

Parineeti Chopra, Raghav Chadha marriage confirmed? Harrdy Sandhu says he’s called and congratulated his former costar



Bollywood actor Parineeti Chopra and political leader Raghav Chadha sparked wedding rumours soon after they were spotted making public appearances frequently. The couple manages to stay in the headlines grabbing the media attention with their repeated outings. Punjabi singer Harrdy Sandhu has confirmed that the wedding of his former costar is finally happening and he is happy. Parineeti Chopra and Harrdy Sandhu worked together in 2022 spy thriller Code Name Tiranga.

The Punjabi singer is gearing up for his latest song Yaad Aati Hai and while promoting the same he spilled some beans over his co-star's marriage. In a conversation with DNA, he said that he is happy that Parineeti is finally getting settled in life. He recalled that during the shoot of Code Name Tiranga, they had discussed marriage and the actress had mentioned she will get married, only after she feel that she has found the right guy. Harrdy Sandhu even confirmed that he has spoken to Parineeti Chopra and congratulated her for the wedding.

A week ago Parineeti Chopra and Aam Aadmi Party leader Raghav Chadha were spotted in Mumbai and their photos and videos took the internet by storm. People immediately started speculating if they are dating each other. Recently they were again spotted at the Delhi airport amid wedding rumors. However, both have remained tight-lipped keeping their relationship a secret. Recently, AAP leader Sanjeev Arora congratulated them for their "union". Also, a close friend of the Chopra family has confirmed that they are committed to their union but the final ceremony is yet to happen.

Kareena Kapoor Khan and Anushka Sharma react to a viral post comparing Bollywood celebs to cities

A social media influencer Freddy Birdy compared Bollywood stars to cities around the world. The particular post is going viral on Instagram. The influencer shared a post on his Instagram account comparing popular celebrities like Shah Rukh Khan and Salman Khan to cities. He also specified qualities of the cities that match to the actors. Freddy Birdy has earned prominence for his quirky humor and tried to beat the Monday Blues. His recent post caught Kareena Kapoor Khan and Anushka Sharma's attention as they reacted to being compared to Gstaad and Bangalore.

Freddy Birdy's post compares popular Bollywood stars compared Shah Rukh Khan, Salman Khan, Alia Bhatt, Kiara Advani, Neetu Kapoor, Anushka Sharma, Kareena Kapoor Khan, and others to cities. He mentioned Shah Rukh Khan is Bombay - the city of dreams while Salman Khan is Delhi, the city of gyms and djinns. Further, the post compared Neetu Kapoor to Dubai as both are forever youthful, and Rekha is Bora Bora, exotic and distant. Ishaan Khattar is Manali which is perennially cool and Katrina Kaif is like forever scorching Thai dessert.



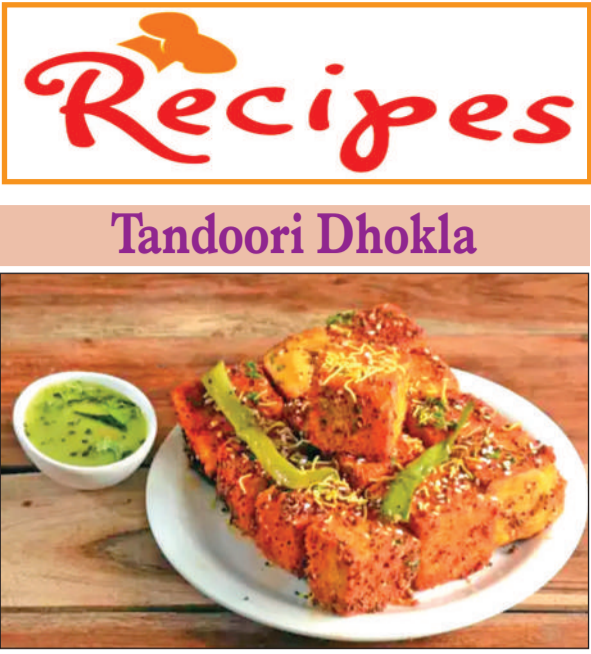
Did Karan Johar seemingly take a dig at Nepo debate and Kangana Ranaut in cryptic posts?

