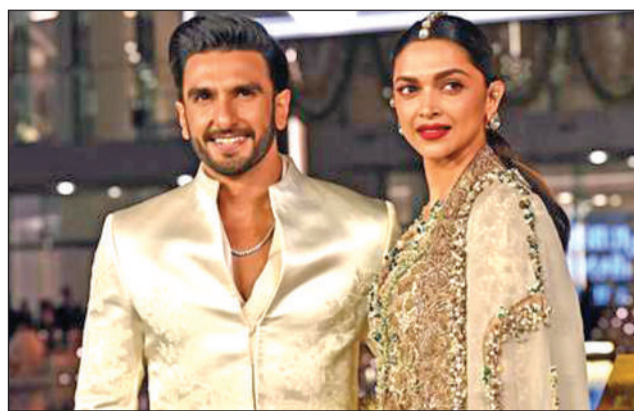


Ranveer Singh has the cutest response when asked if he wants a baby girl or boy with Deepika Padukone



Ranveer Singh and Deepika Padukone are the most adorable pairs in the Bollywood industry. They look so beautiful together and the couple recently shared the happiest news with their fans. They announced the pregnancy with the cutest post on social media. They shared an adorable picture and announced their baby will arrive in September 2024. This news came as a big surprise for all fans. Everyone was waiting for the couple to announce this happy news. Deepika and Ranveer got married in November 2018 and ever since then, people have been quite impatient. Now, everyone wants to see Deepika flaunting her baby bump and the couple to keep sharing things about their new phase. Now, a video of Ranveer Singh has now gone viral where he is seen answering the cutest question. The dad-to-be was asked if he wants a baby boy or a baby girl. Ranveer had the most adorable response to this question. He said that when a person visits a temple they never ask if they want a laddoo or sheera as prasad, they just take whatever they get as prasad. He said that the same prasad logic applies to the baby. Ranveer means he is happy with whatever God decides for them. Well, we cannot wait for September as we are super excited to know whether the couple will have a girl or a boy. Recently, Deepika's sister, Anisha Padukone spoke about Ranveer and Deepika's happy news. She spoke to MyFitness on iDiv and said Ranveer might spoil the baby the most. However, she believes her parents too would be the ones who can spoil the baby with their love. Talking about Deepika's projects, she will be next seen in Kalki 2898 AD with Prabhas, Amitabh Bachchan, Kamal Haasan, Disha Patani and others.

Chamkila: Parineeti Chopra reveals the ugly truth of casting heroines in the films; admits her PR game sucks



Parineeti Chopra's era is back said netizens after watching her shine in Amar Singh Chamkila, the actress turned the tables all over again with her presence. Right now she is basking all the love and praise for her latest release along with Diljit Dosanjh. Parineeti Chopra was warned by her co stars that Amar Singh Chamkila will end her career, but she was right with her choice as she is winning hearts all over again. Talking about what went wrong for Parineeti and why she was invisible for so long, Pari in an interview with Bollywood Hungama said that she knows exactly what went wrong, the actress admits to not listening to herself but the advice all over what is working and she should join the bandwagon. Parineeti even highlighted the ugly truth of casting heroines in the films when she admitted her PR game sucks, "I have a very problem that is that my PR game sucks. I am very bad at PR, I am very bad at being in the right places, at the right lunches and dinners where these work opportunities are created, projects are created at these events and I am not at those events".

Do Aur Do Pyaar: Vidya Balan's special connection with her upcoming film is truly heartwarming

Do Aur Do Pyaar: In the enchanting world of cinema, where stories come alive and characters weave their magic, sometimes reality and fiction intersect in delightful ways. In the film, Vidya Balan steps into the shoes of Kavya Ganeshan, a modern and progressive Palakkad Tamil. But it's not just her character's traits that caught our attention—it's the name she carries. The screenwriters, in a stroke of serendipity, decided to name her onscreen father after Vidya's real-life father.

