes for 10-15 minutes. Cucumber has natural skin-lightening and anti-inflammatory properties that can help reduce the appearance of dark circles. Tea bags: Place used tea bags (chilled) on your eyes for 10-15 minutes. Tea contains caffeine and antioxidants that can help reduce swelling and inflammation around the eyes. Cold compress: Use a cold compress, such as a washcloth dipped in cold water, to help reduce swelling and improve blood flow to the area. Almond oil: Apply a few drops of almond oil under your eyes and massage gently for a few minutes. Almond oil is rich in Vitamin E, which can help reduce dark circles and improve skin texture. Tomato juice: Mix equal parts tomato juice and lemon juice and apply to the under-eye area with a cotton ball. Leave on for 10-15 minutes before rinsing off. Tomato juice contains lycopene, an antioxidant that can help lighten skin and reduce the appearance of dark circles. Rosewater: Soak cotton pads in rosewater and place them on your eyes for 10-15 minutes. Rosewater has a cooling and soothing effect on the skin and can help reduce inflammation and puffiness around the eyes. Remember that these remedies may not work for everyone, and it's always best to consult with a healthcare professional if you have persistent dark circles.

General Knowledge Question

1. What is the process of intake of nutrients by an organism as well as the utilisation of these nutrients by the organisms called?
A. Nutrition
B. Photosynthesis
C. Chloroplasts
D. Digestion
2. The mode of nutrition in which an organism makes its own food from the simple inorganic material like carbon dioxide and water present in the surrounding is called:
A. Heterotrophic nutrition
B. Saprotrophic nutrition
C. Autotrophic nutrition
D. Holozoic nutrition
3. What is the mode of nutrition called in which organisms cannot make its own food from simple inorganic material and depends on other organisms for its food?
A. Autotrophic nutrition
B. Heterotrophic nutrition
C. Parasitic nutrition
D. Holozoic nutrition
4. When an organism obtains its food from decaying organic matter of dead plants, dead animals and rotten bread, etc., it is called:
A. Parasitic nutrition
B. Autotrophic nutrition
C. Holozoic nutrition
D. Saprotrophic nutrition
5. The nutrition in which an organism derives its food from the body of another living organism without killing it, it's called:
A. Saprotrophic nutrition
B. Parasitic nutrition
C. Holozoic nutrition
D. Autotrophic nutrition
6. The nutrition in which an organism takes the complex organic food materials into its body by the process of ingestion, the ingested food is digested and then absorbed into the body cells of the organism:
A. Parasitic nutrition
B. Autotrophic nutrition
C. Holozoic nutrition
D. Heterotrophic nutrition
7. The process by which green plants make their own food from carbon dioxide and water by using sunlight energy in the presence of chlorophyll, is called:
A. Xanthophylls
B. Stomata
C. Photosynthesis
D. Chloroplast
8. Animals which eat only plants are called:
A. Herbivores
B. Omnivores
C. Carnivores
D. None of the above
9. What is the process of taking food into the

10. Digestion
11. Excretion
12. Phototrophism
13. Geotrophism
14. Saprotrophic nutrition
15. Parasitic nutrition
16. Holozoic nutrition
17. Heterotrophic nutrition
18. Thigmotropism
19. Hydrotropism
20. Geotropism
21. Chemotropism
22. Hydropitropism
23. Phototropism
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99. Phototropism
100. Geotropism

- body called?
A. Digestion
B. Assimilation
C. Ingestion
D. Egestion
10. The process in which the food containing large, insoluble, molecules is broken down into small, water soluble molecules is called:
A. Digestion
B. Absorption
C. Ingestion
D. Assimilation
11. The process of removal of toxic wastes from the body of an organism is called:
A. Transport
B. Respiration
C. Excretion
D. Nutrition
2. The movement of a plant part in response to light is called:
A. Phototropism
B. Geotropism
C. Chemotropism
D. Hydrotropism
13. The movement of plant part in response to gravity is called:
A. Thigmotropism
B. Hydrotropism
C. Phototropism
D. Geotropism

ARIES

MAR 21 - APR 20

You're not quite through with exploring the partnership stories swirling around in your mind this weekend, Aries. Sunday's skies give you ample space to explore what's in your heart of hearts. The other-oriented Libra moon spends the day in a supportive trine with expressive Mercury, helping you get the things you need off your chest.

