

Parineeti Chopra and Raghav Chadha to have an intimate engagement soon? Here's what we know



Parineeti Chopra and Raghav Chadha have been making news for their public appearances of late. A couple of nights ago, Parineeti Chopra and Ragha Chadha were spotted outside a restaurant and the pictures spread on the internet like crazy. And soon started the rumours, gossip mills on Parineeti being the next Bollywood celeb to settle down. Raghav Chadha is a member of parliament and a co-in-charge of AAP. And now, reports have surfaced talking about Parineeti Chopra and Raghav Chadha's engagement. Yes, you read that right.

Entertainment News has been full with the updates on the new rumoured lovebirds Parineeti Chopra and Raghav Chadha. Their spotting together has been making fans believe that Parineeti is soon going to tie the knot. And now, as per a report in Hindustan Times, Parineeti and Raghav will make their relationship official. They will get engaged soon. If the report is anything to go by, Parineeti Chopra and Raghav Chadha are likely to get engaged in the this week. The engagement is going to take place in Delhi. It will be a very private and intimate affair, says the report.

The report quotes a source saying that both Parineeti and Raghav are very much involved in the preparations of their engagement. The two of them have always kept their relationship lowkey. Talking about the engagement, only family and a few close friends will be a part of the engagement ceremony. Moreover, Priyanka Chopra, Nick Jonas and Malti Marie Chopra Jonas are also in Mumbai. An insider revealed to the portal that both Parineeti and Raghav are extremely happy to take their relationship to the next level.

War 2 goes Pan-World: Jr NTR replaces Tiger Shroff in Hrithik Roshan starrer action extravaganza



Golden Globe and the Academy Awards the actor has now become a global star. With NTR's international identity and Hrithik Roshan's global presence War 2 will be Pan-World and won't just restrict to pan-India.

Spider-Man Vs Shah Rukh Khan starrer Jawan: Who will win this big box office clash?



and the Spiderman craze in India, the expectations are sky-high. With the promotional material and the prequel's blockbuster success this flick will also be a hit.

Recipes

Crispy Corn

**Ingredients**  
2 cup frozen sweet corn  
2 tablespoon rice flour  
salt as required  
1/2 teaspoon dry mango powder  
1 cup vegetable oil  
1/4 cup corn flour  
1/2 teaspoon powdered black pepper  
1/2 teaspoon red chilli powder  
1 tablespoon lemon juice

**Method:**  
Let the frozen sweet corn thaw and come back to room temperature.  
Boil some water in a pot. Once it comes to a boil, add corn to the pot. Stir and boil for just 2 minutes. Now drain the excess water and collect the corn in a sieve.  
Add sweet corn to a bowl. Add rice flour and corn flour and give a good mix. Now add some salt and black pepper powder. Again mix to coat the corn well.  
Now add the corn to a sieve and shake a bit to dust off excess flour.  
Heat oil in a kadhai. Deep-fry the coated corn until crispy in texture and golden brown in colour.  
Add the fried corn to a bowl. Add red chilli powder, dry mango powder, salt and lemon juice. Toss well to coat the corn in the spices. Adjust salt as per taste. Your scrumptious Crispy Corn is now ready to be served.

Signs you're not eating enough protein

Protein is a macronutrient made up of amino acids. It is essential for your body and is often known as the building blocks for the muscles. Proteins are not only vital for the repair and maintenance of the muscles, but also provide energy to the body and regulate hormones. Furthermore, it works as enzymes that accelerate chemical reactions, regulating the passage of substances across the cell membrane and shielding against diseases.

The recommended dietary allowance to prevent deficiency for 'an average sedentary adult' is 0.8 grams per kilogram of body weight. However, you should increase your intake if you notice any of the following signs (after consulting your doctors).



**Weakness, muscle loss and fatigue:** Lack of protein in your diet can result in weakness, fatigue and muscle loss. This is because when the body is low on dietary protein, the body satisfies its protein requirement from skeletal muscles. Over time, it leads to muscle wasting, which in turn lowers your strength and slows down your metabolism. Hence, causing weakness and fatigue.

**Slow-recovering injuries:** If you recently suffered an injury from an accident or an intense workout routine or if you just had a surgery and are still recovering from it, low protein levels in the body can slow down the healing process. New cells can take ages to rebuild, making wounds difficult to heal.