Ever since Kangana Ranaut has waged a war against nepotism, Karan Johar remains in the news. More than often, Kangana Ranaut has targeted Karan Johar whenever she talks about nepotism in the film industry. Recently, the Emergency actress accused Karan Johar after Priyanka Chopra's remark on being cornered in Bollywood went viral. She made some strong comments and called him 'obnoxious, jealous, mean and toxic person' in a tweet. Now, Karan Johar has made some cryptic posts on Instagram and one wonders if he is taking a dig at Kangana Ranaut and the whole nepotism debate.

On his Insta stories, Karan Johar has made quite a few posts. One of the posts has him saying that the airport is a runway and now it has also become a place for a press conference. He joked that next there could be trailer launch events happening at the airport. This comes after a video of Kangana Ranaut questioning the paps at the airport went viral. In the video, Kangana Ranaut calls the paparazzi



'chalak' and says that she is not asked questions when anything is related to the 'film mafia' but if there is any controversy around her, they shout like anything.



**Ingredients**  
1 cup gram flour (besan)  
1 teaspoon ginger paste  
1/2 teaspoon fruit salt  
1 teaspoon mustard seeds  
2 tablespoon vegetable oil  
1/2 tablespoon red chilli powder  
1/2 teaspoon turmeric  
1/2 cup yoghurt (curd)  
1 tablespoon tandoori masala  
2 stalks curry leaves  
salt as required

**Method:**  
Add besan, turmeric, ginger paste, curd, fruit salt, 1/2 tsp tandoori masala, red chilli powder and salt as per taste.  
Add water as per need and mix well to prepare a thick and smooth batter.  
Grease a circular thali with some oil and pour the batter in it. Place it in a steamer; cover and steam for 10-12 minutes. Once done, take it out and let it cool down.  
Chop the Tandoori Dhokla in cubes and place them on a plate. Now for the tempering, heat oil in a pan, add curry leaves, mustard seeds and let them splutter for a minute or so. Pour this tempering on the Dhokla cubes.  
Lastly, sprinkle 1/2 tsp tandoori masala on top.  
Serve the Tandoori Dhokla with fried green chillies, tamarind chutney or any other chutney of your choice.

Strength training vs cardio for fat loss



Many people who decide to lose weight struggle to choose between the two most popular workouts for weight loss – cardio or strength training. Even if you plan to do both, doubts still linger as to which one you should focus more on to lose fat effectively and efficiently. Here's all you need to know about cardio vs weight/strength training for fat loss.

**Cardio burns more calories per session**  
Several studies have found that if you workout for a particular period of time, you will burn more calories doing cardio than while doing strength training. So cardio helps you burn calories faster. Cardio includes workouts like running, cycling, swimming, walking, jumping rope, and HIIT.

**Weight training burns more calories every day?**  
When it comes to building muscle, weight training is definitely more effective than cardio. But why should you build muscle when trying to get rid of unwanted fat? This is because muscle burns more calories at rest. As per research, you burn more calories after a weight training session, compared to those after a cardio session. There are reports of resting metabolism staying high for up to 38 hours after weight training session. However, no such increase has been reported in case of cardio workout.

**Don't forget your diet!**  
While choosing between cardio and weight training, do not forget the importance of managing your diet and overall calorie consumption. You need to workout regularly as well as eat a nutritious and well-balanced diet for long-term weight loss. Some people focus entirely on managing their diet and do not exercise. However, a scientific review including over 400 people found that the combination of dietary changes plus exercise led to 20% greater weight loss, compared to only dietary changes alone for weight loss.

