

Ananya Panday once again gets badly ignored by Aryan Khan at NMACC event; netizens call her 'Shah Rukh Khan ki bahu'



Aryan Khan and Ananya Panday are once again grabbing headlines after the viral video of them is creating waves on the internet, where once again Aryan is seen informing Ananya Panday while she is talking with Suhana Khan and later telling everyone bye, including Aryan Khan, but he refuses to respond at the NMACC event. Ananya and Aryan have known each other since childhood due to her being Suhana Khan's BFF, but it seems like they aren't good friends, hence the ignoring that has mostly been noticed by the netizens. But as the video of Aryan Khan ignoring Ananya goes viral, Gauri Khan has shared the post, and in the first group picture, you can see Aryan and Ananya standing besides each other as they pose for the cameras.

Gauri Khan took to Instagram and shared the inside images from the NMACC event, and in these pictures, you can see all is well between Aryan and Ananya. In fact, the fans are going bonkers seeing them together in the frame and commenting that Ananya completes the Khan family. Many are even addressing the Dream Girl 2 actress as Shah Rukh Khan ki Bahu. One user on Gauri Khan's post comments, " Ananya completes the family". Another user wrote, "Hope Aryan and Ananya are not together...Aryan is a whole different personality and Ananya's aim is only to use and throw which she has done earlier also...And anyways they don't look nice together also..." After the video of Aryan ignoring Ananya went viral, Gauri Khan posted pictures of her along with Aryan and others. Is this Gauri's indirect answer to all the teachers that all is well in the hood and they should keep creating the unnecessary ignorance story?

Ishaan Khatter to make his Hollywood debut opposite Nicole Kidman in The Perfect Couple; here's all about the project

Ishaan Khatter might not be striking it big in Bollywood but his acting chops is surely getting noticed. He has bagged the project The Perfect Couple with Nicole Kidman and Liev Schreiber. This is indeed big news. The actor made the announcement on his Instagram. Ishaan Khatter was apparently in talks with the makers for some time now. He bagged the role last month. The series is an adaptation of the novel, The Perfect Couple by Elin Hilderbrand. Ishaan Khatter made the announcement on social media. Congratulatory messages poured in from family and friends.

He will play the role of Shooter Dival who is the best friend of the Groom. The role of the Groom is being played by Billy Howle. The author also extended him a warm welcome. Mira Kapoor wrote, "Onwards and upwards", while Kavita Seth commented, "Congratulations for your new innings". Others like Tanya Maniktala, Sayani Gupta, Dia Mirza, Priyanshu Paniyuli, Rasika Dugal also congratulated him. One of them even said that he did not need a Karan Johar or Yash Raj Films to boost his career as the West was casting good character actors in projects.



Will Sara Ali Khan do a remake of Amrita Singh's films?

Sara Ali Khan is the daughter of Saif Ali Khan and Amrita Singh. The actress has been promoting her movie Gaslight in and out of the city. She recently appeared on Shehnaaz Gill-hosted show Desi Vibes With Shehnaaz Gill. Sara and Shehnaaz were absolute goofballs on the show and talked about anything and everything under the sun. They also flirted with each other which dished out BFF energy. Well, often times Sara Ali Khan is compared to her mother Armita Singh. Sara is a carbon copy of her mother. So, will she do a remake of her mother's films? Sara answered with self-deprecating humour.

Sara Ali Khan has been making headlines in Entertainment News for her stint in Gaslight. She made an appearance on Shehnaaz Gill's show for the promotion of the same. And during their conversation, Shehnaaz asked Sara Ali Khan why she doesn't star in a remake of any of her mother's films. Sara being Sara took a self-deprecating jibe and says, "Father ki movie remake karke kya tehelka mach gaya, Love Aaj Kal," and then adds, "Wapas thodi karungi aisa." Shehnaaz asks her what happened, and Sara



says it was not good. Sara starred in Love Aaj Kal with Kartik Aaryan which was a dud.

Healthy protein-rich, high-fibre recipes weight watchers must try



Mediterranean diet, a popular type of diet, derives its name from the Mediterranean countries where it is traditional. It is characterized by vegetables, olive oil and protein. Health watchers have tagged this as one of the best diets for overall health and weight loss as it includes lots of whole grains, fruits, vegetables, seafood, beans and fruits.

Rice bowl with vegetables

A deliciously smelling bowl of rice loaded vegetables, especially root vegetables and chickpeas is a wholesome diet.Ingredients: Rice, olive oil, garlic, onion, turmeric, cinnamon, black pepper, salt, boiled chickpeas, roasted root vegetables, lemon juice, yogurt, sugar, honey, mint leaves, garam masala. How to prepare it: Heat olive oil and cook chickpeas for 3-5 minutes. Add the spices and garam masala. Add roasted root vegetables, sugar, lemon juice and

stir for 1 minute. Drizzle a few drops of olive oil over the vegetable. Prepare the rice by adding turmeric to the water. Assemble the rice and vegetables together and garnish it with herbs.

