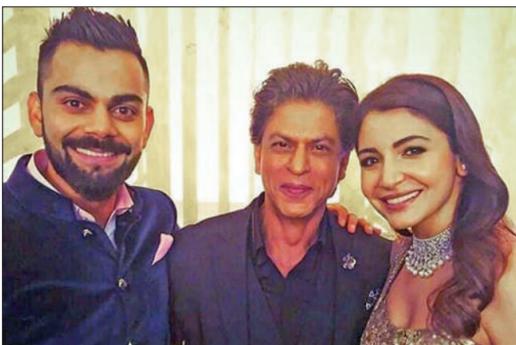


Shah Rukh Khan once wanted to do Virat Kohli's biopic; Anushka Sharma had a hilarious reaction to it



Shah Rukh Khan and Anushka Sharma's association is one of the most cherished and genuine in Bollywood circles. Anushka made her Bollywood debut with Shah Rukh Khan in Rab Ne Bana Di Jodi and later starred with him in films like Jab Tak Hai Jaan, Jab Harry Met Sejal, and Zero. After working together for such a long time, they have formed a bond filled with comfort and warmth. And that's exactly the reason why Anushka Sharma had the most hilarious reaction instead of praising King Khan when he expressed his wish to do Virat Kohli's biopic.

For those unaware, during the promotions of Imtiaz Ali's Jab Harry Met Sejal, Shah Rukh Khan and Anushka Sharma indulged in a fun banter. During one of the press conferences of the Imtiaz Ali film, Shah Rukh Khan was asked which cricketer's biopic he would like to star in. Knowing that Anushka was dating Virat, King Khan jokingly stated that he would like to do Virat Kohli's biopic. This answer had everyone in splits, including Anushka Sharma.

The actress then mentioned how he would need to grow a beard to portray Virat Kohli. Shah Rukh jokingly responded that he already had a beard and looked exactly like Virat Kohli in Jab Harry Met Sejal.

Speaking about Anushka Sharma and Shah Rukh Khan's bond, the mother of Vanika and Akaay has mentioned how she shares a warm and close bond with Shah Rukh. Anushka stated that they don't need to be in touch with each other every now and then, but when they do chat or meet, it's full of admiration and love. In fact, the actress also mentioned that Shah Rukh knows she follows a strict lifestyle where she sleeps around 8 pm, so out of respect, he has stopped inviting her to his respective parties as well.

Boney Kapoor reacts strongly to rumours of a feud with brother Anil Kapoor over No Entry 2

Boney Kapoor in his latest interview mentioned his fight with his brother Anil Kapoor over No Entry 2 casting where the producer revealed that his actor brother is unhappy with the casting of the sequel and hence they aren't on talking terms, and this news spread like a wildfire, and now after seeing the news blow out of proportion Boney has come out for damage control and claims that his statement was taken in a wrong way and he said this in a very light hearted manner.

Boney Kapoor dismissed the rift need between him and his brother Anil Kapoor that has been making headlines for quite a time how he said, "I am shocked and surprised that the press has made an issue of a very light-hearted and not a very successful attempt on humour when I said 'Anil is angry with me'. The fact is the film I am proposing to make doesn't have either Salman (Khan) or Anil because both of them are very busy stars. So, instead of thinking of making it with them, I decided to make the sequel with a younger generation". Boney further added, "To think that either of them can be upset with me because they are not a part of the sequel of 'No Entry' is an idea totally absurd and ridiculous.



No Entry sequel may have needed them but they don't need the sequel. This comment has clearly been said only in humour".

When Kajol gave THIS advice to Aishwarya Rai Bachchan and Abhishek Bachchan to save their marriage

Aishwarya Rai Bachchan and Abhishek Bachchan have been married for 16 years now. The couple often make headlines for the constant rumours around the separation, but they have never reacted to these speculations. There were actors when Aishwarya and Abhishek's wedding became the talk of the town and it got even included in Karan Johar's rapid fire. In one of his initial seasons of Koffee With Karan, KJo managed to get his first three actors with whom he made his directorial debut Kajol, Rani Mukerji, and Shah Rukh Khan, where he asked her all sorts of questions and they were game for it.

