

Aditi Rao Hydari confirms engagement with Siddharth; drops adorable post hinting at who proposed



Aditi Rao Hydari and Siddharth have been making headlines as there are reports that claimed the couple has secretly got married, and just a while ago Aditi took her social media and shared the picture of her engagement along with the actor Siddharth and mentioned, "He said yes! ?? E. N. G. A. G. E. D. " Aditi and Siddharth have been in a relationship for years but the couple only made it official this year in January by confirming the news of being together.

Aditi Rao Hydari and Siddharth have been trending since yesterday as the reports on GreatAndhra claimed that the couple got secretly married at a temple in Telangana, Hyderabad, and will soon share the news about the same.

Having said that the news of the couple getting married may not be true, but they are very much engaged. Aditi and Siddharth are seen flaunting their engagement rings in this picture and the actress even shared who proposed whom. And we love that the actress didn't go all fairy tale and kept it straightforward that it was she who proposed and he said yes to her. Indeed this is such a welcoming change, and the fans are thanking Aditi for normalising the fact about girls proposing to guys for marriage.

Aditi and Siddharth look extremely adorable and how. The fans love the simplicity of the couple who didn't go overboard over splurging all the money on the marriage or rather engagement.

After the confirmation of their engagement, Aditi and Siddharth fans are waiting for them to announce the wedding soon. On the professional front, Aditi will be seen on Sanjay Leela Bhansali's one of the leading ladies in Heeramandi.

Crew: Kapil Sharma pokes fun at his two-day long journey on the sets of the film; 'Jitna chota role...'

Crew releases in theatres. The movie stars Kareena Kapoor Khan, Tabu and Kriti Sanon in the leading roles. They are three hostesses who have a plan in place to become rich. The supporting cast includes Kapil Sharma, Diljit Dosanjh, Rajesh Sharma and others. It is comedy drama and going by the early reviews, one can say that Crew is a perfect entertainer. With Kapil Sharma and others being on sets, one can expect great comedy. Taking to his X (formerly known as Twitter) account to share a video from the sets to send the best wishes to the team.

The video shared by Kapil Sharma is from the wrap up party from the sets of Crew. We see Tabu cutting the big cake. Kapil Sharma is in his element and is cracking jokes. He fake cries and says that he will miss the days spent with the team. He says, "I will miss this two-days long journey. Out of which, three hours were spent doing nothing." Everyone is simply laughing hard over his jokes. Rhea Kapoor then asks Kapil Sharma to cut another cake. He denies that he won't eat but agrees to cut. It is a smaller cake and hence Kapil says, "Jitna role utna hi chota cake."



This leaves everyone in splits. Kareena Kapoor Khan and Kriti Sanon are missing from the video. In the caption, he has thanked Anil Kapoor, Rhea Kapoor and Ekta Kapoor for making him a part of the film.

Animal Park: Here's why Ranbir Kapoor's film's fate hinges on Prabhas' upcoming new movie Spirit; check out deets

Animal Park is highly anticipated among cinema lovers, with the makers announcing its sequel, Animal Park, during the end credits of Animal itself. However, there's been no confirmation on when exactly the shoot for Animal Park will commence. While some sources suggest it may start in 2025, others indicate the film is on hold as Ranbir Kapoor's focus is currently on Nitesh Tiwari's Ramayan. Ironically, recent reports hint at the commencement of Ranbir Kapoor's film shoot, but the twist is that the fate of Animal Park is entirely dependent on Prabhas' movie, Spirit.

Released in 2023, Ranbir Kapoor and Rashmika Mandanna's starrer captivated audiences with its storyline, impactful visuals, and impeccable screenplay. While director Sandeep Reddy Vanga faced criticism from film critics and sections of society for its perceived moral incorrectness and toxicity, the film won the hearts of audiences and shattered box office records. Animal Park will feature Ranbir in a double role, portraying both Ranvijay and Aziz (the main antagonist). Viewers are eagerly anticipating the double



dose of Ranbir in Sandeep Reddy Vanga's film. However, here's the catch. As of now, there's been no official confirmation from Sandeep Reddy Vanga or his team regarding the aforementioned news.

Recipes

Malai Paneer Korma



Ingredients
250 gm chopped into cubes paneer
2 1/2 tablespoon ghee, 6 cloves garlic
1 inch ginger; 4 peppercorns
salt as required, 1 cup milk
crushed, powdered mint leaves as required
4 small chopped onion, 1/2 cup cashew nut paste
3 chopped green chilli, 1 black cardamom
1 cup yoghurt (curd), 3 green cardamom
1/4 teaspoon nutmeg powder; 1 mint leaves
Method:

In a pan, add oil and once the oil is hot add onions, green chillies, garlic, ginger, black cardamom, green cardamom, and black peppercorns. Cook them on a medium flame till the onions get mushy.

