

Is Vicky Kaushal’s cryptic post a hint that he’s unaffected by being ousted from The Immortal Ashwatthama?



Vicky Kaushal just dropped his super hot pictures that left his fans dropping over him, but the caption of his Instagram post grabbed all the eyeballs, and many are wondering if this is a subtle reaction to being removed from Aditya Dhar's The Immortal Ashwatthama. The URI star took to Instagram and shared his pictures and wrote that, along with manifesting, he would continue the hard work. Vicky has been making headlines for being ousted from The Immortal Ashwatthama and getting replaced by Ranveer Singh, but now the buzz is that even RS has been dropped for this sci-fi film.

Vicky Kaushal's cryptic post after the news of him being replaced in The Immortal Ashwatthama has come to light has fans worrying about the star as he had already started the prep and has almost hinted that he is absolutely fine and is unaffected by the removal from the film. There is a string buzz that Jr. NTR and Allu Arjun have been approached to play the lead roles in the film as the makers go to attract the fans for the film, but nothing concrete has been announced yet and these are just speculation. The reports in TOI also claim that Samantha Ruth Prabhu will be the leading lady in the film. Vicky Kaushal was very hopeful for The Immortal Ashwatthama and even spoke about it on Karan Johar's show, saying he was extremely unhappy with the project being shelved and only praying that it gets revived; he manifested it on the couch of the show, and it also happened. But now Vicky being removed from the same film is making his fans say it's a conspiracy against him. Ever since Vicky Kaushal's name has been removed from The Immortal Ashwatthama, fans have been running a rally.

Raghav Juyal denies that he is dating Shehnaaz Gill; ‘I have no...’



Raghav Juyal has finally reacted to the dating rumours with Shehnaaz Gill in his latest interview with DNA, where he exclaimed that he has no time for link-ups and everything. Raghav was asked to react on the constant relationship rumours with Shehnaaz, to which he had said he had come for films and doesn't have time for all. Raghav and Shehnaaz dating rumours made headlines and there were also reports that they have moved on and are living together, but clearly there is no truth to these and they are baseless.

Talking about the link-up news, he said he doesn't even pay attention to it, and half the time he is not aware of what is written about him. Raghav will be seen next in Kisi Ka Bhai Kisi Ki Jaan along with Shehnaaz Gill, and they became good friends. However, both actors have maintained that they are just good friends and nothing more than that. We hope that the rumours finally come to an end.

Rani Mukerji shares her nightmare shooting chartbuster Koi Mil Gaya from Kuch Kuch Hota Hai, ‘I was petrified...’



Kuch Kuch Hota Hai is one of the biggest hits by Karan Johar in the 90s. The musical romance drama starred Shah Rukh Khan, Kajol and Rani Mukerji in lead roles. The film has iconic song tracks and Koi Mil Gaya was a chartbuster at that time. Rani Mukerji makes a head-turner entry wearing a short dress in full rock band style. Recently, at an award function, the stress revealed how she effortlessly managed to dance in a short dress. She mentioned that it was her first time wearing such a short outfit.

Rani Mukerji and Kajol shared the stage Hello! Hall of Fame awards. At the event, Kajol praised Rani for being graceful in Koil Mil Gaya and questioned how she managed to do that in short dress. The Ishq actress said she was brilliant and flawless but years later asked her eternal question. To this, Rani revealed she was uncomfortable but it went with the flow. She was only 17 and she hadn't worn a short skirt it was her first time. Initially, a gown was presented to her by Karan and Manish Malhotra but by the time it reached the set, the outfit got shorter and shorter.

The actress shared a funny anecdote from the sets of Kuch Kuch Hota Hai during Koi Mil Gaya song shoot. When the outfit was shown to the cameramen he asked if it is for baby Sana but was left frightened when he learned it was actually for Rani Mukerji.

Recipes

Coconut Truffles



Ingredients
1/3 cup coconut powder
1/4 cup whipping cream
1/2 teaspoon vanilla extract
200 gm white chocolate
1 tablespoon butter
4 tablespoon coconut flake

Method:
Roughly chop the white chocolate and add it to a bowl along with whipping cream. Use the double boiler method to melt it. In this method, fill a pot halfway with water and keep it on high flame and let it come to a boil. Once the water comes to a boil, place the bowl with white chocolate on the pot. Make sure the bowl fits perfectly on the pot and not float in it. Now keep the flame low-medium and let the white chocolate melt completely.

Now add butter to the bowl and give a mix. Let it melt as well. Give a good mix and once a smooth mixture is formed, take it off the heat.

