

Parineeti Chopra opens up on wedding rumours with Raghav Chaddha; says, 'If the world was not interested....'



Parineeti Chopra and Raghav Chaddha are the new IT couple in town. News of the two being in a steady relationship started doing the rounds after they were clicked together outside the Westin Hotel of Mumbai. It was said that they are getting engaged in Delhi soon. But the actress went away to London for a vacation at the time of the rumoured engagement. It seems they have been together for a year or so. The confirmation came when AAP MLA Sanjeev Arora congratulated them on their union.

Parineeti Chopra has opened up on the constant news around her personal life in an interview with Lifestyle Asia India magazine. She said she tries to keep cool and take them in a positive manner. Parineeti Chopra said that if nobody asked or wrote news about her, it would mean that no one is interested. She said it would mean that she failed to be a successful actor, as they are the topic of conversations. Whether it is a home or a news channel, celeb marriages are huge topics of discussions. She said only a successful actor is famous. The actress said that the attention is unavoidable but she is okay as long as people do not get too personal or disrespectful. Parineeti Chopra said she issues clarifications to clear misconceptions. She does it if something wrong is being circulated in the press. The actress was quoted as saying, "If that ever happens, I will just clarify in case somebody's gotten anything wrong." She again said if no one was uninterested it would mean that she is unsuccessful. If everyone's curiosity is piqued, it would mean that she has got it right.

Citadel star Priyanka Chopra asserts casting in Bollywood should be done on 'merit' and not on 'politics and drama'



Priyanka Chopra is once again set to conquer the world and our minds as her show Citadel is going to release soon. There is tremendous buzz around the same. The show stars Game of Thrones star Richard Madden with Priyanka Chopra. The actors are on their toes promoting the show that will air on Amazon Prime Videos. Priyanka Chopra was recently also in the news as she opened up about her Bollywood journey. She spoke about politics in Bollywood and being cornered. Now, PeeCee has spoken about casting in Bollywood.

In an interview Priyanka Chopra stated that casting in Bollywood should be done on merit and not according to politics. She mentioned that a lot has changed in the Hindi film industry over the past few years and there are many talents who now come from outside the industry. She recalled her times and said that when she started the scenario was much different. She asserted that the casting should be a casting director's job instead of 'politics and drama'. She further said that the change has occurred in Bollywood as stars of her generation fought for it. She said that no camps should rule casting and it should be done on

merit only. Conversations around it are must. Priyanka Chopra is now excited to see many new faces from outside the industry and different parts of the country being a part of Hindi language entertainment.

War 2: Sharvari gets into intense action prep for YRF Spy Universe with Hrithik Roshan and Jr NTR?



Yash Raj Films spy universe is the new obsession in Bollywood right now. Audiences are keen to know every update of the universe that created a spark after Pathaan and Tiger vs Pathaan announcement. Recently War 2 made headlines for Jr. NTR getting on board and Sharvari Wagh playing the female lead. Amid the reports of Sharvari joining the spy universe, she left fans in splits with her intense training. With Hrithik Roshan and Jr. NTR teaming up for the high-octane action film War 2 is going to be an extravaganza.

Recently, it was reported that the Bunty Aur Babli 2 actress has been roped in for War 2. However, there is no official confirmation about it. On Tuesday Sharvari Wagh took to her official Instagram handle to share her workout video. She is seen practicing backflips under the supervision of her trainer. The actress sported a pink top and pink lower for the training. Sharing the video on social media, she captioned the post "Getting closer, one flip at a time!"

Weak eyesight? Eat these 5 foods to improve your vision



Weak eyesight can be caused by multiple factors such as stress, consistent exposure to screens, old age, lack of sleep and so on. A poor diet is associated with vision loss for older adults. On the other hand, eating a well-balanced, healthy diet can help to keep your eyes healthy, improve your vision and help in reducing your risk of developing eye conditions. Here are 5 foods that contain a range of vitamins, nutrients, and minerals for your eye health.

Fish

Fish, particularly salmon, can be great for your eyesight. Fish is rich in omega-3 fats, which are healthy fats that contribute to healthy vision. Eating fish can help prevent dry eyes and keep your retina (in the back of the eye) healthy.

Almonds

Almonds are great for your eye health. These are rich in vitamin E, which helps in guarding your eyes against unstable molecules that target healthy tissue. Consuming regular amounts of vitamin E can help protect your eyes from age-related macular degeneration as well as cataracts. You can enjoy almonds as a snack at any time of the day. Ensure you do not consume too many almonds on



a single day as that can equate to too much cholesterol.

Eggs

Eggs have essential nutrients for your eyes, such as vitamin A, lutein, zeaxanthin, and zinc. Vitamin A safeguards the cornea, which is the surface of the eye. Lutein and zeaxanthin lower the risk of getting serious eye problems. Zinc also contributes to the health of the retina and helps the eyes see at night.

Carrots

Carrots are another healthy food for your eyes, bring an incredible source of vitamin A and beta carotene, which promote good eye health. Vitamin A and beta carotene help protect the surface of the eye and prevent eye infections and other serious eye conditions. Include carrots in your daily salads, soups and other dishes.

Kale

Kale is a green leafy vegetable, often referred to as Karam Saag in India. Kale is also rich in antioxidants lutein and zeaxanthin. These nutrients may help prevent serious eye conditions. According to health bodies, lutein and zeaxanthin aren't made in your body, so you have to consume them through your diet. If kale is not available, you can substitute it with spinach.