Vidya Balan's father, Poothankurissi Ramaier Balan, lent his name to the character of her screen father. Imagine the delightful surprise when Vidya discovered this connection with her upcoming Bollywood film! It's as if the threads of fate wove their intricate pattern, seamlessly blending her personal history with her cinematic journey. Set against the picturesque backdrop of Ooty, the film's screen family shares moments of love, laughter, and drama. Ooty's misty hills and lush greenery provide the perfect canvas for their emotional journey of the film which also stars Ileana D'Cruz. Vidya Balan's father, Poothankurissi Ramaier Balan, lent his name to the character of her screen father. Imagine the



delightful surprise when Vidya discovered this connection with her upcoming Bollywood film! It's as if the threads of fate wove their intricate pattern, seamlessly blending her personal history with her cinematic journey.

Recipes

Kesar Pista Kulfi



- Ingredients**
- 1 1/2 litre full cream milk
 - 1/2 cup chopped pistachios
 - 2 tablespoon milk
 - 1/2 cup sugar
 - 10 strand saffron
 - 1/2 teaspoon powdered green cardamom

Method:
In a pan, add full cream milk and let it come to a boil. Once done, let it simmer for about 25-30 mins. Stir occasionally. Meanwhile, soak saffron strands in 2 tablespoon warm milk. Now, add sugar to milk and mix it well. Let it simmer till the milk thickens and then add pistachios, cardamom powder, and soaked saffron milk. Mix everything well and let it simmer again for 5 mins. Switch off the gas flame and let the milk cool for a while. Pour the mixture into kulfi moulds once it has thickened well. Freeze it for at least 4-5 hours. Once done, insert a wooden stick inside the kulfi mould and gently take the kulfi out. Top it with chopped pistachios and saffron strands. Your Kesar Pista Kulfi is ready. Enjoy. **Tips** You can also pour the kulfi mixture into glasses and cover with a cling wrap. The thickened milk can even take an hour to cool. So, be patient and let it cool completely. You can also replace sugar with condensed milk.

Is sugar really bad? How much to consume daily



Sugar, in its many forms, has been a topic of wide discussion in the world of health and nutrition. From concerns about weight gain to its impact on overall health, the debate surrounding sugar consumption continues to evolve. But is sugar really as bad as it's often portrayed to be? And how much of it should we be consuming on a daily basis? Here are all the facts and myths surrounding sugar to uncover the truth behind its role in our diets. **Is sugar responsible for weight gain?** The age-old question: does sugar make you gain weight? While sugar itself doesn't possess a magical property that directly leads to fat accumulation, it can indeed contribute to weight gain indirectly. A study published in Diabetes & Metabolic Syndrome has shown that an increase in sugar consumption correlates with a rise in calorie intake. This is particularly concerning given the prevalence of added sugars in processed foods, which not only elevate the calorie content but also make these foods more palatable, leading to overconsumption. **Sugar increases calorie intake**

One of the main culprits behind the calorie surplus that fuels weight gain is the consumption of added sugars. When sugar is added to foods, it tends to enhance their flavour, making them more appealing and consequently leading to higher calorie consumption. However, a study published in the journal Nutrients has shown that when sugar is consumed in isolation, individuals do not significantly increase their calorie intake. A study conducted at Johns Hopkins University found that rodents consumed similar amounts of calories when given access to pure raw sugar separately from their food. It's the combination of sugar with other foods that trigger overconsumption, highlighting the role of added sugars in driving calorie intake and potentially contributing to weight gain. **Sugar, by itself, is not fattening** Contrary to popular belief, sugar by itself is not inherently fattening. Individuals can lose weight even while consuming diets high in sugar, provided they maintain a calorie deficit. For instance, participants in one study were fed high-sugar diets but still managed to lose weight over a six-week period due to calorie restriction. Additionally, liquid sugar sources, despite their high sugar content, can lead to weight loss as they may not be as satiating, resulting in lower overall calorie intake. These findings challenge the notion that sugar alone is responsible for weight gain and underscore the importance of overall calorie balance in determining body weight. **Recommended daily intake of sugar** Although sugar may not be intrinsically fattening, it is important to consume it in moderation. According to government guidelines, the daily intake of calories from free sugars, including those added to food and beverages, should not surpass 5%. This means that people should consume no more than 30g of free sugars daily, or around 7 teaspoons. Similarly, children's sugar intake should be limited, with recommended daily limits ranging from 19g to 24g depending on age. It's crucial to be aware of hidden sugars in processed foods and beverages, as exceeding these limits can contribute to weight gain and increase the risk of various health conditions, including diabetes and heart disease.

