

Murder Mubarak actor Vijay Varma reveals when and how love blossomed between him and Tamannaah Bhatia; says 'It took...'



Way before Vijay Varma and Tamannaah Bhatia starrer Lust Stories 2 came out on OTT, the duo grabbed headlines for their relationship rumours. A video of them allegedly kissing each other went viral online and thereafter, their spotting together on dates and such just fueled the rumours till eventually, Tamannaah accepted that she had found her person. And now, the Murder Mubarak actor has opened up about his personal life too. Vijay Varma has been promoting his newly released movie Murder Mubarak out and about. The OTT movie has an ensemble cast including Sara Ali Khan, Karisma Kapoor and more. Now, in a recent interaction, the actor talked about his first date and love for Tamannaah Bhatia. Vijay reveals that the cupid did strike between them when they were working on Lust Stories 2. However, that was not when they started going out together. Yes, you read that right. For the unversed, Vijay and Tamannaah Bhatia had shot for Lust Stories long before it got released.

Vijay Varma further revealed that after the shoot, there were talks about a wrap-up party for the same. However, it never happened. And they wanted to have a wrap-up party. And guess what, only four people turned up for the wrap-up party. It is at that party that Vijay confessed to Tamannaah and told her that he wanted to hang out more with her. And even after that, it took almost a month for their first date to happen! "That day I feel I told her that I want to hang out more with you. It took 20-25 days for the first date to happen after that," Indian Express quotes Vijay from his interaction with Tammy Bhat for Netflix India's YouTube channel. Tamannaah Bhatia and Vijay Varma are going steady in their relationship. Recently, they all met during the Amazon Prime Video event where in the slate for the upcoming year was revealed.

Stree 2 actress Shraddha Kapoor is a fans' favourite superstar; here's why!



was bestowed with the title of "Most Stylish Fan Favorite Superstar" and "Fans Favourite Star" in two of the award functions, happened recently.

Ramayana: Ranbir Kapoor, Sai Pallavi and other actors to take THIS step ahead of Nitesh Tiwari movie's shoot?

Ramayana is in the making. Nitesh Tiwari has decided to take up the responsibility of bringing the much-loved mythological epic to the big screens. The responsibility is a big one especially, after the debacle of Prabhas, Kriti Sanon and Saif Ali Khan starrer Adipurush by Om Raut. Everything about Ramayana has been under wraps. And now, the makers have planned their next step as the filming commences next month, that is, if reports are anything to go by.

Well, the makers of Ramayana have remained extremely tight-lipped about the movie and the development of the same. It is said that the Ranbir Kapoor and Sai Pallavi starrer new movie is going to go on floors in April. On the auspicious occasion of Ram Navami next month, Ranbir, Sai Pallavi and other cast members are likely to commence the shoot. And before that, the celebs, that is, the cast members will slowly refrain from making a lot of public appearances. Ramayana is most likely to go on floors by mid-April (Ram Navami falls on 17th April) and before that, "Most of the actors of the film are slowly disappearing from the public



eye and will be shooting on different set put up in the film city," reveals a source.

Recipes

Mixed Dal Dosa



**Ingredients**  
2 tablespoon toor daal  
2 tablespoon green moong dal  
2 tablespoon urad dal  
2 green chilli  
salt as required  
2 tablespoon yellow moong dal  
2 tablespoon chana dal  
4 tablespoon basmati rice  
5 cloves garlic  
2 tablespoon virgin olive oil

**Method:**  
Collect the dal and rice in a bowl. Wash it well at least 3-4 times. Collect the washed dal and rice in a bowl. Fill it with warm water and let it soak for about 4 hours.  
Now drain the excess water. Add the dal and rice to a blender along with 1/2 cup of water, garlic cloves and green chillies. Blend to form a paste.  
Take out the batter in a bowl. Add salt as per taste and give a good mix. Use a whisk and whisk the batter for 1-2 minutes to fluff it up well. You can add a little bit of water more to adjust the consistency.  
Heat a non-stick pan and drizzle it with some oil. Now pour 2-3 ladleful of batter on the tawa and spread in circular motions to form a thin layer.  
Cook the dosa from both sides until golden in colour and crisp in texture. Make more such dosas with the remaining batter. You can easily make 5-6 dosas with this much batter.  
Your Dosas are now ready to be served. Pair up with coconut chutney or sambhar and serve.