Pasta salad with shrimp

Ingredients: Pasta, shrimp, onions, salt, ground pepper, cheese, mayonnaise, lemon juice, minced garlic.How to prepare it: Cook the shrimp with pepper and salt for 8-10 minutes. Cook pasta in the regular way. In a bowl, mix shrimp, pasta, onion, cheese, mayonnaise, lemon juice, minced garlic. Make sure the pasta is coated properly with the spices. You can either eat it immediately or else refrigerate it and eat later.

Lentil Stew with potatoes

Ingredients: Potatoes, olive oil, chopped onion, minced garlic, salt, ground pepper, chicken broth, tomatoes, lentils, milk, butter and cheese.How to prepare it: Boil potatoes first. Heat oil in a pot and add onions. Once the onions are cooked, add garlic, salt, pepper to this and cook it properly. Now add chicken broth, tomatoes and lentils to this. Cook this for 15 to 20 minutes.Once the lentils are cooked, add potatoes to this. You can add milk, butter and pepper and salt if required.

Cauliflower rice bowl

Ingredients: Shrimps, olive oil, avocado, coriander leaves, yogurt, lime juice, salt, cumin powder, garlic powder, cauliflower rice, beans, corns.How to prepare it: Cook the shrimp properly and keep it aside. Make a fine paste of avocado, coriander leaves, yogurt, lime juice and salt.To a pot add oil, cumin, garlic powder and salt to cauliflower rice and cook properly. Cook for 5 minutes.Now take beans in a bowl and add the spices to it along with corn and coriander leaves. Add cauliflower rice to this and top it with shrimp and avocado cream.You can prepare cauliflower rice in a food processor. Pulse cauliflower till it resembles the texture of rice.

Preparing your hair for summer month

Summer is a time when the sun is shining bright and everyone wants to spend time outside, soaking up the warm weather. However, the hot and humid climate can cause damage to your hair, leaving it dry, frizzy, and prone to breakage. That's why it's important to take care of your hair during the summer months. Here are some tips for summer hair care.

Keep your hair clean - Summer is a time when sweat and oil tend to build up on the scalp, leading to dandruff and an itchy scalp. It's important to keep your hair clean by washing it regularly with a gentle shampoo. Use lukewarm water and massage the scalp gently to stimulate blood flow.

Protect your hair from the sun - The sun's harmful UV rays can cause significant damage to your hair, making it dry and brittle. Wearing a hat or a scarf to protect your hair from the sun. You can also use a leave-in conditioner with SPF to shield your hair from the harmful rays.

Use a deep conditioning treatment - The summer heat can cause your hair to become dry and frizzy. To combat



this, use a deep conditioning treatment once a week. Using a hair mask that contains natural ingredients like coconut oil, shea butter, and honey, which will nourish and hydrate your hair.

Avoid heat styling tools - The hot and humid climate can make your hair more susceptible to damage from heat styling tools like blow dryers, flat irons, and curling irons. Avoiding these tools during the summer months, and instead, air-drying your hair or using a diffuser to dry it.

Trim your hair regularly - Regular haircuts are essential for maintaining healthy hair. Trimming your hair every 6-8 weeks will prevent split ends and breakage, and keep your hair looking and feeling healthy.

In conclusion, summer can be a challenging time for your hair, but with these tips you can keep your hair looking healthy and beautiful all season long. Remember to keep your hair clean, protect it from the sun, use a deep conditioning treatment, avoid heat styling tools, and trim it regularly. With the right care, you can enjoy the summer sun without compromising your hair's health.

General Knowledge Question

- Q.1 Recently US drop its most powerful non-nuclear bomb (MOAB – ‘Mother Of All Bombs’) at where?
- (A) An ISIS position in Afghanistan
(B) In Pakistan
(C) In Kazakhstan
(D) In South Korea
- Q.2 Which schemes launched for Bhim app users by PM Narendra Modi on Apr 14, 2015, Ambedkar Jayanti?
- (A) BHIM Referral Bonus Scheme and BHIM Merchant Cashback Scheme
(B) Jio Money
(C) M-Paisa
(D) Real Money
- Q.3 In 2017 which Space Agency sends 104 satellites in a single mission?
- (A) ISRO
(B) NASA
(C) Russian Agency
(D) China space Agency
- Q.4 What is India's GDP growth rate in 2017-18?
- (A) 7.4%
(B) 8.4%
(C) 9.4%
(D) 6.4%
- Q.5 When cycling federation of India was established?
- (A) 1946

- (B) 1846
(C) 1947
(D) 1952
- Q.6 When was 6th movie ‘Raees’ Released in India?
- (A) 25 January 2017
(B) 26 January 2017
(C) 16 January 2017
(D) 20 January 2017
- Q.7 When India's first cricket club was established?
- (A) 1792 In Calcutta
(B) 1793 in Delhi
(C) 1892 in Calcutta
(D) 1992 in Delhi
- Q.8 When India national football team was established?
- (A) 1937
(B) 1938
(C) 1940
(D) 1952
- Q.9 Who is the Chief Minister of Arunachal Pradesh (India State)?
- (A) Pema Khandu (Since July 2016)
(B) Prashant Yadav
(C) Rajiv Gandhi
(D) Ashok Gahalot
- Q.10 Which bank changed its names and IFSC code for its many branches?

