

Amrita Rao missed a big opportunity to work with superstar Salman Khan due to THIS shocking reason



Amrita Rao has written her heart out in her book. After a statement from her biography goes viral, From the beginning, K was attempting to ruin her career due to her insecurity. And many netizens claimed that this K person is none other than Kareena Kapoor, as she was dating Shahid Kapoor and Amrita's pairing with Shahid was a huge hit. They first started with Ishq Vishk and then Vivah, and these two films are two of the biggest films of both actors. And now in her book, the actress mentions how her vengeful manager didn't tell her about the offer that she received it was the film that revived Salman Khan's career. ? Amrita narrates the incident in the book about how she bumped into Boney Kapoor in Hyderabad while shooting for a South film with Mahesh Babu, and he told her that if her dates hadn't clashed, she would be shooting with Salman Khan for Wanted. Amrita expressed her shock about the same, and the confused actress asked Boney when she was offered the film. Boney said he very much did, and her manager said that the dates are extremely impossible to match, but the actress mentioned how she wasn't told about the same and felt heartbroken and cheated as her manager wanted to seek revenge from her while they were parting ways.

Mrunal Thakur opens up on losing a film to Priyanka Chopra; says, 'You need to work so hard...'

Mrunal Thakur once lost a film to Priyanka Chopra, revealing the Sita Ramam beauty. Mrunal has come a really long way from beginning her journey from TV to films. Mrunal Thakur has been promoting her film Gunraah alongside Aditya Roy Kapur in the city. Recently, Mrunal also attended the News18 Rising India Summit in which she made some surprising revelations. Mrunal has proved her acting prowess in just a short span of time. She has also become quite popular in acting circles. But it was not easy for Mrunal to crack it up in the industry and she has had her share of struggles as well. One time, she lost a movie to global star Priyanka. Entertainment News is full of updates on who said what. And Mrunal Thakur of Sita Ramam and Super 30 fame has also grabbed headlines for her statement. During the Rising India Summit, Mrunal shared that she lost out on a couple of good films. She took the name of Priyanka Chopra starrer Jai Gangaajal. The actress shared that she had auditioned for the movie but she didn't bag it. Mrunal praised Priyanka and said that she loves her work and the actress.



Anushka Sharma calls Virat Kohli the show stealer on the dance floor; he reveals his secret



Anushka Sharma and Virat Kohli made heads turn with their stunning appearance at a recent cricket award function held in Mumbai where fans hailed them as a power couple. And now from that event one of the conversations of the cricketer that is going viral is of him admitting to having drinks at the party back then. At an event, Virat and Anushka got into a candid conversation on the red variety where they were asked about who is the best dancer and who is likely to steal the show on the dance floor to which Anushka said it was Virat where the cricketer agreed with her and said that it used to be after two drinks. Virat reportedly in his rapid fire said, "I don't drink anymore but back in the day, party mein ghus ke agar do drink ho gayi toh, phir yes. Take over matlab to a point where people don't want me there. I don't care then, do-teen drink ke baad. Not anymore, back in the day yes." Well he is a changed man now. Virat's one video was going viral just few days ago where he revealed of becoming more spiritual and this only shows that he not only loves but equally respects the woman of his life Anushka Sharma. Virat is every bit husband goals and there are millions who calls him the ideal husband.

Recipes

Banana Bread



Ingredients
1/2 cup butter, melted
1 cup white sugar
2 eggs
1 teaspoon vanilla extract
1 1/2 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
1/2 cup sour cream
1/2 cup chopped walnuts
2 medium bananas, sliced
Method:
Preheat oven to 350 degrees F (175 degrees C). Grease a 9x5 inch loaf pan. In a large bowl, stir together the melted butter and sugar. Add the eggs and vanilla, mix well. Combine the flour, baking soda and salt, stir into the batter mixture until smooth. Finally, fold in the sour cream, walnuts and bananas. Mix all the ingredients well. Spread evenly into the prepared pan. Look for any air bubbles in the batter. Bake at 350 degrees F (175 degrees C) for 60 minutes, or until a toothpick inserted into the center of the loaf comes out clean. Cool loaf in the pan for 10 minutes before removing to a wire rack to cool completely. Cut in even pieces and serve.

5 ways to lower your cholesterol naturally

High cholesterol is when you have too much cholesterol in your blood. High cholesterol often doesn't show signs, and remains a hidden danger that affects millions of lives. Cholesterol includes good cholesterol called high-density lipoprotein (HDL), bad cholesterol called low-density lipoprotein (LDL), and triglycerides which is a fatty substance similar to bad cholesterol.

