

Anushka Sharma and Virat Kohli's son Akaay Kohli is a carbon copy of mom unlike sister Vamika Kohli



Anushka Sharma is back from London with her kids Akaay Kohli and Vamika Kohli. The paparazzi hit lucky and even managed to have a glimpse of the newborn baby Akaay. The paparazzi posted the update of Anushka being back in town and how she insisted they not click on her as she was with her kids but promised that she would soon meet them. As the news is out that Anushka is back, fans are excited to see her soon cheer for hubby Virat Kohli. Akaay who was born on February 15, 2024, is just two months old and is a carbon copy of his mom, unlike his sister Vamika Kohli.

An insider reveals to us, "Anushka didn't give any tip-off to the paparazzi of being back, they usually are at the airports and they got lucky to spot her and even have a conversation. Anushka happily waved at them and looked elated being back. Anushka greeted all the paparazzi and even gave a quick glimpse of the baby Akaay he is a darling, looking at him one could gauge that he is right now looking like a carbon copy of his mom. And Vamika has grown up into the exact copy of her daddy King Kohli!"

The insider further reveals, "Anushka will definitely follow no pictures policy for her even born Akaay as well, and this time she will be extra careful over his video not being captured when she is in the stands to cheer for Virat. Both Anushka and Virat are an extremely very private couple and by now even their fans are aware of it and even they respect their privacy, so the question of Akaay's face reveal depends on the parents and no one else". Anushka and Virat welcomed Akaay on February 15 and shared the news to the world through social media.

Why Amar Singh Chamkila's murder case remains unsolved? Mehsampur director shares his take



Amar Singh Chamkila - the famous Punjabi singer who was shot dead at the age of 27 is back in the news because of Intiaz Ali's film. Before Amar Singh Chamkila, director Kabir Singh Chowdhary made a film on him that was titled Mehsampur. It received wide critical acclaim. Kabir Singh Chowdhary spoke about his research for the film Mehsampur and shared his view on why Amar Singh Chamkila's murder still remains unsolved. Kabir Singh Chowdhary revealed about his meeting with an alleged killer of Amar Singh Chamkila who is still alive. He said that he crossed path with one of Chamkila's killer but it is all hearsay. The director did manage to get an insight into the motivations behind the killings but he did not put much weight on it. Kabir Singh Chowdhary mentioned about the atmosphere of Punjab being chaotic and lawless back in time. He added that back then personal vendettas were resolved through violence thus the actual reason behind Amar Singh Chamkila's murder remains unsolved. The ace filmmaker stated that there could be variety of reasons. The complexity of the case with multiple potential motives and suspects, could be one of the reasons.

Recipes

Kala Chana Chaat



Ingredients
2 cup kala chana
salt as required
2 teaspoon chaat masala
1/2 teaspoon black salt
1 boiled potato
1/2 cup chopped onion
3 teaspoon lemon juice
1 teaspoon dry mango powder
2 teaspoon chilli powder
1/2 chopped raw mango
1/2 cup chopped tomato

For Garnishing
1 handful mint leaves
1/2 cup pomegranate seeds
1 handful coriander leaves
couscous as required

Method:
Wash kala chana (black chickpea) and soak them in sufficient water overnight. Then boil them in a pressure cooker for four whistles. Once boiled, keep them aside and let it cool.

Now, take a bowl and add the boiled kala chana, onions, tomatoes, potatoes and raw mangoes. Mix them well. Then add chilli powder, black salt, chaat masala, dry mango powder and salt.

Mix all the ingredients well.
Garnish with pomegranate seeds, couscous (optional) chopped coriander and mint leaves. Drizzle lemon juice over the mixture and serve!
Enjoy!

Bhool Bhulaiyaa 3: Kartik Aaryan's film to feature Madhuri Dixit, Vidya Balan's dance Face-off on THIS iconic song?

Bhool Bhulaiyaa 3: Kartik Aaryan's film featuring Triptii Dimri, Madhuri Dixit, and Vidya Balan has certainly hit a jackpot. As if the star cast wasn't impressive enough, the makers have now added more excitement. It's speculated that Vidya Balan and Madhuri Dixit are set to have a dance-off. While Madhuri is a renowned dancer, Vidya also showcased her Indian classical dance skills in the first installment of Bhool Bhulaiyaa. According to recent reports, the makers are planning a dance face-off between Vidya and Madhuri. And if everything falls into place, Kartik might join them in the same song.