Home remedies to grow thick eyebrows

While there is no guaranteed way to make your eyebrows grow thicker, there are some natural home remedies that may help promote eyebrow growth. Here are 10 home remedies to grow thick eyebrows:

Castor oil: Apply a small amount of castor oil to your eyebrows and massage gently for a few minutes. Leave it on overnight and rinse off in the morning. Castor oil is rich in fatty acids that may help promote hair growth.

Coconut oil: Apply coconut oil to your eyebrows and massage gently for a few minutes. Leave it on for at least 30 minutes before rinsing off. Coconut oil can help nourish the hair follicles and promote hair growth.

Onion juice: Extract the juice of a small onion and apply it to your eyebrows. Leave it on for 15-20 minutes before rinsing off with water. Onion juice is rich in sulfur, which may help boost hair growth.

Aloe vera: Apply fresh aloe vera gel to your eyebrows and massage gently for a few minutes. Leave it on for 30 minutes before rinsing off with water. Aloe vera contains vitamins and minerals that may help promote hair growth.

Olive oil: Apply a small amount of olive oil to your eyebrows and massage gently for a few minutes. Leave it on for at least 30 minutes before rinsing off. Olive oil can help moisturize the hair follicles and promote hair growth.

Egg yolk: Beat an egg yolk and apply it to your eyebrows. Leave it on for 20-30 minutes before rinsing off with water. Egg yolk is rich in protein, which may help promote hair growth.

Fenugreek seeds: Soak a tablespoon of fenugreek seeds in water overnight. In the morning, grind the seeds into a paste and apply it to your eyebrows. Leave it on for 30 minutes before rinsing off with water. Fenugreek seeds



contain protein and nicotinic acid, which may help promote hair growth.

Green tea: Brew a cup of green tea and let it cool. Dip a cotton ball into the tea and apply it to your eyebrows. Leave it on for 10-15 minutes before rinsing off with water. Green tea contains antioxidants that may help promote hair growth.

Lemon juice: Apply fresh lemon juice to your eyebrows and massage gently for a few minutes. Leave it on for 10-15 minutes before rinsing off with water. Lemon juice contains vitamins and minerals that may help promote hair growth.

Petroleum jelly: Apply a small amount of petroleum jelly to your eyebrows and massage gently for a few minutes. Leave it on overnight and rinse off in the morning. Petroleum jelly can help moisturize the hair follicles and promote hair growth.

General Knowledge Question Answers

Q.1 Which country is standing on the second country in the world according to most roads?

- (A) India
- (B) China
- (C) Afghanistan
- (D) South Korea

Q.2 Name of the city in the world known as 'Big Apple'?

- (A) New York
- (B) Sweden
- (C) Canada
- (D) Uganda

Q.3 When 'William Shakespeare' was born?

- (A) 1564
- (B) 1565
- (C) 1465
- (D) 1365

Q.4 When World War 1 ended?

- (A) 11 November 1918
- (B) 12 November 1918
- (C) 10 November 1918
- (D) 13 November 1918

Q.5 SBI along with FTSE Russell launches FTSE SBI Bond Index series at which Index?

- (A) London Stock Exchange
- (B) UK Stock Exchange
- (C) Indian Stock Exchange
- (D) Yuganda Stock Exchange

Q.6 The 'Dalong Village' covering an area of

11.35 sq. km. has recently (May 2017) been declared as Biodiversity Heritage Site under Section 37(1) of Biological Diversity Act, 2002. The village is situated in the Indian State of -

- (A) Manipur
- (B) Madhya Pradesh
- (C) Mizoram
- (D) Maharashtra

Q.7 What is the use of the 'India Quake' App which is launched by the Indian Government in 2017?

- (A) For the dissemination of earthquake parameters to the user community in a timely manner for their safety
- (B) For Flood
- (C) For Tsunami
- (D) For Natural disaster

Q.8 The first speaker of Lok Sabha was.....

- (A) K.M. Munshi
- (B) C.D. Deshmukh
- (C) G.V. Mavalankar
- (D) H.J. Kania

Q.9 Which of the following represents the number of nations of the Non-Aligned Movement?

- (A) 54
- (B) 75
- (C) 93
- (D) 118

Q.10 This personality is known as the Father of Economics. Can you identify him from the given options?

- (A) J.M. Keynes
- (B) Adam Smith
- (C) Abraham Maslow
- (D) J.K. Galbraith

Q.11 Mount Etna is a famous volcano located in

- (A) Argentina
- (B) Italy
- (C) Mexico
- (D) Philipines

Q.12 Where is the Tungabhadra sanctuary located?

- (A) Madhya Pradesh
- (B) Uttar Pradesh
- (C) Karnataka
- (D) West Bengal

Q.13 The agency of the United Nations that was set up to strengthen international cooperation in the field of education and improve the standards of education is.....

- (A) UNEP
- (B) UNCTAD
- (C) UNESCO
- (D) UNDP

Q.14 Reserve Bank of India is headquartered at.....

- (A) Kolkata
- (B) New Delhi
- (C) Mumbai
- (D) Chennai

ASTRO SPEAK

ARIES

MAR 21 - APR 20

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

SEP 24 - OCT 22

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

APR 21 - MAY 20

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

OCT 23 - NOV 22

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. Jssut donating some money to a worthy cause, you can make a difference.

GEMINI

MAY 21 - JUN 20

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

NOV 23 - DEC 22

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 you 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

JUN 22 - JUL 23

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. Ssstart making a list of all those things. Be happy.

CAPRICORN

DEC 23 - JUL 20

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

JUL 24 - AUG 23

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

JAN 21 - FEB 23

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 certain undeniable freedom in creating a sense of mystery about yourself, and you can do that effectively now.

VIRGO

AUG 24 - SEP 23

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

FEB 20 - MAR 20

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.