

Is Parineeti Chopra maintaining distance from Priyanka Chopra after marriage?



Are Priyanka Chopra and Parineeti Chopra avoiding to meet each other ever since the actress got married? Pari was missing from the Holi party and she even skipped to attend Mannara Chopra's birthday party.

Mannara Chopra's birthday party was LIT. Priyanka Chopra who calls herself her sister's shield too attended the birthday bash of her younger cousin's sister along with star husband Nick Jonas. But what went missing was Parineeti Chopra from the party, and her absence raised a lot of eyebrows if all was well between the Chopra sisters. Ever since Priyanka skipped Parineeti Chopra's wedding without any concrete reasons according to the netizens the rumours are rife there is a tiff going on between them.

An insider revealed "Mannara is very close to Priyanka Chopra and she looks up to her as her biggest source of inspiration. Last night too she was happy to have her sister at her birthday party, but she didn't invite Parineeti Chopra and the reason may be Priyanka as it is speculated that Pari is upset with her Mimi Di for not attending her wedding. But these are mere speculation and the actual reason for Pari's miss is better known to them".

The source further adds, "Mannara and Parineeti too aren't very close cousins like the way she is with Priyanka, PC being the eldest share a good bond with all her sisters and family members. Also it is said that both Priyanka and Pari haven't met ever since she got married and one of the reasons could be Parineeti being busy with her film promotion Chamkila".

The strange thing that the netizens are finding is how both Parineeti and Priyanka being toes at the same town haven't made any public appearances together and this only adds fuel to the fire of the rift between the Chopra sisters.

The Bull: Salman Khan is no more a part of Karan Johar's film?

It is after ages that Salman Khan and Karan Johar are collaborating for a film. The Bull is in the making and there are high expectations. However, recently, there were reports suggesting that The Bull has been shelved. It was being stated that due to date issues, Salman Khan chose to opt out of the project. However, there is another reports suggesting that The Bull is very much happening and Salman Khan-Karan Johar's collaboration is still intact.

As per a report in Bollywood Bubble, The Bull has not been shelved neither has Salman Khan walked out of the project. It is also reported that the shooting of the film will go on the floors later in the year. With this, one can expect that The Bull will release only next year or later. As per the reports, The Bull was supposed to go on floors in November 2023. However, constant delays in the shooting led to Salman Khan take a step back. There are two contrasting reports doing the rounds of the internet but none of the stars have given any confirmation on anything. Karan Johar and Salman Khan last collaborated in Kuch Kuch Hota Hai. He played the role of Aman Mehra. He came



onboard when most of the big celebrities in the industry rejected the role.

Pathaan 2: Shah Rukh Khan starrer will be directed NOT by Siddharth Anand but THIS successful director?

Shah Rukh Khan is going to all set back as Pathaan along with Deepika Padukone and the news is said that the superstar will begin the shooting of the film by the end of 2024. Shah Rukh Khan made his smashing comeback with Pathaan in 2023 and revived Bollywood all over again with the film making a smashing number of 1000 crore at the box office. Shah Rukh Khan created history with Pathaan as well robed he is the OG box office king. And how the superstar is all set to create history again as he is gearing up for Pathaan 2.

As per reports in PeepingMoon, Shah Rukh Khan will begin shooting the film in 2024 and Siddharth Anand will not be directing the film, "Aditya Chopra is strategically choosing the directors for each YRF spy universe film and has never repeated directors for its sequel movies, as is evident from the Tiger and War sequels. The tradition continues with Pathaan 2 as well, with Siddharth Anand stepping aside for a new director to offer a fresh perspective to Shah Rukh's swashbuckling spy character".



THIS is the best way to consume turmeric for weight loss



Turmeric, a vibrant yellow spice commonly used in Indian cuisine, has gained attention in recent years for its potential health benefits, including aiding in weight loss. Curcumin, the active compound in turmeric, is believed to possess anti-inflammatory and antioxidant properties that may support weight management.

**Add it to your meals:** One of the simplest ways to consume turmeric is by incorporating it into your meals. Sprinkle turmeric powder onto roasted vegetables, stir it into soups and stews, or add it to rice dishes for a pop of flavor and color. Combining turmeric with other healthy ingredients enhances its absorption and effectiveness in the body.

**Always pair with black pepper:** Piperine, a compound found in black pepper, enhances the absorption of curcumin in turmeric by up to 2000%. Therefore, it's beneficial to pair turmeric with black pepper whenever possible. Consider adding a pinch of black pepper to dishes containing turmeric to maximize its bioavailability and reap the potential weight loss benefits.

**Create golden milk:** Golden milk, also known as turmeric milk, is a traditional beverage popular in Ayurvedic medicine. To make golden milk, combine turmeric powder with warm milk (or a dairy-

free alternative like almond or coconut milk), a dash of black pepper, and a sweetener of your choice, such as honey or maple syrup. Enjoying a cup of golden milk before bedtime can promote relaxation and may support weight loss efforts by curbing late-night cravings.