5 products to try if you want to experience K-Beauty



In recent years, Korean beauty products have taken the world by storm with their innovative formulas, adorable packaging, and effective results. If you're new to the world of K-beauty and don't know where to start, fear not! Here are five must-try Korean beauty products that are perfect for beginners. **Sheet masks:** Sheet masks are perhaps the most iconic Korean beauty product, and for good reason. These single-use masks are infused with various serums and essences designed to target specific skin concerns, such as hydration, brightening, and firming. They're incredibly easy to use—simply unfold the mask, apply it to your face, and relax for 10-20 minutes while it works its magic. **Cleansing balms:** Korean skincare emphasizes the importance of double cleansing to thoroughly remove makeup, sunscreen, and impurities from the skin. Cleansing balms are an essential first step in this process. These solid oil-based cleansers melt into a luxurious

oil upon contact with the skin, effectively breaking down makeup and impurities without stripping the skin of its natural oils. **Snail mucin essence:** Snail mucin might sound unusual, but it's a beloved ingredient in Korean skincare for its hydrating, soothing, and skin-repairing properties. Snail mucin essence is a lightweight, gel-like serum that absorbs quickly into the skin, delivering a boost of hydration and promoting cell regeneration. **Sunscreen:** Sunscreen is a non-negotiable step in any skincare routine, and Korean sunscreens are among the best in the world. Korean sunscreens are known for their lightweight textures, high SPF protection, and broad-spectrum coverage. Look for Korean sunscreens with ingredients like hyaluronic acid and centella asiatica for added hydration and soothing benefits. **Sleeping masks:** Sleeping masks are overnight treatments designed to hydrate, nourish, and repair the skin while you sleep. These leave-on masks have a thicker consistency than traditional moisturizers, allowing them to deeply penetrate the skin and lock in moisture overnight. Korean sleeping masks often contain innovative ingredients like hyaluronic acid, ceramides, and botanical extracts to rejuvenate the skin and address specific concerns such as dryness, dullness, and uneven texture.

Biology Question Answers

- Who is the author of "To Kill a Mockingbird"?
A) George Orwell
B) Aldous Huxley
C) Ray Bradbury
D) Margaret Atwood
- Who wrote "The Diary of a Young Girl"?
A) Anne Frank
B) Elie Wiesel
C) Primo Levi
D) Viktor Frankl
- Who wrote "Pride and Prejudice"?
A) F. Scott Fitzgerald
B) Ernest Hemingway
C) Jane Austen
D) Virginia Woolf
- Who is the author of "The Hobbit"?
A) J.K. Rowling
B) J.R.R. Tolkien
C) C.S. Lewis
D) Roald Dahl
- Who is the author of "The Catcher in the Rye"?
A) J.D. Salinger
B) Ernest Hemingway
C) Harper Lee
D) Jane Austen
- Who wrote the novel "The Great Gatsby"?
A) F. Scott Fitzgerald
B) Ernest Hemingway
C) Harper Lee
D) Jane Austen
- Who is the author of "The Picture of Dorian Gray"?
A) J.K. Rowling
B) J.R.R. Tolkien
C) C.S. Lewis (Answer)
D) Roald Dahl
- Who is the author of "The Lord of the Rings" trilogy?
A) J.K. Rowling
B) J.R.R. Tolkien (Answer)
C) C.S. Lewis
D) Roald Dahl
- Who is the author of "The Color Purple"?
A) Toni Morrison
B) Alice Walker
C) Maya Angelou
D) Zora Neale Hurston
- Who is the author of "The Diary of a Young Girl"?
A) Arundhati Roy
B) Salman Rushdie
C) Vikram Seth
D) Kiran Desai
- Who is the author of the novel "The God of Small Things"?
A) Gabriel Garcia Marquez
B) Pablo Neruda
C) Jorge Luis Borges
D) Octavio Paz
- Who is the author of the novel "Wuthering Heights"?
A) Charlotte Bronte
B) Emily Bronte
C) Jane Austen
D) Virginia Woolf
- Who is the author of "The Color Purple"?
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B) Alice Walker
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D) Zora Neale Hurston
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B) J.R.R. Tolkien (Answer)
C) C.S. Lewis
D) Roald Dahl