**Increased hunger:** If you constantly feel hungry, crave for food, or find yourself binge-eating on snacks, then it could be a sign of protein deficiency. Protein is a highly satiating macronutrient, which keeps you fuller for longer periods of time. Therefore when you have less of it, there is a high chance hunger pangs may hit you hard.

**Decreased immune functions:** Lack of protein may also expose you to sickness. Protein is vital for your immune system and gives it the necessary boost to keep viruses and bacteria at bay. Furthermore, immune cells are made of amino acids, which are basically protein. That said, load up on your protein intake and steer clear of viral and bacterial infections.

**Problems associated with hair, nail, skin:** Other early signs of low protein levels in the body include weak, brittle nails, dry skin, and thinning of the hair. This happens because our skin, hair and nails are made up of certain types of proteins such as elastin, collagen, and keratin. Insufficiency or lack of protein can therefore affect our hair, skin and nails.

Tips to protect your eyes while doing makeup

Wedding season is here and so is the surge in makeup products. However much as we like to accentuate our eyes with makeup, our eyes do not always react well to make up. Here are some tips on how to use eye make up safely while protecting our eyes, courtesy Dr. Neeraj Sanduja, MBBS, MS, Ophthalmologist, and Eye Surgeon.

**Hypoallergenic Products :** Always use products which are hypoallergenic and have been previously dermatologically tested. Another trick is to apply them on your forearm to see whether you are allergic to any ingredient. Fragrance, dyes, preservatives, nickel etc. present in the make up might induce allergic reaction.

**Sharing Make up :** this is a big no-no, eye make up application and brushes should never be shared. Cosmetics are a fertile breeding ground for microbes so by sharing we are at a risk of cross contamination.

**Remove Carefully :** Eyeliners, Kohls, mascaras have a tendency to enter the eye. So always be sure to remove the



makeup before going to bed. Use alcohol free make up remover to remove eye make up.

**Spare the waterline:** The area where our eye lid meets the eye has opening of many glands which help to lubricate our eyes. Use of eye make up along the eyelash line will block the opening of these glands and lead to increased chances of infection.

**Avoid Kohl Eye liners:** Kohl eye liners are a staple part of the Indian beauty routine but few know that they contain dangerous levels of lead which can cause damage to our eyes.

**Expiry Name:** All cosmetics have an expiry date. Make sure to use any product beyond the expiry date as these tubes of cosmetics, brushes and sponges are a fertile ground for bacterial growth.

**Contact Lenses:** If you are a contact lens user always sure to wear your lenses before application of makeup and use extra caution to keep make up out of your eyes.

**In case there is redness, grittiness, persist blurring or discharge after use of eye make up please visit your ophthalmologist immediately.**

General Knowledge Question

1. When is 'Telugu Language Day' celebrated across India?  
[A] August 29  
[B] August 30  
[C] September 1  
[D] September 2
2. Which company has launched a new ventilation device named 'SpiceOxy'?  
[A] SpiceJet  
[B] IndiGo  
[C] Reliance  
[D] Annil
3. Which state/UT is set to restart its start vaccination and immunization from September 2020?  
[A] Delhi  
[B] Tamil Nadu  
[C] Andhra Pradesh  
[D] Uttar Pradesh
4. The Economic Ministers consultation meeting of India with which multilateral association was virtually held recently?  
[A] BRICS  
[B] ASEAN  
[C] SAARC  
[D] BIMSTEC
5. Which organization has constituted a 6-member panel for index linked insurance products?  
[A] RBI  
[B] NICL
6. "Indra 2020" is a bilateral Naval exercise between India and which country?  
[A] China  
[B] Sri Lanka  
[C] USA  
[D] Russia
7. Which country has allowed flights from all countries to cross its skies to reach the UAE?  
[A] India  
[B] Pakistan  
[C] Saudi Arabia  
[D] Turkey
8. Metro train services are to be operated across the country, except in which state/UT?  
[A] Maharashtra  
[B] Tamil Nadu  
[C] Kerala  
[D] West Bengal
9. Who has been appointed as the Secretary of the Ministry of Statistics and Programme Implementation (MoSPI)?  
[A] Kshatrapati Shivaji  
[B] Kris Panday  
[C] Leena Viljanen  
[D] V Muraliedharan
10. Which Indian state assemble has passed a bill to protect Tangible Heritage?  
[A] Madhya Pradesh  
[B] Assam  
[C] West Bengal  
[D] Andhra Pradesh
11. What is the name of the online contest launched by the Ministry of Jal Shakti, to sensitise about water conservation?  
[A] Water Heroes  
[B] Jal Raja  
[C] Jal Tumhara  
[D] Jal Kahani
12. Bangladeshi vessel named "MV Premier" made a trial run to Tripura, through which river?  
[A] Brahmaputra  
[B] Gumti  
[C] Ganga  
[D] Teesta
13. Which regulating entity has released revised Priority Sector Lending guidelines recently?  
[A] Ministry of Finance  
[B] SIDBI  
[C] RBI  
[D] NABARD
14. When is the 'International Literacy Day' celebrated across the world?  
[A] September 8  
[B] September 9  
[C] September 10  
[D] September 11