**Ever heard of turmeric tea:** Similar to golden milk, turmeric tea is another soothing beverage that can aid in weight loss. To make turmeric tea, steep turmeric powder or fresh turmeric slices in hot water along with black pepper and other spices like ginger and cinnamon. Strain and sweeten with honey or stevia, if desired. Sipping on turmeric tea throughout the day can help boost metabolism and promote satiety.

**Combine it with healthy fats:** Curcumin is fat-soluble, meaning it is better absorbed when consumed with fats. Incorporate healthy fats such as coconut oil, olive oil, or avocado into meals containing turmeric to enhance its absorption and efficacy. For example, cook turmeric-spiced vegetables in coconut oil or drizzle turmeric dressing made with olive oil over salads.

**Consider turmeric supplements:** If incorporating turmeric into your diet regularly is challenging, consider taking turmeric supplements. Look for supplements containing standardized curcumin extract and black pepper extract for improved absorption. However, it's essential to consult with a healthcare professional before starting any new supplement regimen, especially if you have underlying health conditions or are taking medications.

**Maintain a balanced diet and exercise routine:** While turmeric may offer potential benefits for weight loss, it is not a substitute for a balanced diet and regular exercise. Focus on consuming a variety of nutrient-dense foods, including fruits, vegetables, lean proteins, and whole grains, while minimizing processed foods and added sugars. Pairing turmeric consumption with a healthy lifestyle, including regular physical activity, is key to achieving sustainable weight loss.

Tips to take care of your locks in summer



texture get damaged. You can condition your hair with cucumber and orange juice. Both contain rich amounts of Vitamin C. Besides, this home hair treatment also keeps the hair hydrated. You can also use curd in your hair. It would be best if you use sour curd for hair. You can mix egg white in curd. This will control hair fall and will also have a good effect on hair growth.

**Apply Overnight Hair Pack**  
To strengthen your hair, you must give them proper nutrition. For this, you can prepare some overnight hair packs at home, which will nourish your hair and keep it healthy.

You must be using coconut oil on your hair, but from now on, soak fenugreek seeds along with coconut oil in an iron pan overnight, filter and heat the same oil the next day, and apply it on your hair. Leave this hair pack on your hair overnight. If your hair has become very frizzy then you should apply a hair pack of aloe vera gel and rose water on your hair and leave it overnight.

**Papaya Hair Mask for Moisture and Shine**  
Papaya is packed with vitamins, minerals, and enzymes that nourish and moisturize the hair, making it an excellent remedy for dry, damaged hair in summer. Papaya contains papain, an enzyme that helps exfoliate the scalp and remove dead skin cells, as well as vitamins A and C, which promote hair growth and add shine.

Here's how to make a papaya hair mask  
Mash half a ripe papaya into a smooth paste. Add one tablespoon of honey to the papaya paste and mix well. Apply the papaya-honey mask to your hair, focusing on the lengths and ends. Leave the mask on for 30-45 minutes, then rinse it out with lukewarm water and shampoo as usual.

General Knowledge Question Answers

- For which among the following is not a true fruit?  
A. Apple  
B. Date  
C. Grape  
D. Plum
- Which of the following is least infectious?  
A. leprosy  
B. hepatitis  
C. tuberculosis  
D. conjunctivitis
- Which of the following is not a mosquito borne disease?  
A. Dengue fever  
B. Malaria  
C. Sleeping sickness  
D. Filariasis
- In certain amino acids, which one of the following elements is found in addition to carbon, hydrogen, nitrogen and oxygen?  
A. Phosphorus  
B. Zinc  
C. Calcium  
D. Sulphur
- Among the following elements, which one is essential for the transmission of impulses in the nerve fibre?  
A. Calcium  
B. Iron

- Sodium  
D. Zinc
- The vitamin which is very liable and easily destroyed during cooking as well as storage is  
A. Vitamin A  
B. Vitamin B6  
C. Vitamin C  
D. Vitamin K
- The compound used in anti-malarial drug is  
A. Aspirin  
B. Neoprene  
C. Isoprene  
D. Chloroquin
- Which of the following is a skin disease?  
A. Anaemia  
B. Pellagra  
C. Osteomalacia  
D. Rickets
- The richest source of vitamin D is  
A. Cod liver oil  
B. Spinach  
C. Milk  
D. Cheese
- Which of the following tests helps in diagnosis of cancer?  
A. X-ray  
B. Urine test  
C. Blood test  
D. Biopsy test