Now add coconut powder to the melted chocolate along with vanilla extract. Use a spatula or spoon to mix and make a thick mixture.

Let the mixture cool down a bit. Now cover it with a lid or cling film and slide it in the freezer for a few hours. 2-3 hours is enough for the mixture to hold shape.

Take out the mixture from the freezer. Scoop out small portions from the mixture using a spoon and roll between your hands to make balls. Roll these balls in coconut flakes to coat them from all sides.

Your Coconut Truffles are now ready to be served. Enjoy!

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

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Here's why it's important to wear sunscreen



With the temperatures rising and summer season just around the corner, everyone must be conscious of how important wearing sunscreen is. The benefits of sunscreen go beyond protecting your skin from the sun. Additionally, it's imperative to incorporate the dermatologist-recommended sunscreen into your skin-care regimen if you notice any dark spots or new spots on your skin to protect yourself from skin-damaging UV rays.

Here's a list decoding the benefits of investing into a good sunscreen:

Prevents early aging signs: With little to no protection, repetitive sun exposure can harm your skin's elastin, collagen, and skin cells. Early aging signs like skin discoloration, fine lines, wrinkles, and a leathery appearance may ultimately result from this. Without sun protection, people are more likely to age prematurely or photoaged,

especially those who are in their 20s and 30s. But regular use of sunscreen can reduce photoaging and prevent early aging signs.

Reduces skin inflammation: When subjected to UV radiation, our epidermis can become red and swollen. Direct exposure to the skin damaging UV rays exacerbates skin conditions like eczema and rosacea and can worsen the condition. Regular application of sunblock lowers the chance of inflammation caused by these harmful rays. If you have sensitive skin that is prone to redness, look for a sunscreen that contains gentle chemicals like zinc oxide or titanium dioxide.

Lowers the chances of skin cancer: Wearing sunscreen every day, even in the rain or on cloudy days, is one of the best ways to avoid skin cancer. Statistics show that skin cancer is becoming more common among individuals by the age of 70. Using sunscreen several times a day, with a minimal SPF of 30 lowers your risk of getting this disease. For even more protection, you can use a higher SPF. If you intend to spend a lot of time outside or in water-based activities, reapply sunscreen every two hours.

Prevents Tanning: Tan is healthy. However, what you should be aware of is that while you are sunbathing to tan, you are at the risk of being harmed by the harsh UVB rays. Choose a sunscreen that has a minimum sun protection factor 30 to prevent tanning induced by UVB. Make sure you reapply sunscreen every two hours, especially if you have sensitive skin. Or apply it just after your exercise, as sweat could wash away the protective coating.

Enhance health of the skin: The essential skin proteins, such as collagen, keratin, and elastin, are protected by sunscreen. These proteins are required for keeping the skin smooth and healthy.

General Knowledge Question Answers

- Q.1 When was Ambedkar Jayanti celebrated in India?**
- (A) 14th April
(B) 15th April
(C) 16th April
(D) 17th April
- Q. 2 First Heli-Taxi Service launched at where in India?**
- (A) Bengaluru Kempegowda International Airport
(B) Jaipur Sanganer Airport
(C) Delhi Palam Airport
(D) Mumbai Shivaji Airport
- Q.3 Who is the First Lady of the United States Now?**
- (A) Melania Trump
(B) Maria Trump
(C) Hillary Clinton
(D) Roma Joseph
- Q. 4 Where is the Changbaishan Volcano (Tianchi Volcano) in the world?**
- (A) NE China-North Korea border
(B) South Korea border
(C) Indian China border
(D) India Pakistan border
- Q.5 Magnitude of 7.9 earthquakes faced by which country on 22 January 2017?**
- (A) Papua New Guinea

- (B) India
(C) China
(D) South Korea
- Q.6 Which bank signed pacts with the Union Cabinet under BRICS Mechanism?**
- (A) Exim Bank
(B) Axis Bank
(C) ICICI Bank
(D) HDFC Bank
- Q.7 When PSLV-C31/IRNSS-1E was launched by ISRO?**
- (A) On Jan 20, 2016
(B) On Jan 30, 2016
(C) On Jan 26, 2016
(D) On Jan 14, 2016
- Q.8 Which country has announced to set up a Center of Excellence in Information Technology (CEIT) at Al Azhar University, Egypt?**
- (A) India
(B) Pakistan
(C) China
(D) South Korea
- Q.9 Where is Imperial Towers in India?**
- (A) Mumbai
(B) Jaipur
(C) Kanpur
(D) Kolkata
- Q.10 Where is ‘Jeddah Tower’ (The future tallest**