Simple exercises one can do in office to lose up to 5 kgs

Maintaining a healthy weight can be challenging, especially with the sedentary nature of office work. However, incorporating simple exercises into your daily routine can make a significant difference in your weight loss journey. Here are a few office-friendly exercises that you can do throughout the day to help you lose up to 5 kilograms. These exercises require minimal equipment and space, making them perfect for the workplace environment.

**Desk chair squats:** Desk chair squats are an effective way to engage your lower body muscles and burn calories while seated at your desk. Begin by standing in front of your chair with your feet shoulder-width apart. Lower your body toward the chair as if you were going to sit down, keeping your chest lifted and knees behind your toes.

Hover just above the seat for a moment, then press through your heels to return to standing. Aim for 15-20 repetitions, gradually increasing as you build strength. Desk chair squats target your quadriceps, hamstrings, and glutes, helping to tone and strengthen these muscle groups while boosting your metabolism.

**Standing desk leg raises:** If you have access to a standing desk, incorporate leg raises to engage your core muscles and improve balance. Begin by standing tall with your feet hip-width apart and your hands resting lightly on the desk for support.

Lift one leg straight out in front of you, keeping it parallel to the ground, then lower it back down. Alternate legs and aim for 15-20 repetitions on each side. Standing desk leg raises target your abdominal muscles, hip flexors, and quadriceps, helping to

tighten and tone your midsection while improving posture. This exercise also increases blood flow and circulation, leaving you feeling energized and focused throughout the day.

**Wall push-ups:** Wall push-ups are a modified version of traditional push-ups that can be done easily in the office environment. Find a sturdy wall and stand about arm's length away, placing your hands flat against the wall at shoulder height.

Keeping your body in a straight line from head to heels, bend your elbows and lower your chest toward the wall, then push back to the starting position. Aim for 12-15 repetitions, focusing on maintaining proper form and engaging your chest, shoulders, and triceps. Wall push-ups are an excellent upper body exercise that helps to strengthen the muscles of the chest, shoulders, and arms while also improving posture and upper body stability.

**Office chair leg extensions :** Office chair leg extensions are a simple yet effective exercise for targeting your quadriceps and improving lower body strength. Begin by sitting upright in your chair with your feet flat on the floor. Extend one leg straight out in front of you, lifting it as high as you comfortably can, then lower it back down. Repeat on the opposite side, alternating legs for 15-20 repetitions.

Office chair leg extensions engage your quadriceps, hamstrings, and hip flexors, helping to sculpt and define your leg muscles while burning calories. This exercise also improves flexibility and range of motion in the hips and knees, reducing the risk of injury and discomfort associated with prolonged sitting.

Trending eye shadow shades for summers



Eye shadows mainly add depth and dimension to one's eyes and complement the eyes making them look larger; simply drawing attention to the eyes. Eye shadow comes in a variety of different colors and textures and is usually made from a powder but can also be found in the textures of mousse, cream, pencil, and liquid. Let's take a look at some of the trendy eye shadow shades perfect for the spring season this year.

How to choose the right eye shadow?

If you wish for deep-dark eyes then play with rich pigments and bold shades such as silver, black, or purple. If you wish to have softer tones that compliment the ravishing eyes, then opt for tan, champagne, or coral shade which will bring out the color of your eyes. You can always mix and match, and look at what's best for you.

Shades of dark purple

The shades of purple look regal on brown-eyed beauties and it is the most common eye color across the globe. The shades of purple with a touch of glitter look stunning as they make your eyes look warmer and brighter and look great on all skin tones. It often makes a bold fashion statement, but try opting for neutral colors such as gold and grey.

Golden bronze

Golden bronze with a touch of brown looks stunning on girls with hazel eyes. Their hue shifts depending on the light or the clothes you're wearing

with a golden tinge; it's the cherry on the cake. You can opt for dark shades of bronze and golden with which you can also create a smoky effect and go bold with plum and navy colours for warmth and depth.

Mauve and maroon

Green eyes are very rare and go best with shades of mauve and maroon. There's a wide range of green eye colors with certain undertones, therefore figuring out what shade is best can at times be tricky. Red is directly opposite from green eyes, therefore, a touch of maroon and mauve with brown can bring the tone down and look subtle.

Coral and peach

Blue eyes look stunning with warmer shades such as coral and peach with a touch of copper and bronze to go with. You can also add cool tones such as silver and turquoise to boost the intensity with a touch of pink to go which adds a sense of youthfulness to the look. Blue eyes also look great with grey and green mist.