The first two renditions from Bhool Bhulaiyaa and Bhool Bhulaiyaa 2 were hits, so the makers want the third installment's version to captivate the audience just as much as the previous versions did. The report also mentioned that while Vidya Balan will certainly perform on Ammi Je Tumar, the makers are considering having Madhuri Dixit join her. They are also hoping to design the song in a way that Kartik Aaryan can be a part of it too.



Sleeping with AC on? Health issues it may be causing



With merciless heatwaves expected to hit soon, people will resort to AC and cooling agents. The dependency on air conditioners (ACs) has spread to semi-urban and rural areas as well, due to the growing menace of heatwaves. Sleeping with the air conditioning (AC) on can provide relief during hot and humid nights, but it may also pose certain health risks if not used appropriately. Here are six potential health issues that sleeping with the AC on may cause:

Exposure to AC will affect respiratory health: Sleeping in a room with the AC on can lead to respiratory problems, particularly for individuals who are sensitive to cold air or have existing respiratory conditions such as asthma or allergies. The cold air produced by the AC can irritate the respiratory tract, causing symptoms such as coughing, wheezing, chest tightness, and shortness of breath.

To mitigate respiratory issues, consider setting the AC temperature to a moderate level, using a humidifier to add moisture to the air, and regularly cleaning or replacing air filters to reduce allergens and pollutants.

It can dry out the skin and eyes: Sleeping in a room with the AC on can lead to dry skin and eyes due to reduced humidity levels. The cold air produced by the AC can strip moisture from the skin, leading to dryness, itching, and flak-

iness. Similarly, prolonged exposure to dry air can cause irritation and discomfort in the eyes, exacerbating symptoms such as redness, itching, and blurred vision.

To alleviate dry skin and eyes, consider using a humidifier to increase humidity levels in the room, applying moisturizer to the skin before bedtime, and using lubricating eye drops to hydrate the eyes as needed.

It can increase muscle stiffness and pain: Sleeping in a cold room with the AC on can cause muscle stiffness and joint pain, especially if the body is exposed to cold temperatures for an extended period. Cold temperatures can cause muscles to contract and tighten, leading to stiffness and discomfort. Additionally, cold air can exacerbate joint pain and stiffness in individuals with arthritis or other musculoskeletal conditions.

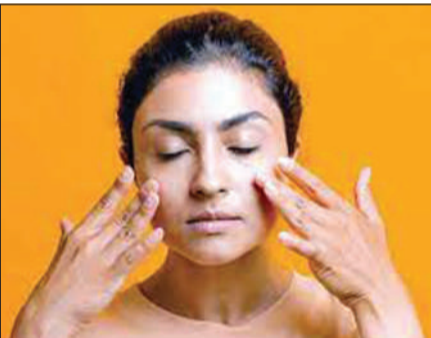
To prevent muscle stiffness and joint pain, consider adjusting the AC temperature to a comfortable level, using blankets or layers to stay warm while sleeping, and engaging in gentle stretching exercises before bedtime to promote relaxation and flexibility.

It can weaken the immune system: Sleeping in a room with the AC on may increase the risk of respiratory infections, as cold air can weaken the body's immune response and make individuals more susceptible to viral and bacterial infections. Prolonged exposure to cold temperatures can also constrict blood vessels in the nasal passages and upper respiratory tract, reducing the body's ability to fend off pathogens and viruses.

To reduce the risk of respiratory infections, consider maintaining a comfortable room temperature, practicing good hygiene habits such as washing hands frequently and avoiding close contact with individuals who are sick, and ensuring proper ventilation in the bedroom to minimize the spread of airborne pathogens.

It can disturb sleep pattern: Sleeping in a room with the AC on can disrupt sleep patterns and lead to poor sleep quality, particularly if the temperature is too cold or if the AC unit produces noise that interferes with sleep. Cold temperatures can cause discomfort and awakenings during the night, while noisy AC units can disrupt sleep and prevent individuals from entering deep, restorative sleep stages.