- (A) SBI
(B) Canara Bank
(C) Axis Bank
(D) Punjab National Bank
- Q.11 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.12 The first speaker of Lok Sabha was.....
- (A) K.M. Munshi
(B) C.D. Deshmukh
(C) G.V. Mavalankar
(D) H.J. Kania
- Q.13 Which of the following represents the number of nations of the Non-Aligned Movement?
- (A) 54
(B) 75
(C) 93
(D) 118
- Q.14 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

ASTRO SPEAK

ARIES

MAR 21 - APR 20

The Virgo moon forms an unbalanced connection with sun, which could leave you feeling disorganized. Take care to stay grounded once Mercury enters Taurus, helping you find a connection between your mind and the material realms. Connection to Pluto could cause you to over-invest in your electronics or social media feeds, causing you to drift even further from your center.

LIBRA

SEP 24 - OCT 22

Your thoughts will shift toward personal evolution and releasing that which no longer serves you, dear Libra, as Mercury migrates into Taurus and your solar eighth house. Unfortunately, a harsh connection to Pluto could cause you to question your own abilities, making it important that you maintain a positive internal narrative. Luckily, a refreshing energy will find you, helping you snap out of any negative thought patterns plaguing your psyche.

TAURUS

APR 21 - MAY 20

Mercury migrates into your sign today, dearest Taurus, promising to elevate your mind and wits throughout the coming weeks. Unfortunately, this planetary placement will get off to a rocky start, thanks to a harsh connection with Pluto, which could cause you to feel restricted for the next couple of days. Try to sprinkle some fun in your day when the Virgo moon aligns with Uranus, urging you to shake up your routine.

SCORPIO

OCT 23 - NOV 22

Keep tabs on your relationship with electronics lest you fall off task in favor of scrolling social media feeds. You'll sense a shift when Mercury enters Taurus, shifting your focus to matters of the heart and maintaining personal balance throughout the coming weeks. Unfortunately, a tense aspect with Pluto could temporarily halt these dreamy vibes, especially if you've been running from your emotions.

GEMINI

MAY 21 - JUN 20

Don't be surprised if you find yourself in a quiet and contemplative mood as Mercury migrates into Taurus and the sector of your chart that governs privacy. Meanwhile, a harsh connection to Pluto could bring forth karmic lessons, though the universe will ultimately seek to evolve and heal your spirit. Lean into the idea of change and transformation to make the most of this cosmic climate.

SAGITTARIUS

NOV 23 - FEB 22

The universe will ask you to get organized while prioritizing mental wellness today, sweet Archer, as Mercury migrates into Taurus and your solar sixth house. Unfortunately, a harsh connection to Pluto could make it difficult to initiate change, so don't feel guilty if you need a few days to start moving in a new direction. Luckily, the Virgo moon and Uranus will join forces to bring structure to your life, though you may need to move away from your typical habits or routines.

CANCER

JUN 22 - JUL 23

It may be difficult to hold your tongue as the Virgo Moon forms an unbalanced connection with the impulsive Aries sun. Do your best to mind your manners and maintain a sense of decorum, especially when Mercury enters Taurus mid-morning, creating a harsh square with brooding Pluto. These celestial standoffs could also trigger power struggles amongst your peers, but try not to take the bait if someone attempts to conjure conflict.

LEO

JUL 24 - AUG 23

The sun and moon form an unbalanced aspect this morning, dearest Lion, threatening to throw off your groove if you don't stay grounded. Luckily, it will be easier to set boundaries with your psyche once Mercury enters Taurus. However, a harsh connection to Pluto suggests it may be wise to prioritize self-care as well. These vibes could also trigger miscommunications within your love life.

VIRGO

AUG 24 - SEP 23

You may feel more irritable or snappy than usual as the sun and moon form an unbalanced aspect overhead. Give yourself plenty of time and space to move through your routine, and try to breathe through frustration as they arise. Luckily, the stars will step in to elevate your mind once Mercury enters Taurus, activating the sector of your chart that governs spirituality.

PISCES

FEB 20 - MAR 20

Mercury makes its debut into grounded Taurus and your solar third house this morning, darling Pisces, helping you ground in your thoughts throughout the coming weeks. Unfortunately, a harsh connection with Pluto could bring tension to your subconscious, making it important that you're willing to face your shadow and release that which no longer serves you.

ANSWERS:

1. An ISIS position in Afghanistan
2. BHIM Referral Bonus Scheme
3. ISRO
4. 7.4%
5. 1946
6. 25 January 2017
7. 1792 In Calcutta
8. 1937
9. Pema Khandu (Since July 2016)
10. SBI
11. For the dissemination of earthquake parameters to the user community in a timely manner for their safety
12. G.V. Mavalankar
13. 118
14. Adam Smith