CRIME REPORT

3 arrested, 3 vehicles seized for illegal extraction and transportation of minerals

**STATE TIMES NEWS**  
KULGAM: Acting tough against the elements involved in illegal extraction and transportation of minerals, police in Kulgam under the close supervision of SSP Kulgam have arrested three persons and seized three vehicles involved in the commission of crime. A Police party of Police Station Kund during Naka checking at Kanchloo Crossing intercepted vehicles (Tractors) loaded with illegally extracted minerals. The accused drivers were arrested and the vehicles used in the commission of crime have also been seized. Accordingly, cases vide FIR No. 09 & 10/2024 under relevant sections of law has been registered at Police Station Kund and investigation has been initiated.

Man held for extortion

**STATE TIMES NEWS**  
SRINAGAR: Police Station Rajpora received an information through reliable sources that some persons in the jurisdiction of police station are extorting money from the general public by deceitful means through criminal intimidation. In this regard, case vide FIR No. 22/2024 under relevant sections of law was registered and investigation was set into motion. During the course of investigation, one person namely Andleeb Ahmad Mir son of Ab Rasheed Mir resident of Rajpora has been arrested and two Toy Pistols used for the commission of crime has also been recovered from his possession. Further investigation of the case is going on.

Two bovine smuggling attempts foiled, notorious bovine smuggler arrested

**STATE TIMES NEWS**  
SAMBHA: Police on Tuesday foiled two bovine smuggling attempts in the jurisdiction of Police Station Ghagval, arrested notorious bovine smuggler, rescued bovines and seized two vehicles used for transportation of bovines.

A Police team of Police Station Ghagval headed by SHO Police Station Ghagval while performing vehicle checking duty at NHW naka/Tapyal, intercepted a Mahindra pickup bearing registration number JK02BN-5171 for checking. During checking, bovine was found laden inside the vehicle which was tied in a cruel manner and was being transported illegally without any valid permission. The arrested notorious bovine smuggler identified as Sunil Kumar, son of Amarjeet Lal, resident of Radawna tehsil Ramgarh district Samba has been arrested and the vehicle used for illegal transportation of bovine has also been seized. A case FIR No. 37/2024 U/S 188 IPC, 11 PCA Act has been registered at Police Station Ghagval and investigation started.

It is pertinent to mention here that the arrested accused is a notorious bovine smuggler and also involved in case FIR No. 50/2024 under section 188 IPC of PS Rajbagh district Kathua and case FIR No. 93/2023 u/s 188 IPC of PS Ghagval.

In another incident of bovine smuggling, a Honda City car bearing registration no.

JK02AR-5200 was found laden with a bovine during checking at naka/Tapyal which was tied in a cruel manner and was being transported illegally without any valid permission. A case FIR No. 36/2024 U/S 188 IPC, 11 PCA Act has been registered at Police Station Ghagval and investigation started.

Police attaches vehicle bought from drug trafficking worth lakh

**STATE TIMES NEWS**  
BARAMULLA: Continuing its action against drug peddlers, Police in Baramulla attached vehicle (Swift) bearing registration number JK01M-7247 worth lacs belonging to notorious drug peddler namely Ashiq Illahi Parry son of Ab Razaq resident of Lawaypora Shalteng Srinagar. The action was taken under sections 68-E read with 68-F (1) of NDPS Act of 1985 & were linked with case FIR No. 368/2023 u/s 8/21-29 NDPS Act of PS Pattan. The property was identified as illegally acquired property during the course of investigation/enquiry conducted by Police. The property was prima facie acquired from illicit trafficking in Narcotic drug and Psychotropic substances by the drug peddler.

Accused wanted in attempt to murder case nabbed within 2 hours

**STATE TIMES NEWS**  
JAMMU: An accused of attempt to murder case arrested within 2 hours by Jammu police. An information received through complainant namely Varun Kumar, son of Paranjit Kumar, resident of Qasim Nagar, Narwal that a person namely Islam attacked his brother and other family members near Gujjar Nagar causing them serious injuries on head. On this, case FIR No.20/2024 stands registered under relevant sections of law at police station Peernitha, Jammu. Accordingly a special team was constituted upon the directions of SP North Shivam Siddhanth, led by SDPO City North Devinder Singh Bandral-JKPS by making use of technical/human int within 2 hours the accused namely Mohd Shohidul Islam was arrested.