- Which one of the following is an enzyme?  
A. Glucagon  
B. Insulin  
C. Somatotropin  
D. Trypsin
- Which vitamin is provided by sunlight to the body?  
A. Vitamin A  
B. Vitamin B  
C. Vitamin C  
D. Vitamin D
- The deficiency of which of the following leads to dental caries?  
A. Iron  
B. Copper  
C. Fluorine  
D. Zinc
- Healing of wounds is hastened by vitamin  
A. A  
B. E  
C. C  
D. K
- Which of the following diseases is caused by the bite of a mad dog?  
A. Hydrocele  
B. Hydrophobia  
C. Hydrocephalus  
D. Hydroperitoneum

- Biopsy test
- Trypsin
- Vitamin D
- Phenothiazine
- C

- Calcium
- Vitamin C
- Chloroquin
- Pellagra
- Cod liver oil

- Phen
- Leprosy
- Sleeping sickness
- Sulphur

ASTRO SPEAK

**ARIES**  
The actions of other people could be very unpredictable today, so you need to be prepared for anything. And while this day may test your flexibility and patience, it will still be quite enjoyable. You like it when things are interesting, and unpredictability is part of the price you pay for "interesting." One of your friends might have an intriguing opportunity for you, but you need to have them explain things in more detail before you say yes.

**LIBRA**  
You could feel a magnetic pull toward a person you've never met before. Resist the urge to cyber-stalk this person, but do keep an eye on them. There is a reason that they interest you, and if you can't figure out what it is, you need to get more information in order to do so. You've been waiting for someone to show you a better way of being with people.

**TAURUS**  
You could be on a somewhat solid financial footing right now, although it wouldn't hurt to have a few more coins in your coffers. Put a little more effort into conserving more of your funds. The easiest way to do that is to cut out any luxury treats. Drink tea instead some fancy coffee. And don't leave your credit cards near your computer. You'll be less likely to succumb to that must-have item you see online.

**SCORPIO**  
There's no sense in hurrying to get things done today. It will only result in you wasting your energy. Sometimes it's easy to confuse being busy with getting things accomplished, but you need to keep your focus on what needs to happen today, not on what you would like to have happen tomorrow. Let that take care of itself. Try to work on the social aspect of your life a little bit more intensely. There are goals that you haven't met yet.

**GEMINI**  
You know some pretty fascinating people, but you may not have seen them in a while. Why not try to figure out a way to get together online? Enjoy a virtual happy hour or meal, sing some tunes, or engage in an impromptu workout and encourage one another. There are lots of ways to stay connected if you use that creative brain of yours!

**SAGITTARIUS**  
Fire up your laptop and start a spreadsheet, because you need to stay on top of all the details that will be flying at you today! You can't afford to let any numbers, names, or dates fall through the cracks. Take nothing for granted. Avoid the gray areas and the maybes. Make people commit to yes or no. Your life needs to be all about black-and-white facts right now. This will enable you to get more focused and reduce the drama in your life.

**CANCER**  
No one sees things quite like you do, and more and more people are starting to enjoy your take on the world. Some of your ideas might leak out in an unconscious act on your part, and it might make you nervous. But even if you aren't quite ready for people to know about them, you could be pleasantly surprised by the fact that these people really dig your ideas! Get used to getting more attention.

**CAPRICORN**  
Even if you don't have a sweetheart right now, this day could be full of romance for you! If you're not going to be falling in love with another person all over again, you'll be falling in love with yourself all over again, which might feel ten times as sweet. You're a wonderful person, and even if there's no one in your life right now to remind you of that fact, you can remind yourself. It's a nice, powerful feeling to tell yourself how special you are.

**LEO**  
It's time to get social! You put lots of effort into your professional life, and now you need to start putting just as much effort into your personal life, too. Your mission is to accept any and all invitations you get without hesitation, no matter how unexciting they might sound. You are definitely one of the celebrities in your social circle right now, so you need to take advantage of the spotlight while you have it.

**AQUARIUS**  
Try to put yourself in a situation where you could be rejected, or at least come out with less than you put in. You shouldn't do anything too silly, like spend your life savings on lottery tickets, but you should do something a little daring. Maybe it's time to call that certain someone, try out a trendy new fashion look, or try your hand at fixing a complicated gourmet dinner.

**VIRGO**  
Are you looking forward to being able to travel again? You should be! Stay optimistic about the current situation and don't worry about all the details yet. You'll be exposed to a lot of new things that will amuse you, shock you, and, most of all, educate you! So you'll want to take notes and lots of pictures. You'll want to remember your trip for a long time, so start planning it!

**PISCES**  
Try to use a form of communication that is a little out of the ordinary today. Telephone calls, letters, even e-mails are just so old school! You'll get your message across whatever it is a lot more effectively if you use some creativity, especially if you're trying to get your feelings across to a potential new sweetheart. Use beautiful words in a poetic sense to let them see into your heart.