- tower in the world) under construction since 2013?**
- (A) At Jeddah, Saudi Arabia
(B) At London, England
(C) At Kolkatta, India
(D) At Peris, France
- Q.11 On which date the ‘World Sports Journalists Day’ is celebrated?**
- (A) July 2nd
(B) June 1st
(C) August 15th
(D) November 30th
- Q.12 Who is the Chief Executive Officer of Bharti Airtel?**
- (A) Gopal Vittal
(B) Narendra Barman
(C) Mukesh Ambani
(D) Anil Ambani
- Q.13 Who is the ‘David Cameron’ in the world?**
- (A) Former Prime Minister of United Kingdom
(B) Prime Minister of United Kingdom
(C) Former Prime Minister of USA
(D) President of USA
- Q.14 World Meteorological Day 2017 observed on which date?**
- (A) 23rd March 2017
(B) 23rd March 2016
(C) 23rd March 2015
(D) 23rd March 2014

ASTRO SPEAK

ARIES

You can make huge strides forward today if you let your ambition take over. It can lead you to a success you've deserved for a long time, but you're going to have to swallow your pride in order to follow it. When you show you can be a team player and work for the greater good, those in power take notice, and they will be impressed by your selflessness. Don't be surprised if they ask you to take on responsibility.

LIBRA

Coming up with great ideas will be your forte today. You can generate solutions to many of the problems that have been plaguing you. Your unique way of looking at things is your best asset. While other people waste time scratching their heads trying to come up with an idea, you simply find a new approach. This ability will make you very popular and very busy. You're going to be a superhero to some super frustrated people.

TAURUS

Today, a bright spotlight could be aimed right at you, so it's important that you take your time and plan all of your actions thoroughly. You should definitely not rush ahead and just blurt out whatever you're thinking. And don't push forward with any big plans just because you're in a hurry to see results. The people around you are very open to helping you, but they won't be able to keep up if you press to go further faster.

SCORPIO

It doesn't really matter whether you get what you want when you see so many others who don't have anything at all. You have a strong urge to be of service today, and there should be no shortage of candidates for your goodwill. You can be a positive force in people's lives, even the people who don't know you. Jssust donating some money to a worthy cause, you can make a difference.

GEMINI

Your creativity is stronger than most people's right now, so take the initiative when and if new projects need to get started. It shouldn't be too hard for you to take the steering wheel, because folks know a powerhouse of ideas when they see one! They would rather step back and see what you come up with than compete for power. It's time to celebrate your ability to contribute fresh, innovative.

SAGITTARIUS

You can't keep a good secret right now. Your quiet little romance is going to get a lot of attention very soon. Are you ready for the scrutiny? Suddenly everyone wants to know what's going on between the two of you, what's next, and where this thing is going, and they might not even know the answers! Feel free to take a step back and protect your privacy. Your life is no one's business but your own.

CANCER

Just because you have a vivid idea of what you want in life doesn't mean that you're going to get it any sooner than if you were totally clueless. If you're wondering when the rest of your life is going to begin, relax! You need to see that every moment is your life, so stop focusing so much on what you want and savor what you have. Ssstst making a list of all those things. Be happy.

CAPRICORN

You've been promising yourself some downtime for a while now, a few days or even hours when you cut back on your workload and give yourself a chance to relax. So exactly when are you going to come through on that promise? You can start today. Cancel or postpone whatever you can and give yourself a block of empty time. Remind yourself what it feels like to have nothing to do! You won't be bored.

LEO

If you can, try to surround yourself with people who are down-to-earth and grounded. These people have the kind of focus you need right now. They can teach you something new about how to appreciate the smaller things in life and have a good time doing it. These mellow types may not have the flashiest toys or the most stylish clothes, but they are contented in their life, and you could learn a lot from them.

AQUARIUS

Tantalizing social invitations seem to hold the promise of a new love connection, but don't get sucked in by illusions. Be skeptical of any new people on the scene, because they aren't what they appear. A quiet night in by yourself could actually yield a much more rewarding experience. There is a strong undeniable freedom in creating a sense of mystery about yourself, and you can do that effectively now.

VIRGO

It's not an ideal day for you to work with others. You could be feeling especially combative, with little if any patience for people who aren't as on the ball as you. This is a much better day for you to make progress on a solo project, whether at home or work. Doing something that doesn't require input or cooperation from others will help you feel productive.

PISCES

On days like today, you should only feel comfortable counting on yourself for support. It's not that getting other people's encouragement will be impossible; it's just that they're awfully busy working on their own stuff. You're not likely to find anyone willing to stop what they're doing to lend you a hand. But no worries. You can continue on this path alone and reach your goals.