

Samantha Ruth Prabhu doesn't want to be friends with ex husband Naga Chaitanya due to THIS reason?



Samantha Ruth Prabhu and Naga Chaitanya once again made headlines for being under one roof at the same time after their divorce. There have been many speculations of the ex-couple bumping into each other. But the fact is that they didn't meet each other and had no face off. Sam and Chay are very much aware of how much people still love them, but the fact is that they have moved on and an insider reveals exclusively to BL that the Citadel: Honey Bunny actress wants to keep no connection with her past.

The source reveals, "Samantha will never talk about her past and she wants the chatter only around her professional life, Sam and Chay have both moved on, and they want their fans to get over them as well and not hope for any reconciliation. Recently at Amazon Prime event too, Sam and Chay both had planned their schedules and made sure they did not bump into each other so that they are not written about. Samantha has come a long way and is coping with her health and she is extremely focused only on making her acting career stronger".

Chay had also reacted to his dating rumours with Made In Heaven 2 actress Sobhita Dhulipala, "They bring in a third party, someone who is not connected to my past to create headlines out of that. It is very disrespectful to the third party whom they are unnecessarily involving with my past".

Samantha who is a classic example of rise like a phoenix suffered from a rare disease Myositis that halted her life for two years and many thought the actress might not be back anytime soon. But Sam is here and once again she is proving the world she has all the power to charm and conquer the world.

Ranveer Singh to take a paternity break to be with Deepika Padukone and his baby?

Deepika Padukone and Ranveer Singh announced their first pregnancy a couple of weeks ago. The news broke the internet and wishes started pouring in for the IT couple in Bollywood. Deepika and Ranveer have been taking it easy and slow, their appearances at media events have gone down after the start of this month. While Deepika will be on a maternity break to welcome her first child, there have been speculations about Ranveer Singh. Multiple movies are in the pipeline for both of them. And as per the latest reports, Ranveer will also take a break.

A source says that Ranveer Singh too is planning on taking a long paternity break. It is said that Deepika Padukone has already cleared off her schedule. She has slowly and gradually eased out of all her pending projects. She will then go on a long maternity break. However, Ranveer Singh had no such plans in place. Since his Baiju Bawra dates have been vacated, Ranveer has no other projects that are ready to begin production, as far as the report claims. It is also said that Ranveer has decided not to take up any projects between Don 3, Shaktimaan and his next with Aditya Dhar. The films, it is said, will start rolling next year. And when



they welcome the baby, he will be there to spend time with Deepika and their little one.

Shahid Kapoor kisses Vijay Deverakonda, thanks him for doing Arjun Reddy in adorable manner

While many hated the film, there is no denying that Kabir Singh did a lot for the career of Shahid Kapoor. It made close to Rs 300 crores at the box office in 2019, and had the highest ROI for a movie that year. We know that it was a Hindi remake of Arjun Reddy. Animal maker Sandeep Reddy Vanga made the remake of the Telugu blockbuster, and cemented a smashing entry for himself in Bollywood. Shahid Kapoor delivered one of his best acts in Kabir Singh. The role got him a lot of hate but there is no denying that his performance was top-notch in every frame of the film.

Shahid Kapoor kissed Vijay Deverakonda on the cheeks. He said he was thankful to him. Shahid Kapoor said that if Deverakonda was not there, then no one would make Arjun Reddy. And if there was no Arjun Reddy, Kabir Singh would not have been made at all. He said he owed him a lot. He said, "So I love you. Mujhe tu bhaut pasand hai." This admiration and love should end all the debate on who did a better version of the character in the fans.



Recipes

Paneer Kalakand



- Ingredients**
 5 cup paneer
 2 cup sugar
 3 cup milk powder
 1 teaspoon powdered green cardamom
 3 cup fresh cream
For Garnishing
 2 tablespoon crushed lightly almonds
 3 tablespoon crushed lightly pistachios

Method:
 To start with, take a deep bottomed pan, keep it on medium flame and add grated paneer, sugar, fresh cream, milk powder. Mix well and cook for 20 minutes. Keep stirring to avoid the burning of mixture. Once done, remove from flame and add cardamom powder. Take a big thali and grease it with ghee/oil. Pour in the mixture in the thali. Spread the almond and pistachios slivers on the mixture and make sure they stick to the mixture properly. Freeze the mixture take a proper shape. Cut into pieces and serve. Make sure you try this easy recipe, rate it and leave your comments in the section below.