**Fat loss vs weight loss?**  
Make sure you do not entirely check your results via the numbers on your weighing scale. Weight loss includes decrease in your overall body weight from muscle, water, and fat loss. Excessive loss of water and muscle may be detrimental to over health. Instead, focus on fat loss, which refers to weight loss from fat only. Measuring your inches may help check results in a more healthier way than the weighing scale.

As discussed earlier, a combination of cardio and strength training along with a balanced diet can all work together to help to reach your weight loss goals. If we focus on fat loss, then weight lifting is better as it helps you build lean muscle. Cardio is great for improving cardiovascular health and uncovering the muscle you've sculpted via strength training.

Tips to accentuate your jawline

Jawline refers to the outline of the mandible, or lower jawbone, as it runs from the ear to the chin. The mandible is the largest and strongest bone in the face, and it provides support for the teeth and the muscles used for chewing. The jawline is formed by the masseter muscle, which runs from the cheekbone to the lower jaw, and the temporalis muscle, which runs from the side of the skull to the lower jaw. A well-defined jawline is often considered a desirable physical feature, particularly in men. Here are a few tips to follow to achieve a perfect jawline.

**Loose weight:** If you have excess fat around your face and neck, losing weight can help to define your jawline. Eating a healthy diet and exercising regularly can help to achieve this.

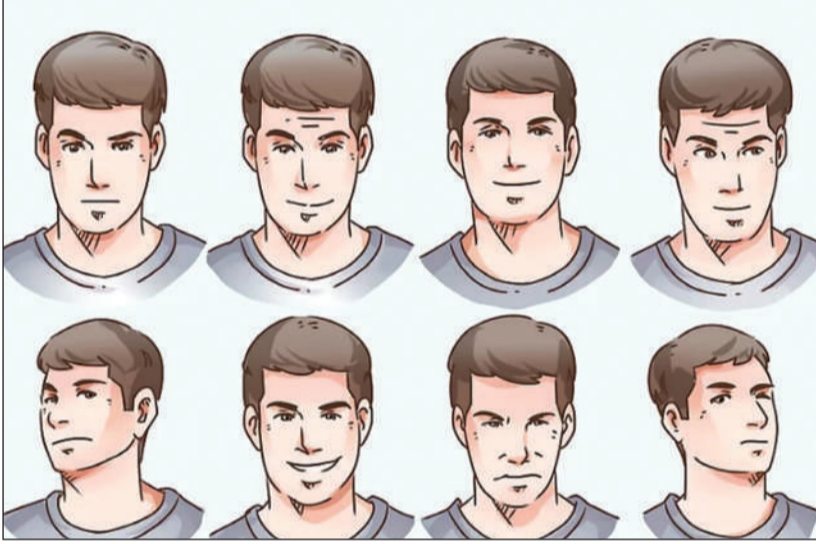
**Facial exercises:** Certain facial exercises, such as chewing gum, clenching your jaw, and smiling while pushing your tongue against the roof of your mouth, can help to strengthen the muscles around your jawline.

**Good posture:** Maintaining good posture can help to improve the appearance of your jawline. Make sure to keep your head up, shoulders back, and spine straight.

**Groom your facial hair:** If you have facial hair, grooming it can help to define your jawline. Consider trimming your beard or mustache to accentuate your jawline.

**Use makeup:** Makeup can be used to contour your face and highlight your jawline. Apply a shade darker than your skin tone along your jawline to create a shadow effect.

**Consider cosmetic procedures:** If you're looking for a more permanent solution, cosmetic procedures such as jawline filler or chin implant surgery can help to enhance your jawline. However, these options should be discussed with a qualified medical professional.



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

- 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
12. 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

**ASTRO SPEAK**

**ARIES**  
MAR 21 - APR 20

The vibe will be playful yet easygoing throughout the day, dearest ram, as the moon continues its journey through Leo and your solar fifth house. Don't be afraid to let your hair down and step into the limelight as the afternoon rolls around and the sun and moon share a sweet exchange, boosting your confidence and desire to express yourself.