Let the onions cool for a while. Next, take a grinder, add onion mixture along with yoghurt and blend nicely to get a smooth paste.

Heat ghee in a pan and then add the onion-yogurt paste. After that, add cashew paste and mix to combine well. Add a pinch of salt, mix it and cover the lid. Let it cook for 8-10 mins.

Once done, pour in some water and then add milk. Mix everything well. Lastly, add nutmeg powder and chopped paneer cubes. Stir it well. You can also add cardamom powder if you want. Cook for 8-10 mins.

Your Malai Paneer Korma is ready to serve. Garnish it with some mint powder and a mint leaf. You can also add boiled peas if you want.

Enjoy the meal.

Yoga poses that are gentle and safe for elderly



Adapting yoga practices for elderly individuals with joint pains and arthritis is crucial for promoting their overall well-being and managing their condition effectively. It is a common condition among elderly that causes inflammation and pain in the joints, making movement difficult and often leading to decreased flexibility and strength. However, with the right modifications, yoga can be a beneficial form of exercise for people with arthritis, helping to improve joint mobility, reduce pain, and enhance mental well-being.

One of the primary reasons for adapting yoga practices for older individuals is to ensure safety during exercise. People with joint problems and arthritis may have limitations in their range of motion and may experience pain when performing certain movements. By modifying traditional yoga poses, such as reducing the depth of stretches or using props for support, individuals with arthritis can practice yoga safely without exacerbating their symptoms.



6 gentle yoga poses for older people
If you're an older individual looking for safe and gentle poses, try introducing these six poses into your practice:
Mountain Pose (Tadasana): Promotes stability and balance by encouraging appropriate alignment and posture.
Chair Pose (Utkatasana): Enhances lower body strength while sitting, promoting stability and suppleness in the legs.
Tree Pose (Vrikshasana): This standing pose improves coordination and balance while providing support.
Cat-Cow Stretch (Marjaryasana-Bitilasana): Promotes back health and releases tension by increasing spinal flexibility and mobility.
Legs-Up-the-Wall Pose (Viparita Karani): Reduces weariness and discomfort by enhancing circulation and promoting relaxation.

These habits can cause more wrinkles



Wisdom is not the only thing that comes with age. Wrinkles do too! And with wrinkles comes a constant worry and even a dip in confidence for some. Let's look at a few habits you need to get rid of as soon as possible to delay those wrinkles and minimize their appearance:
Regular smoking
Smoking not only poses serious health risks but also accelerates the ageing process of the skin. The chemicals in tobacco smoke damage collagen and elastin fibres, that cause premature wrinkles and sagging skin. Quitting smoking is the best way to protect your skin and overall health. Seek support from friends, family, or healthcare professionals to quit the habit for good.
Not getting proper sleep
A lack of quality sleep can take a toll on your skin, and cause collagen breakdown and dullness. Make sure you're getting seven to nine hours of sleep every night to allow your body time to repair and rejuvenate. Maintain a bedtime routine and create a sleep-friendly environment to improve the quality of your rest.
Having an unhealthy diet
Poor dietary choices can also impact skin health and cause wrinkles. Incorporate a variety of fruits, vegetables, and whole grains into your meals that are rich in essential nutrients, such as vitamins C and E, and antioxidants, to give your skin with the nutrients it needs to stay healthy and youthful.
The bottom line
Wrinkles are a natural part of ageing, but many lifestyle choices can accelerate their development. However, the control might just be in your hands! Take a step towards minimizing the appearance of wrinkles and promote healthier, more youthful-looking skin by understanding these habits and making conscious changes.

wrinkles. When the skin lacks sufficient moisture, it loses its elasticity and appears dry and wrinkled. Make sure you drink at least 8 glasses of water throughout the day to keep your skin hydrated from within. Also, have hydrating foods like fruits and vegetables.

St. Peter's Catholic Church takes out 'Good Friday' procession

STATE TIMES NEWS
JAMMU: St. Peter's Catholic Church, Prem Nagar organized Good Friday procession on Friday, the procession began from Candle Church Chowk at Christian Colony. The procession moved towards St. Peter's Catholic Church, Prem Nagar via Residency Road and Vivekanad Chowk. Good Friday, is the Friday before Easter, the day on which Christians annually observe the commemoration of the Crucifixion of Jesus Christ. The followers of Jesus depicted the suffering of Jesus and enacted His



death on the cross. Hundreds of people devoutly participated in the prayerful procession, the faithful participated in the procession holding the cross in their hands, many people have expressed their view about the procession and they said that it was the most peaceful procession that they ever had in their lives. It was a heartbreaking