Tips
 You can add some rose essence if you want the kalakand to be aromatic.
 You can also add some extra fruit and nuts like cashews and raisins, as per your choice.
 Enjoy!

Yoga poses that help get relief from lower back pain and stiffness



Yoga, an ancient practice originating in India, offers a holistic approach to health and wellness. Among its many benefits, yoga is renowned for its ability to alleviate lower back pain and stiffness. Through a series of gentle poses and mindful movements, individuals can find relief and improve flexibility. Let's explore some yoga poses specifically designed to target lower back discomfort and promote overall well-being.

- Knees-to-chest pose (Apanasana)**
 - This pose involves lying on your back and bringing your knees close to your chest, gently stretching and relaxing the lower back muscles.
 - It's a simple yet effective way to reduce pain and stiffness in the lower back region.

- Downward facing dog (Adho Mukha Svanasana)**
 - By lifting your hips upward while forming an inverted V shape, this pose stretches the entire back and strengthens core muscles. It's particularly beneficial for improving flexibility and relieving tension in the spine.
- Cat-cow pose (Marjaryasana-Bitilasana)**
 - Alternating between arching and rounding the back, this pose gently massages the spine, offering relief from tightness and discomfort.
 - It's a soothing movement that encourages flexibility and promotes spinal health.
- Bridge pose (Setu Bandha Sarvangasana)**
 - Lifting the hips off the ground in a bridge shape strengthens the lower back muscles and opens the chest.
 - It's an energizing pose that also helps improve posture and alleviate back pain.
- Triangle pose (Trikonasana)**
 - By extending the torso and reaching sideways, this pose lengthens the back muscles while building strength and stability.
 - It's a versatile posture that offers a deep stretch to the sides of the body, promoting spinal flexibility.
- Reclined twist (Supta Matsyendrasana)**
 - Twisting the spine gently while lying on your back releases tension and improves spinal mobility.
 - It's a calming pose that can be particularly beneficial for those experiencing stiffness in the lower back.
- If you're new to yoga or experiencing persistent pain, consider consulting a qualified yoga instructor for personalised guidance. With regular practice, you can not only alleviate discomfort but also enhance your overall well-being through the transformative power of yoga. Adding these Yoga poses into your daily routine can provide significant relief.

Ayurvedic hair care rituals for Holi

Holi, the festival of colors, infuses our lives with joy and vibrancy. However, its aftermath can leave our hair dry, tangled, and damaged. To ensure your hair remains healthy and lustrous post-celebration, embracing the right hair care ritual is essential. The use of Ayurvedic oils and masks can offer a natural and holistic approach to tackling the damage caused by Holi to hair. Ayurvedic oils such as coconut, almond, and sesame provide a protective barrier against harsh colors while deeply moisturizing and strengthening the hair follicles. Additionally, using herbal hair masks made from ingredients like amla, reetha, and shikakai helps in the gentle yet thorough removal of colors while replenishing lost nutrients and restoring the hair's natural shine and vitality.



gling, which can lead to excessive hair fall. Secure your hair in a bun or braid to keep it protected while enjoying the festivities.

Post-Holi Rituals:
Brush Away Dry Colors: After the celebration, gently brush your hair to remove dry colors. Avoid vigorous brushing as it may lead to breakage.
Use Mild Shampoo: Avoid harsh shampoos with chemicals that can further damage your hair. Opt for a mild shampoo to cleanse your hair effectively without stripping away its natural oils.