- Answers:
1. Harper Lee
2. J.R.R. Tolkien
3. Jane Austen
4. J.K. Rowling
5. J.D. Salinger
6. F. Scott Fitzgerald
7. Roald Dahl
8. C.S. Lewis
9. Alice Walker
10. Ernest Hemingway
11. Gabriel Garcia Marquez
12. Arundhati Roy
13. Emily Bronte
14. Alice Walker
15. J.R.R. Tolkien

ASTRO SPEAK

- ARIES** (MAR 21 - APR 20): The Leo moon blows a kiss to the sun before migrating into Virgo, offering a confidence boost before thrusting you into work mode. Ride these high cosmic tides by allowing others to see you shine, especially when doing so could lead to professional advancements. You'll also be called to invest in the well-being of yourself and others, putting you in a helpful and mindful headspace.
- LIBRA** (SEP 24 - OCT 22): Your popularity spikes when the Aries sun and Leo moon share a sweet connection early this morning, dear Libra, helping you stand out while attracting admiration. However, the limelight will seem less desirable once Luna enters Virgo, putting you in a profound and private mood. Use this energy to fully explore your own psyche, finding tidy homes for the many thoughts, ideas, and goals that flutter through the mind each day.
- TAURUS** (APR 21 - MAY 20): Embrace the quiet as the Leo moon blows a kiss to Aries sun, nudging you to find brightness within. You'll feel a shift once Luna migrates into Virgo, sweet Bull, stirring passions while elevating your creative instincts. Go where your visions are valued and consider investing in artistic outlets or personal interests. Venus, united with Mercury putting you in the mood to hide away with someone very special.
- SCORPIO** (OCT 23 - NOV 22): Take a few moments for wellness as the Aries sun and Leo moon align, dearest Scorpio, cultivating a sense of centered mindfulness before tackling important responsibilities. You'll sense a shift when Luna migrates into Virgo, and you may be called upon to assist in solving someone else's problems. Don't hesitate to rally your peers if certain hurdles require teamwork, as people will be eager to collaborate.
- GEMINI** (MAY 21 - JUN 20): Handle important correspondences as the sun and Leo moon align to sharpen your wits and natural people skills. The energy shifts once Luna migrates into Virgo, putting you in a more emotionally charged and sentimental place. Your thoughts may drift toward nostalgic themes, domestic affairs, and familial bonds, making it difficult to stay present in social or professional settings.
- 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, and move away from situations or people that cause your light to dim. A loving energy fills the air this afternoon when Venus aspects the Nodes of Fate, causing you to understand better how the relationships you invest in alter future pathways.
- CANCER** (JUN 22 - JUL 23): Your day gets off to a practical start as the sun and Leo moon align, nudging you to handle responsibilities. You'll have more opportunities to socialize and explore intriguing topics once Luna migrates into Virgo, sharpening your ability to see hidden details or errors. Opportunities from the past could show signs of resurfacing helping you course correct if things have gotten off track recently.
- 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): The moon takes its final steps through your sign, sharing connection with Aries sun that's sure to liven things up from the inside out. Use this energy to reconnect with your goals before Luna migrates into Virgo, prompting you to adopt a more serious mindset. This lunar placement offers reprieve as well, giving you a chance to slow down as you methodically approach great heights.
- AQUARIUS** (JAN 21 - FEB 23): Start your day with positive thoughts as the Aries sun and Leo moon share a sweet exchange, inviting you to soak up warmth and love. The ambiance intensifies once Luna migrates into Virgo, putting you in the mood for commitment. Whether you're chasing professional ambitions, a new living situation, or that happily ever after, use this energy to strategize the path ahead. Just be mindful not to let optimism guide you.
- VIRGO** (AUG 24 - SEP 23): You'll feel lighter with each step you take toward change, thanks to connection between Aries sun and Leo moon. Don't shy away from the limelight while boldly pursuing personal goals. The more passion you put behind your agenda, the more rewards you will find, making it important that you acknowledge the fine balance that exists between hard work and manifestation.
- PISCES** (FEB 20 - MAR 20): Everyone will be especially frisky now. With that knowledge, it also helps you to seduce whoever you'd like! Don't waste this sizzling energy. Get on the prowl and hunt for your next great conquest. Have your eyes on someone who seems a bit out of your league? Don't forget no one is out of your league! This is a time to swoop in, steal the spotlight, and snatch them before someone else does.