A blood test can identify if your cholesterol levels are too high. Consult your doctor as untreated high cholesterol can lead to health issues like heart disease, stroke, and diabetes. Here are some lifestyle changes that can help to naturally lower your cholesterol levels for a healthier body. **Eat a healthy diet:** It's definitely easy to say and hard to follow, but then the hard work is worth it, and in case of high cholesterol - essential. There are plenty of natural foods which can help to reduce your cholesterol levels. Along with these, cut down all processed foods, especially those with too much salt and sugar. Soluble fiber found in oatmeal, kidney beans, apples, and Brussels sprouts reduces cholesterol absorption in the blood. Whey protein from dairy products can lower LDL and total cholesterol. Food rich in omega-3 fatty acids, such as salmon, walnuts and flaxseed are also great for healthy heart tissue and blood vessels. **Reduce alcohol consumption:** Yes, it looks cool to drink alcohol and probably all your friends drink it. Especially if you are going to a party, is there even a party possible without booze? But, you have got to rise above what looks good and what truly is good. You need to choose what really matters – your health or peer pressure? **Lose weight:** This is essential if you are overweight or obese.



Carrying extra weight, especially around the abdomen, increases your ratio of visceral fat which can affect even your liver. If you are overweight, your cholesterol levels will be higher which can negatively affect your arteries and blood vessels. Extra weight can be lost by not going on a crash diet, but committing to a healthy diet consisting of home cooked meals from natural food items. Eat lots of fruits, vegetables, nuts, seeds, whole grains and exercise regularly to lose weight in a healthy manner. Also ensure to drink plenty of water.

Quit smoking: Smoking increases the pressure on your heart and your heart rate, compounding the adverse effects of the buildup of cholesterol in and on the artery walls. Researchers have found that quitting tobacco improves HDL cholesterol levels by improving blood circulation and lung function. The good news is that a year after quitting smoking, heart disease risk is cut in half for most ex-smokers. You can start by cutting down on the number of cigarettes you smoke and seek help from friends and family to support you. You can also seek a health professional for guidance.

Increase activity and exercise: It's great that you have the luxury to sit for a long time whenever you want. Or maybe it's your work that requires long periods of sitting. Whatever the reason may be, you have to find a way to cut down on your sitting time and increase your overall physical activity throughout the day. Exercise is also extremely important to help reduce your cholesterol levels and you can choose your favourite activities like walking, swimming, cycling, dancing etc. However, it's important that you do not spend the majority of your day on the couch or on a chair. Keep standing and moving every now and then to get the much-needed physical activity.

Anti-aging skincare guide for the most youthful face and neck

Anti-aging is a tale as old as time and a bitter-sweet part of life. As you grow older and your skin inevitably starts showing signs of aging, it becomes essential to take care of your skin in the most holistic way. The face and neck are two regions that require extra care and precautions as they are made up of finer and more delicate tissues, and are most susceptible to signs of aging. Let us take meaningful steps to keep the skin of your face and neck ever youthful and combat the different signs of aging like wrinkles, fine lines, and patchy skin.

Cleansing is crucial

The skin goes through a rollercoaster every day. Dust, oil and grease tend to accumulate on your skin and deep in your pores making them susceptible to blackheads, pimples, open pores and much more. Cleansing twice a day and refreshing the skin is a must. Do not forget your neck!

Toner 'it down

Cleansing tends to open your pores in order to get all the excess gunk out. Use a pH level balanced toner to help close your pores and secure them. This will help tighten your pores and enhance your skin's overall smoothness.

Scrub, scrub, scrub

Often times cleansing alone does not cut it. As we live our lives and make memories, we acquire for-



seign substances on our skin that need to be scrubbed out. Use an effective exfoliant with extracts that help exfoliate your face and neck and remove dead skin cells, leaving your skin clear and flawless.

Serums are the secret

Serums are abundant in their potential to restore skin cells. Vitamin C serum is known for removing dark spots and patchy skin and providing a youthful glow. Anti-aging serums with Vitamin A help increase the collagen production of your skin which can enhance your skin elasticity. While applying, always be careful to pat the serum into your skin and bring it down to your neck as well.

Moisturizing is a must

A well-moisturized skin is least likely to fall prey to signs of aging. No matter the weather, your skin always needs added moisture (yes, even if you have oily skin). Find a moisturizer with ingredients to best suit your skin type and moisturize your face and neck by massaging in an upwards direction to help your skin stay tight.

Always apply sunscreen

Before stepping out of your house, always lather a layer of sunscreen with an adequate amount of SPF. Even if your day doesn't involve intense sun exposure, you must include sunscreen in your AM skincare regime as it has an abundance of benefits.

General Knowledge Question Answers

1. The Sangai Festival is celebrated in __ :

- [A] Assam
- [B] Manipur
- [C] Mizoram
- [D] Nagaland

is said to have contributed wavy hair, drapery covering both shoulders, shoes and sandals etc. [D] The Gandhara art primarily depicted the Buddhist themes.

5. Gundecha brothers are well known exponents of which among the following styles of Hindustani Classical Music ?

- [A] Khayal
- [B] Tharana
- [C] Dhrupad
- [D] Thumri

6. In which of the following city Elephant festival is celebrated annually?

- [A] Jaipur
- [B] Jodhpur
- [C] Kota
- [D] Ajmer

7. 'Me-Dam-Me-Phi' festival is a festival of which the communities in North Eastern India?