- Pre-Holi Rituals:**
Untangle and Oil Your Hair: Before stepping out to play Holi, it's essential to properly untangle your hair to prevent excessive tangling caused by colors. Additionally, applying a generous amount of Ayurvedic oils or cold-pressed natural oils like coconut oil, almond oil, or sesame oil forms a protective barrier on your hair, making it less susceptible to color penetration.
Tie Your Hair: Tying your hair not only prevents more color from getting into your hair but also minimizes tan-

- Apply a Hair Mask:** Before shampooing, apply a nourishing hair mask for 20-30 minutes. Ingredients like curd, amla juice, reetha powder, and shikakai powder work wonders in removing color while providing deep conditioning to your hair.
Wash with Lukewarm Water: According to Ayurveda, hot water can cause dryness and damage to the hair. Hence, use only lukewarm or cold water to wash off the colors and shampoo from your hair.
Moisturize with Conditioner: After shampooing, use a moisturizing conditioner to restore hydration and prevent further drying of your hair. Choose a conditioner infused with natural ingredients to nourish your hair from root to tip. Taking care of your hair before and after playing Holi is essential to keep it healthy and vibrant.

General Knowledge Question Answers

1. What is the formula for gravitational potential energy?
 a) mgh
 b) -G(m1m2)/r
 c) 1/2mv²
 d) F=ma
2. Which law states that the pressure of a gas is directly proportional to its absolute temperature at constant volume?
 a) Boyle's law
 b) Charles's law
 c) Gay-Lussac's law
 d) Avogadro's law
3. What is the formula for electric potential energy?
 a) kQ1Q2/r
 b) V=IR
 c) F=qE
 d) P=VI
4. Which law states that the induced electromotive force (EMF) in a circuit is proportional to the rate of change of magnetic flux through the circuit?
 a) Faraday's law
 b) Ampere's law
 c) Ohm's law
 d) Kirchhoff's law
5. Which type of lens is thicker at the center than at the edges?
 a) Concave lens
6. What is the unit of frequency?
 a) Hertz
 b) Meter
 c) Second
 d) Pascal
7. Which law states that the current flowing through a conductor is directly proportional to the voltage applied across it, provided the temperature and other physical conditions remain constant?
 a) Faraday's law
 b) Ampere's law
 c) Ohm's law
 d) Kirchhoff's law
8. What is the SI unit of electric charge?
 a) Ampere
 b) Coulomb
 c) Volt
 d) Ohm
9. Which type of wave does not require a medium for its propagation?
 a) Sound wave
 b) Light wave
 c) Water wave
 d) Seismic wave
10. What is the formula for the frequency of a wave?
 a) v=ff
 b) E=hf
 c) F=ma
 d) P=VI
11. Which type of mirror is used in car headlights?
 a) Concave mirror
 b) Convex mirror
 c) Plane mirror
 d) Spherical mirror
12. What is the SI unit of work?
 a) Joule
 b) Watt
 c) Newton
 d) Pascal
13. What is the formula for acceleration due to gravity?
 a) F=ma
 b) F=G(m1m2)/r²
 c) a=v²/r
 d) g=Gm/r²
14. What is the formula for the period of a pendulum?
 a) T=2pv(L/g)
 b) T=2pv(g/L)
 c) T=2pv(Lm/g)
 d) T=2pv(g/mL)