act by the devotees and thousands of people have witnessed it. As the procession reached the Church, there was a Good Friday service which was conducted by Rev. Fr. Kuriakose T, the Parish Priest and Rev. Fr. Suhail Joseph, the Asst. Parish Priest. Rev. Fr. Kuriakose said that the Cross is the principal symbol of Christianity. The cross reminds about the sacrificial love of Christ which he expressed to humankind through his passion and death. The cross has a message for all the believers today as it gives meaning to the trials and troubles in the world and for standing as a symbol of love as well as a symbol of victory. Jesus' death challenges us to leave sin behind and as he was addressing the faithful he quoted the Bible verse from St. Paul's letter to the Galatians, "I have been crucified with Christ and it is no longer I who live, but it is Christ who lives in me" (Gal 2:19-20). Cross is standing as a symbol of love as well as a symbol of victory. And finally he thanked the gathering, the Police department for their help, the media people for their presence, the municipal corporation authority for their service and thereafter the Good Friday service came to end.

3 day Tawi Sahitya Lok Utsav begins



Suresh Kumar Gupta, Principal Secretary, Department of Culture inaugurating Tawi Sahitya Lok Utsav.

STATE TIMES NEWS
JAMMU: Tawi Sahitya Lok Utsav, a celebration of regional literature and culture, began here on Friday. The event was organised by the Jammu and Kashmir Academy of Art, Culture and Languages (JKAACL) in collaboration with Indira Gandhi National Centre for Arts (IGNCA), Jammu. Suresh Kumar Gupta, Principal Secretary, Department of Culture, launched the festival in presence of Ramesh Kumar, Divisional Commissioner, Jammu, Deepika Kumari, Secretary in Department of Culture, Trishla Kundal, Special Secretary, Department of Culture, Sanjeev Rana, Additional Secretary, JKAACL and Shruti Awasthi, Director, IGNSA, Jammu. The Principal Secretary said that the main aim of the festival is to celebrate Jammu and Kashmir's cultural diversity and literary heritage through interactive

sessions, cultural performances and creative competitions. The Divisional Commissioner emphasized the significance of promoting the region's cultural legacy, fostering an atmosphere of cultural harmony and artistic expression. The inaugural day was marked by thought-provoking author interactions, captivating mushairas, short story sessions, insightful book launches and an array of creative competitions and exhibitions. The Authors Interaction sessions, held at the Main Stall of JKAACL, provided a platform for literary dialogue and cultural exchange, featuring prominent writers from diverse linguistic backgrounds. Renowned Dogri writer Padma Shri Mohan Singh graced the event, sharing his insights and literary contributions, moderated by Ravinder Koul. Similarly, Khalid Hussain, a distinguished Punjabi writer and Dr. Adarsh Prakash, a noted Hindi writer, engaged the audience with their experiences and literary prowess, moderated by Surinder Kour Neer and Professor S.K. Mishra, respectively. Professor Shad Ramzan, a prominent Kashmiri writer, shared reflections on Kashmiri culture and heritage, moderated by Bindiya Tickoo. The event also featured various programs such as Hindi, Gojri and Dogri Mushairas, celebrating the poetic heritage of these languages. The release of "Hindi AalochanKosh" marked a significant literary event, reflecting scholarly pursuits in Hindi language and literature. The Authors interaction sessions exemplified the spirit of literary exchange and cultural celebration, showcasing the rich tapestry of languages and literature in the region. Furthermore, various competitions and exhibitions including poetry recitation, photography exhibition, painting competition, and rangoli provided emerging talents with a platform to showcase their creativity. The main attraction at the event was undoubtedly the artisans from Paddar demonstrating the intricate art of spindle spinning using goat wool, along with presenting a variety of other captivating artifacts.

SP South urges youth to act as messengers of Jammu Police to take drug awareness campaign to maximum reach

STATE TIMES NEWS
JAMMU: SP South Ajay Sharma has urged participants to act as messengers of Jammu Police to take drug awareness campaign to the maximum reach. SP South Ajay Sharma was speaking in a drug awareness program organised by Jammu Police at Bagh e Bahu area of Sub Division East. The programme was aimed to sensitise the general public regarding drug



SP South Ajay Sharma speaking at a programme.

abuses and its prevention. Programme was attended by 200 people including civil society members, youth, children and NGOs. Besides SP South Ajay Sharma, SDPO East Sheezan Bhat & SHO Bagh e bahu Vijay Kumar were also present at the event. Many speakers expressed their ideas and views on the topic and the session was made more interactive. Participants were acknowledged for their contributions towards the society. SP South Ajay Sharma appealed parents to come forward if any of their child has fallen prey to addiction, J&K police shall take care of such persons who are in need of counselling and treatment. People expressed gratitude to police for organising such initiative for youths.