**LIBRA**  
SEP 24 - OCT 22

You'll act as a rising star within your community though you'll need to embrace the work that comes with rubbing elbows and shaking hands. These sentiments will be especially true when the sun and Leo moon shake hands elevating your charisma and ability to charm. If you're currently in a serious relationship, this celestial exchange can unleash some serious power couple vibes, helping you conquer social networks as a team.

**TAURUS**  
APR 21 - MAY 20

Don't feel guilty if you decide to lay around the house for most of the day, as the Leo moon brings warmth to domestic bliss. These vibes are perfect for nurturing yourself and your space, taking a step back from overstimulating work. Your subconscious may illuminate new truths as the afternoon rolls around and the sun and moon align, marking the perfect moment for meditation and introspection.

**SCORPIO**  
OCT 23 - NOV 22

You'll feel ambitious and eager to carve out a name for yourself today, dearest Scorpio, as the Leo moon travels through your solar tenth house. This luminary placement can cause your ego and desire for success to intertwine, though it'll be important that you maintain reasonable expectations for yourself, especially when the sun and moon shake hands this afternoon.

**GEMINI**  
MAY 21 - JUN 20

Look for ways to nurture your mind today, darling Gemini, as the Leo moon ignites the curious nature within you. These vibes are perfect for asking questions, pursuing new knowledge, and sharing ideas. Consider striking up a conversation with someone you don't know that well when the sun and moon align this afternoon, pushing you to build up your sense of community and personal network.

**SAGITTARIUS**  
NOV 23 - DEC 22

Allow yourself to fully embrace spirituality and personal philosophies today, darling Archer, as the Leo moon pushes you to think outside of yourself. These vibes are all about exploring new concepts, as your soul will be eager for fresh experiences and obscure ways of thinking. Divine inspiration can help you find creative genius as the afternoon rolls around and the sun aligns with Luna, so be sure to acknowledge the artist that lives within.

**CANCER**  
JUN 22 - JUL 23

Allow your cheery disposition to shine through as the moon continues its journey through fiery Leo. Your mood will have a direct impact on your immediate surroundings, making it important that you hold strong in your elevated mindset. Give yourself permission to reap the rewards of afternoon when the sun and moon align this afternoon, understanding that it's important to treat oneself from time to time.

**CAPRICORN**  
DEC 23 - JUL 20

You won't be in the mood to compromise as the Leo moon continues to journey through your solar eighth house. This luminary placement will give you an edge in negotiations and business dealings, especially when you proceed with confidence and strength. Take a moment to check in with and nurture yourself when the sun and moon shake hands this afternoon, giving you permission to take a brief rest.

**LEO**  
JUL 24 - AUG 23

The universe will lend you some extra shine today, darling Leo, as the moon continues its journey through your sign. The vibe will be particularly elevated as the afternoon rolls around and the sun and moon share a sweet exchange, giving you the sense that you're not alone in this universe. The stars will be rallying from your corner during this time, marking the perfect occasion for a bit of manifestation or divinatory work.

**AQUARIUS**  
JAN 21 - FEB 23

Love will linger in the air for you today, dearest water-bearer, as the Leo moon continues to move through the sector of your chart that governs matters of the heart. Your words will elevate when the sun and moon align this afternoon, helping you step up your game conversationally, which can allow you to make headway within your personal and intellectual goals. Plan on giving your mind a rest.

**VIRGO**  
AUG 24 - SEP 23

It's okay if you want to move stealthily today, dear Virgo, as the Leo moon activates the sector of your chart that governs privacy. Opportunities to shed your skin will come to fruition this afternoon when the sun and moon align, marking the perfect excuse to draw a salt bath or reach for your favorite aura spray.

**PISCES**  
FEB 20 - MAR 20

The moon continues its journey through Leo and your solar sixth house, dearest Pisces, asking you to approach the day with a strong work ethic and efficient organization. These vibes are also perfect for nurturing your health, so take special care to embrace foods, habits, and activities that can help boost your energy levels. Take a moment to appreciate the beauty surrounding you.