10. E=hf
 11. Convex mirror
 12. Joule
 13. g=GM/r²
 14. T=2pv(L/g)

5. Convex lens
 6. Hertz
 7. Ohm's law
 8. Coulomb
 9. Light wave

4. Faraday's law
 3. kQ1Q2/r
 2. Charles's law
 1. mgh

ASTRO SPEAK

- ARIES** (MAR 21 - APR 20)
 The Leo moon connects with Chiron and Mercury in the very early hours, dear Aries, opening you up to creative dreams and visions that could lead to your next bold move. Just remember to pace yourself once the day begins, lest a harsh square between Luna and Uranus push you off balance. Expect the unexpected, and choose your battles wisely should conflict or plot twists arise.
- LIBRA** (SEP 24 - OCT 22)
 Go where the light leads you this morning, as the Leo moon connects with Chiron, Mercury, and Uranus. There may be those who discourage your dreams, making it important that you focus on supportive dynamics that keep you level. Be mindful of the relationship you maintain with yourself, cultivating grace and kindness within. Pull back from your devices tonight when Mars becomes agitated in our skies.
- TAURUS** (APR 21 - MAY 20)
 Your day could get off to an emotionally charged start, dear Taurus, as the Leo moon and Uranus square off. Monitor your mood accordingly, and try not to take things personally if loved ones are more temperamental or rebellious than usual. You may also feel slightly off your own game, and it may be wise to alleviate internalized pressure by nurturing your physical, mental, and emotional bodies.
- SCORPIO** (OCT 23 - NOV 22)
 You may need to be strict with yourself in order to stay on task, Leo moon aligns with Mercury, and Uranus. Consider reviewing your to-do lists for the week and staying grounded in your long-term ambitions through smaller actions and hard work. Take some time to connect with your body when the sun and Pluto align this afternoon, bringing a cleansing energy to the table that's ideal for releasing stress.
- GEMINI** (MAY 21 - JUN 20)
 The Leo moon aligns with Chiron, Mercury, and Uranus this morning, dear Gemini, bringing a busy and cerebral start to the day. Set an intention early on to maintain mental clarity, taking a step back anytime you feel overstimulated or in need of space. The energy elevates once afternoon settles in and the sun connects with Pluto, strengthening your spirituality.
- SAGITTARIUS** (NOV 23 - DEC 22)
 Try not to let your to-do lists bog you down, dear Archer, as the Leo moon aspects Chiron, Mercury, and Uranus this morning. While it'll be important that you handle important tasks, remember that attitude is everything when conquering each day. Look for opportunities to lift yourself up as you work, creatively connecting with your agenda while playfully interacting with peers.
- CANCER** (JUN 21 - JUL 21)
 Focus on personal aspirations and how the expectations of others impact them, dear Cancer, as the Leo moon aligns with Chiron, Mercury, and Uranus this morning. Now is the time to recommit to your long-term goals, taking a step back from distractions or relationships that have caused you to fall off track. This energy can also help you establish healthy boundaries within intimate relationships.
- CAPRICORN** (DEC 23 - JUL 20)
 Focus on your emotions and not the ego, dear Capricorn, as the Leo moon aligns with Chiron, Mercury, and Uranus. You'll have an opportunity to identify and rise above stubborn mentalities that have prevented you from moving forward, especially when the sun and Pluto share a supportive aspect this afternoon. Remember that it is empowering to acknowledge what your heart is saying, trusting the voice within.
- LEO** (JUL 24 - AUG 23)
 The moon continues its journey through your sign, sweet Lion, aligning with Chiron and Mercury to offer spiritual reinforcements. Immerse yourself in a moment of tranquility and creativity when you awaken, staying rooted in the present moment as Luna and Uranus square off. Remember that lucky breakthroughs often come after a bout of hard work, considering how you can practically chase your dreams.
- AQUARIUS** (JAN 21 - FEB 23)
 Your heart and mind work together as the Leo moon aligns with Chiron and Mercury, dear Aquarius, helping you see your situation more clearly. Unfortunately, a harsh square to Uranus could muddy the waters when emotions have the chance to boil over, making it important that you maintain a harmonious internal dialogue. Close the night out with some self-care when the moon and Mars face off.
- VIRGO** (AUG 24 - SEP 23)
 Your subconscious will be highly active as the Leo moon aligns with Mercury, and Uranus. Take a moment to steady your thoughts upon awakening, looking back on any significant dreams you may have had while searching for deeper meaning. Now is also a good time to reconnect with deep-seated desires, asking the other side for help or guidance if needed.
- PISCES** (FEB 20 - MAR 20)
 Connect with the earth to get out of your own head, dear Pisces, as the Leo moon aligns with Chiron, Mercury, and Uranus. This energy could lead to unexpected shifts for the day, making it important that you're flexible in your routines. Turn your focus toward wellness activities to avoid tension when Luna and Mars face off tonight.