ASTRO SPEAK

**ARIES**

Today is not a day to hesitate when you see that something or someone is heading in the wrong direction. You don't have to put yourself in the position of being the world's police, but you should speak up when you see an injustice. Deal with things straight on and with vigor. You can still be kind, but you don't have to turn a blind eye.

MAR 21 - APR 20

**LIBRA**

A material possession is going to be very important to you right now, but not in the way you probably think. It's not going to be the next designer accessory or hot new gadget. It's about the sentimental value you have for a certain object. Something you've been holding on to has a great deal of meaning for you, and you should consider passing it on in order to add new meaning to someone else's life.

SEP 24 - OCT 23

**TAURUS**

It's time to take a break from being so serious. Learning to laugh at life requires some practice, so get started today. Skip out on the heavy stuff and just keep things light and breezy. It will help your attitude. You'll stay sunny, and this will boost your popularity. All day long you'll be able to create a pleasant vibe around you, which will enable you and all your favorite folks to have a lot of fun!

APR 21 - MAY 20

**SCORPIO**

One of your friends or co-workers has been giving you mixed messages for a while, and you've been getting more and more confused about things. Before you lose your patience, stop and realize that you can clear everything up quickly by just asking more questions! By biting your tongue you're making things too complicated.

OCT 23 - NOV 22

**GEMINI**

You've been going more slowly than everyone else for a while, and today you need to try to catch up to the people who have moved ahead of you. You can't grab onto someone's coattails and expect a free ride, so you'll have to put all your energy into this one goal. The good news is that everyone wants you to there with them, and you can expect one or two hands to reach out and help you.

MAY 21 - JUN 20

**CANCER**

Be very careful about the people you share your business with today. It's not that you can't trust anyone; it's just that some people (and you probably know who they are) are just not as good at keeping a confidence as other people. If someone tries too hard to find out personal things you don't feel like sharing, silence will get your message across effectively. And the reverse applies, too.

JUN 22 - JUL 23

**LEO**

Don't be afraid to use flattery to get what you want today. Just make sure that the glowing comments you toss out are based on truth. People know when they're being schmoozed. There is also a chance that you'll be the recipient of a few nice comments yourself. Take each one with a grain of salt and you'll learn how to have a healthy ego without letting anyone take advantage of you.

JUL 24 - AUG 23

**VIRGO**

Dig for more information today. Whenever you come across someone or something you don't understand, that's when you should do whatever you can to educate yourself about it. Your intellectual curiosity has led you to so many interesting places in the past, and it will do so again if you let it! Research doesn't have to be boring either.

AUG 24 - SEP 23

**PISCES**

You have the right to feel the way you feel, but don't get too chatty about it today. Not everyone else needs to know your every last opinion. Today, don't confuse honesty with over-sharing. It's more appropriate for you to keep your thoughts a bit fuzzy. Hold all your cards close to your chest and don't let everyone know exactly what's on your mind just yet.

FEB 20 - MAR 20

**SAGITTARIUS**

If you're feeling moody and slow today, seek out the people who can balance that kind of energy. And conversely, if you're feeling rudderless and adrift, seek out the person who can ground you and give you a task or idea to focus on right now. Your life is your journey to take, but other people can help you find important signposts that will make the journey a lot more pleasant and rewarding!

NOV 23 - DEC 22

**AQUARIUS**

You know what you want to do right now, so stick with it and just ignore any negative comments coming from the hecklers in the audience. There is a big chance that these naysayers are coming from a place of jealousy. They don't have the inner strength you have, and they're turning this into anger toward you. Instead, listen to those voices in your head that are encouraging you to keep going.

JAN 21 - FEB 23