Cyber Cell recovers online defrauded money over 90 K

**STATE TIMES NEWS**  
JAMMU: Cyber Cell of District Police Jammu has demonstrated its unwavering commitment to combating cybercrime by successfully solving a case and recovering money amounting Rs. 94,192 of victim namely Vijay Kumar, son of Des Raj Resident of Nagrota Jammu Brief facts of the case are that Vijay Kumar received sms regarding upgradation of JTO Sim, got one link downloaded and the complainant lost Rs 94,192. During the investigation, the Cyber Cell DPO Jammu, exhibited hectic efforts which ultimately led to the successful recovery of the amount of Rs.94,192.

SSP Jammu Dr. Vinod Kumar reiterated in his appeal to the general public to remain extra vigilant and report promptly to the National Helpline number 1930 or Cyber Cell DPO Jammu .SSP Jammu also encouraged citizens to lodge cyber complaints online at www.cybercrime.gov.in. And www.ceirgov.in for lost/ Stolen Mobile. Emphasizing the importance of awareness and collaboration in effectively combating cyber threats.

Woman among two absconders nabbed

**STATE TIMES NEWS**  
DODA: A female absconder held by police who was absconding for last 16 years. Doda Police arrested one absconder (female) namely Niskaba, wife of Mohd Younis resident of Nera Kathua who was involved in case FIR No. 179/2008 under section 363,376,344 RPC registered against her on November 4, 2008 in Police station Bhadarwah and she was declared as absconder on June 1, 2009 . A police team was constituted in Police station Bhaderwah consisting of female cop Toshi Devi and Intiaza Begum led by one officer and the team finally arrested her:

Meanwhile, a man wanted in a case has been arrested by a team of police from Manjakote police station. The team headed by SHO Manjakote arrested the accused. Identified as Zabeer Ahmed son of Razaq Khan resident of Kakora Manjakote, he was evading his arrest in Case FIR No 44/2023 U/Ss 341/323/504/506 IPC and against whom warrant U/S 299 CrPC has been issued by Court on 29/12/2023. He was evading his arrest but has been arrested now.

Man wanted for implementation of PSA warrant detained

**STATE TIMES NEWS**  
RAJOURI: Police has detained a man wanted for implementation of Public Safety Act (PSA) warrant. Police said that the detained accused is identified as Tariq Mehmood son of Mohd Kabir resident of Nerolal village of Thanamandi. The accused is involved in unlawful acts and his detention was need of hour for public peace and order. He was absconding since September 2023 after a warrant under PSA was issued by District Magistrate. His detention warrant has been executed and is now being lodged in District Jail Dhangri Rajouri. A team of police headed by SHO Thanamandi made the arrest of accused.

Male body found

**STATE TIMES NEWS**  
BARI BRAHMANA: Police on Tuesday found a male body near Balole Khad. As per police, at 1730 hrs an information is received through reliable sources that one unknown male body found near Balole Khad behind Tata Saria factory: As the matter pertains to death of human being and original cause of death is yet to be ascertained. In this regard inquest proceeding under section 174 CrPC initiated in Police Station Bari Brahmana and enquiry started.



Police reunites missing women with families

**STATE TIMES NEWS**  
SAMBHA: Police on Tuesday reunited a missing woman with her family whose missing report was lodged at Police Station Ramgarh. As per details, On January 3, 2024, a written report was lodged at Police Station Ramgarh by the husband of missing woman, a resident of village Mahal Shah tehsil Ramgarh and district Samba, stating therein that his wife went to market and did not return. All efforts were made out by the family members but the whereabouts of the missing lady could not be ascertained.

Acting on complaint, a missing report was entered at Police Station Ramgarh and search started to trace out the said missing lady. With continuous strenuous efforts, a police team of Police Station Ramgarh headed by SHO PS Ramgarh has traced out the said missing woman and handed over to her legal heirs after completing all legal formalities. Accordingly, the said missing report has been closed. Meanwhile, on March 22, 2024 a complaint was received at Police Station Dharamkund regarding missing of a woman, resident of Meghdar District Ramban. On this a missing report entered at Police Station Dharamkund. A special team was constituted by SSP Ramban Anuj Kumar to trace out the missing woman. The police team by making the best possible efforts traced out the missing woman. The missing woman was handed over to her legal heirs after completing all legal formalities required under law. The missing report has been closed as traced. The missing lady was traced by police team of Police Station Dharamkund under the guidance of SHO Dharamkund, under the supervision of SDPO Gool, Addl. SP Ramban and overall supervision of SSP Ramban.