LIBRA

SEP 24 - OCT 23

As a Libra, you devote so much time and energy to others. The moon's presence in your sign helps to sync back up with yourself on all levels. Luna's harmonious connection with expressive Mercury makes it easy to involve yourself in any kind of mentally-taxing or communication-based work. Later, the moon's squabble with Pluto can stir up long buried feelings.

TAURUS

APR 21 - MAY 20

You have full permission to plow ahead with any projects underway, Taurus. The moon glides through balance-seeking Libra and spends the day in a harmonious connection with mental Mercury. This union makes it easy to involve yourself with any work requiring mental stamina, and the written or spoken word.Luna's squabble with heavy-hearted Pluto can stir up potent feelings from below the surface.

SCORPIO

OCT 23 - NOV 22

Let yourself sit with those deep waters and see what needs clearing and releasing. The peaceable Libra moon's supportive link with messenger Mercury makes it easy to strike an inner emotional balance and to digest the material coming up. Later, Luna's square to heavy Pluto brings intense conversations into the environment.

GEMINI

MAY 21 - JUN 20

You're craving romance, indulgence, and creative opportunities that uplift your spirits. The moon meanders through socially smooth Libra all day, linking up with expressive Mercury on her path. This makes it an ideal day for any activities that benefit from charisma on your behalf. Later, the moon's disagreement with healing Pluto can prompt uneasy (but important) conversations around intimacy.

SAGITTARIUS

NOV 23 - DEC 22

Be with your people today, Sagittarius. You need a reminder that you're loved and supported, and your community is waiting to show you that. Reach out and reconnect with those friends that have slipped through the cracks of your thinking today. Luna's smooth connection with expressive Mercury makes for ease of healing communication and charisma. The moon's squabble with Pluto stirs up intense feelings around finances and potential.

CANCER

JUN 22 - JUL 23

Revel in your need to be a homebody today, Cancer. You're in the mood to connect with your closest of kin to shore up on support, as the moon floats through peace-seeking Libra. Luna's harmonious connection with talkative Mercury helps you process any emotional insights or conversations that have recently emerged. Later, the moon's square with Pluto prompts uncomfortable but necessary exchanges on the relationship front.

CAPRICORN

DEC 23 - JAN 20

Push ahead with your agenda, Capricorn! The universe is on our side when it comes to making things happen with your career endeavors, as the level-headed Libra moon supportively connects with messenger Mercury. This makes an ideal day for any projects requiring mental energy or communicative efforts. Later, Luna's disagreement with heavy Pluto can stir up long held feelings around your self-image and individuality.

LEO

JUL 24 - AUG 23

You have things to get off your chest today, Leo. You're ready to share your voice- even if it's journaling, singing, or confiding in a good friend. The easygoing Libra moon spends the day in a supportive link with expressive Mercury helping you communicate clearly and process with ease. Later, the moon's difficult interaction with Pluto can prompt uneasy feelings concerning your current work circumstance.

AQUARIUS

JAN 21 - FEB 23

Stretch your horizons today, Aquarius. Get lost in a movie, pick up a good book, or get in the car and find an adventure! You're craving a fresh perspective, and the universe is willing to provide you with one if you get out and find it. The Libra moon's smooth alignment with messenger Mercury provides fertile ground for creative projects, while her meet-up with heavy Pluto stirs up long-buried feelings from the deep.

VIRGO

AUG 24 - SEP 23

You're ready to kick things into high gear today, Virgo. Look to your natural talents and see how you can incorporate them to increase your earning potential. The gentle Libra moon's alignment with Mercury makes it easy to feel a restored sense of balance between head and heart. It's also an ideal day for written projects concerning career endeavors.

PISCES

FEB 20 - MAR 20

The stories around your intimate relationships are requiring a little more time and devotion today, Pisces. Libra moon's sweet meet-up with expressive Mercury makes it easy to strike a balance between head and heart, while also helping you face soulful, healing conversations from a vulnerable place. Later, Luna's square to Pluto can prompt powerful feelings around the validity of your goals.