Is Face Yoga really helpful in face toning?



Face yoga is simply a workout for your facial muscles. As we age we tend to lose skin's elasticity and the suppleness of the skin gradually reduces. We start seeing more fine lines and wrinkles which make our skin look dull and lifeless. However, with regular facial yoga one can keep their facial muscles strong and toned which helps to achieve younger and improved-looking skin.

Here are some benefits of doing face yoga

Stimulates blood flow
Massaging your face with certain yoga techniques can aid in stimulating blood flow. Due to this rush of oxygen and blood flow on the face, you can instantly see bright and glowing skin. To achieve a radiant complexion, face yoga is quite beneficial.

Enhanced lymphatic drainage
Some facial yoga techniques focus on

improving lymphatic drainage on the face. This technique is particularly helpful for reducing puffiness and having a fresher look.

Stress reduction
Yoga is believed to reduce stress and help relax the body and mind. Face yoga helps calm down our always-active facial muscles. Practicing it for 15-20 minutes 4-5 times a week can be a great stress-relieving activity. A less stressed skin is more glowing and healthy.

Improved muscle tone
Regularly practicing face yoga can lead to toned facial muscles. It can help reduce the appearance of sagging skin, giving it a firmer look.

Here are a few basic exercises for the face, if you wish to start face yoga.

Cheek sculptor: Fill your mouth with air and move the air from one cheek to the other. Hold the air for a few seconds on each side.

Brow lifter: Press your fingertips firmly against your eyebrows and try to lift them. Hold them for a few seconds and gently release them.

Jaw definer: Close your mouth and try moving your jaw from one side to another.

When it comes to face yoga, consistency is key. Since this is a natural and non-invasive method, many people love to engage in this. Apart from helping with aesthetics, facial yoga helps with relaxation and the overall well-being of your skin.

Biology Question Answers

- Which one of the following parts of the pitcher plant becomes modified into a pitcher?
A. Stem
B. leaf
C. stipule
D. petiole
- In which one of the following animals is respiration done by skin?
A. Flying fish
B. Sea horse
C. Frog
D. Chameleon
- Which one of the following bacteria helps in improving the soil fertility?
A. Clostridium
B. Rhizobium
C. Salmonella
D. Staphylococcus
- Which chamber of human heart pumps fully oxygenated blood to aorta and hence to the body?
A. Right Auricle
B. Left Auricle
C. Right Ventricle
D. Left Ventricle
- Which one of the following is a vitamin?
A. Citric acid
B. Folic acid
C. Glutamic acid
- Linoleic acid
- Which one of the following is responsible for converting milk into curd?
A. Fungi
B. Bacteria
C. Virus
D. None of these
- In which one of the following animals is skin a respiratory organ?
A. Cockroach
B. Frog
C. shark
D. Whale
- A typical human ribcage consists of how many ribs?
A. 12
B. 14
C. 16
D. 24
- What is the pH level of blood of a normal person?
A. 4.0 - 4.5
B. 6.45 - 6.55
C. 7.35 - 7.45
D. 8.25 - 8.35
- Which of the following disease is not a caused by viruses?
A. Cholera
B. Chickenpox
C. Hepatitis
D. Measles
- In which one of the following, antibody formations takes place?
A. RBC's
B. Blood platelets
C. Blood Plasma
D. Donnan's membrane
- From the evolutionary point of view, which one of the following is closer to man?
A. Dolphin
B. Flying fish
C. shark
D. tortoise
- How do most insects respire?
A. through skin
B. through gills
C. by lungs
D. by trachea system
- Which one of the following part of human brain is the regulating centre for swallowing and vomiting?
A. Cerebellum
B. cerebrum
C. medulla oblongata
D. pons

- Answers:**
1. leaf
2. Frog
3. Rhizobium
4. Left Ventricle
5. Folic acid
6. Bacteria
7. Fungi
8. Bacteria
9. 7.35 - 7.45
10. Cholera
11. Blood Plasma
12. Dolphin
13. by trachea system
14. medulla oblongata