- [A] Tai-Ahom
- [B] Deori Tribe
- [C] Garo
- [D] Khasi

8. Today's Gurmukhi, Dogri and Sindhi scripts have developed from which among the following scripts?

- [A] Brahmi Script
- [B] Sarada script

- [C] Tankari Script
- [D] Kushana Script

9. Ezhuthachan Puraskaram is the highest literary award of which among the following Governments?

- [A] Kerala
- [B] Tamil nadu
- [C] Karnataka
- [D] Andhra Pradesh

10. Which state Government confers the Basavashree award?

- [A] Gujarat
- [B] Maharashtra
- [C] Andhra Pradesh
- [D] Karnataka

11. A Fire temple is a place of worship for ____ ?

- [A] Sikhs
- [B] Zoroastrians
- [C] Buddhists
- [D] Shinto's

12. Bageshwari Qamar is India's first and only (possibly) woman player of which of the following music instruments?

- [A] Ghatam
- [B] Shehnai
- [C] Pakhawaj
- [D] Santoor

- [A] It displays Greek artistic influence and the concept of the "man-god" was essentially inspired by Greek mythological culture.
- [B] Gandhara School of art enjoyed the liberal patronage of Indo-Greek rulers.
- [C] Artistically, the Gandhara school of sculpture

- 8. Sarada script
- 7. Tai-Ahom
- 6. Jaipur
- 5. Dhrupad
- 4. Gandhara School of art enjoyed the liberal

- 3. Nagaland
- 2. 1, 2 & 3
- 1. Manipur

ASTRO SPEAK

ARIES



As an Aries, you don't always take kindly to authority in the external world. Today's skies present some serious friction between your individuality and the people in charge, as the purposeful sun tangles up in the throes of power-dynamic Pluto. Changes to your self-expression need to be implemented and are easily facilitated by the Capricorn moon's smooth connection to Uranus.

LIBRA



Relationships have been your primary focus these past few weeks, Libra. Today's skies bring that story to a head, as the sun and honesty-seeking Pluto swirl up ancient, emotional history from your family past and bring them into the light of day for a reevaluation in your partnerships. How are you projecting unresolved stories from your own past into your present day relationships?

TAURUS



Today's skies are likely to be fraught with a variety of mental tensions, Taurus. The sun and obsessive-compulsive Pluto find themselves locked in a struggle that plays out the underlying frictions taking place between what you believe and how you self-sabotage. Give yourself some leeway today as you're drawn to saying or thinking things that will break you out of the norm.

SCORPIO



As a Scorpio, you're no stranger to unearthing truths from the people around you, but it can be challenging to do this. Today's skies aren't easy to wrangle emotionally or mentally, as the sun and Pluto lock into a psychological volley. Your mind is likely to easily gather storm clouds, as revelations around power and authentic expression make their way to the forefront.

GEMINI



As a Gemini, your social relationships usually run pretty smoothly, as you amass a great gathering of people to exchange information with. Today's skies reveal some hidden tensions between your friendships, community, and most personal relationships. Power dynamics are likely to make their way into your attention, as the sun and powerful Pluto lock into a heated match.

SAGITTARIUS



Self-expression has been incredibly important to you as of late, Sagittarius. Today's skies see you unfolding another chapter in the greater understanding of your creative capabilities, as the sun and Pluto wrestle with one another. This uncomfortable but truth-seeking pair ultimately works to unveil a raw vision of your abilities. Trust what you're learning.

CANCER



Cancers are always sensitive to other people's needs—sometimes to a fault. Today's Capricorn moon cools down romantic feelings but heightens your desire to explore partnerships. Your most intimate relationships are likely to be a source of friction. Speak your truth and explore the power dynamics (however ugly) in your partnerships.

CAPRICORN



You've been walking through the fire lately, Capricorn, as you work to rebuild yourself from the ground up. The sun and psychologically-charged Pluto enhance this identity narrative today as they lock into a powerful showdown. Your entire self-concept is evolving. Even though it may feel uncomfortable, trust that the person who comes out on the other side is one you'll be happy to greet.

LEO



The struggle between your workload and how you see the big picture view of your life are facing some internalized friction today, Leo. Authenticity-seeking Pluto locks the mission-oriented sun into a psychological stronghold today, making you feel irritable toward your current work circumstances and your inability to wander the world at your leisure. Your stormy moods seek a physical outlet, so give yourself room to move.

AQUARIUS



Revelations are pouring in from all sides today, Aquarius. Powerful Pluto tangoes with the sun this afternoon, highlighting some of your habitually negative thinking patterns. It's important to sift through what comes up today, however uncomfortable it might be to manage. Your communication is likely to be more honest and direct than usual, but make sure not to go overboard with those closest to you.

VIRGO



There's been something you've been needing to get off your chest, Virgo. The driven sun gets tangled up with emotionally honest Pluto today, prompting you to explore your feelings around love and relationships in the most authentic way possible. Power dynamics and unexplored truths and terrains are likely to rear their head in your love life.

PISCES



Today's skies are fraught with tensions to navigate, Pisces. The sun treks into Pluto's dark caverns this afternoon, intensifying the atmosphere between your social life and the dreams you hold for yourself. Your goals can feel deeply delayed as you struggle to make ends meet financially. A transformation of your deepest hopes and desires are underway, though it may feel uncomfortable in the process.