ASTRO SPEAK

- ARIES** (MAR 21 - APR 20)
Prepare for a quick paced and action filled day, as Leo moon connects with Mercury. Promises you made in the past could suddenly come due, causing you to direct extra focus toward personal passions and friendships while navigating your existing workload. Just be mindful to nurture your own needs. Luna squares off with Jupiter and Uranus, heightening your craving for luxury and impulse purchases.
- LIBRA** (SEP 24 - OCT 22)
Softness will be easy to come by when you appreciate your friendships far and wide, thanks to a sweet connection between the Leo moon, Mercury retrograde, and Chiron. Use this energy to evolve beyond social disappointments that have left a mark on your heart, dearest Libra, focusing instead on the good that fills your life each day. Love could also bloom under these cosmic conditions.
- TAURUS** (APR 21 - MAY 20)
The Leo moon connects with Mercury retrograde and Chiron, nudging you toward quiet introspection. Use this energy to reconnect with the past, dearest Bull, remembering the events, conversations, and influences that shaped or strengthened you. Your optimism and grace benefit from celestial aid when Venus aligns with the Nodes of Fate, giving you a clear understanding of where you could use more balance.
- SCORPIO** (OCT 23 - NOV 22)
Support yourself by catching up on to-do lists that have accumulated much work, as Leo moon aligns with Mercury. You'll find healing as you take active steps toward reaching milestones, small and large, so remember to keep busy. Direct focus on your path toward wellness when Venus aligns with the Nodes of Fate choosing to break free from habits that have caused you to feel fatigued, disconnected.
- GEMINI** (MAY 21 - JUN 20)
Conversations or friends from the past could reemerge as Leo moon aligns with Mercury making it important that you stay sharp and ready for whatever the day brings. Embrace wellness practices that promote clarity, making the most of these vibes. Good vibes flow creating an environment where love may thrive.
- SAGITTARIUS** (NOV 23 - DEC 22)
You'll gain more when you are your most authentic self, thanks to a supportive exchange between Leo moon, Mercury and Chiron. Seek fulfillment through genuine interests, Sagittarius, and move away from situations or people that cause you light to dim. A loving energy fills the air causing you to understand better how the relationships you invest in alter future pathways.
- CANCER** (JUN 21 - JUL 23)
There will be plenty of energy to play off of as the Leo moon aligns with Mercury retrograde and Chiron. Harness this energy by hypothesizing new paths around existing obstacles, using past mistakes to help you carve out a new way forward. Staying grounded will also give you an edge when it comes to facing challenges or conflict, especially where professional situations are concerned.
- CAPRICORN** (DEC 23 - JUL 20)
The Leo moon joins forces with Mercury retrograde and Chiron, putting you in touch with your feelings to help you see a new way forward. Use this energy to transform the emotional body. Sea-goat, and consider how you can nurture yourself by pulling away from that which does not serve you. You may also feel called to make changes at home, inspiring you to declutter, move furniture, or consider relocation.
- LEO** (JUL 24 - AUG 23)
As the moon continues its journey through your sign, aligning with Mercury retrograde and Chiron, you'll have an opportunity to seek spiritual enlightenment. Lean into these supportive vibes by connecting with the divinity that exists within and around you, sweet Lion, trusting that there are higher forces invested in your happiness. Shifts of fate could elevate your circumstances.
- AQUARIUS** (JAN 21 - FEB 23)
You'll be tempted to romanticize the past as the Leo moon aligns with Mercury presenting opportunities to better understand your own history. Use this energy to examine your relationships, taking care to reconnect with and invest further in positive dynamics. How you cultivate mental balance will also come into focus, and it may be necessary to recharge with a bit of self-care if your thoughts have been muddled recently.
- VIRGO** (AUG 24 - SEP 23)
You'll have a chance to better understand the intricate workings of your mind, dearest Virgo, as the Leo moon aligns with Mercury retrograde and Chiron. Use this energy to approach transformation from a place of grace, understanding where you've fallen short of your own expectations without allowing shame or grief to cloud these realizations.
- PISCES** (FEB 20 - MAR 20)
Pull at the thread of leisure today, dear Pisces, as the Leo moon aligns with Mercury retrograde and Chiron. Though your work responsibilities won't disappear, approaching them from a more grounded and graceful place will allow you to feel calmly supported as you complete tasks. Just try not to overthink the next steps or take on too much at once when Luna squares off with Jupiter and Uranus.