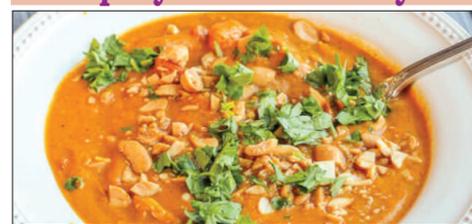
Kajol happily gave all the answers to Karan Johar's rapid-fire, where he questioned her about marriage advice she would like to give Aishwarya and Abhishek, to which instantly Kajol said that she should watch KANK (Kabhi Alvida Naa Kehna that was made in 2006), a Karan Johar film that is alleged of glorifying cheating spouse and infidelity. In the video, at 2:57 minutes Karan Johar asks Kajol a piece of advice she would like to give Abhishek and



Aishwarya in their marriage, to which very bluntly she tells them to not watch KANK.

Recipes

Spicy Peanut Curry



Ingredients

- 1 cup raw peanuts
- 2 green chilli
- 1 teaspoon cumin seeds
- 1 inch cinnamon stick
- 1/2 teaspoon garlic
- 1 teaspoon red chilli powder
- 1 small onion
- 1/2 teaspoon green cardamom
- 2 clove, 1 teaspoon ginger
- 2 pinches turmeric salt as required
- 3 tablespoon vegetable oil

For Garnishing

- 2 tablespoon coconut, 1 teaspoon coriander leaves

Method:

Start by boiling peanuts along with salt in a pan half filled with water over medium flame. Boil it for 5-7 minutes and then keep it aside.

Now, in a grinder jar add sliced onions along with green chillies, cardamom sticks, coconut, chopped ginger and garlic. Grind it on a high speed over medium flame till you achieve a coarse paste.

Place a pan over medium flame and add oil in it. Once the oil is hot enough add this paste to it and saute over medium flame till it turns a little brown in color and the raw smell of ginger and garlic disappears. Drizzle red chili powder along with salt over it and cook for another 4-5 minutes over medium flame. Your Spicy Peanut Curry is now ready. Garnish it with coriander leaves and serve hot along with steamed rice or chapatis.

Gaining weight? One habit that's causing obesity despite eating right



With a fast-paced lifestyle and unforeseen challenges at every turn, stress-related lifestyles are on the rise in a rapidly changing world. This global reality has manifested in the form of a series of diseases like cardiovascular ailments, weight gain, insomnia, stroke, depression, diabetes, cancer, mental disorders and multiple other illnesses.

Stress is the new pandemic

Stress hormones which put the body in a fight or flight mode as a quick design for self-protection can create havoc if they are released on a regular basis. These hormones which are released by the endocrine glands accelerate the heartbeat and blood to rush towards the muscles and other vital organs in the body creating a sense of fear, anxiety and even depression. They can cause mood swings, interfere with the menstrual cycle, digestive system and onset of serious diseases, which may need lifelong medical care and can even lead to a fatality. With technology driving human life and lifestyle choices, it's important to take a pause and listen to yourself for a brighter and healthier future.

Chronic stress can cause obesity and diabetes: It is no wonder that chronic stress has been linked to Alzheimer's disease. Like insulin, cortisol makes you fat - the stress hormone cortisol enhances glucose availability. In the short term this is good, however under chronic stress glucose levels remain high for months without resolution. Cortisol will increase insulin levels and weight gain. This is the reason that sleep deprivation (high cortisol) helps make people fat. Meditation, yoga, massage and exercise can all help lower cortisol levels.

Impact on mental well-being

From precipitating existing mental issues to creating new challenges on the mental well-being front, stress is a huge red flag for human health. Whether a temporary episode like a death or illness or chronic stress like a work-related daily issue, it can lead to Post Traumatic Stress Disorder (PTSD), anxiety, depression, and even panic attacks.

Stress and its impact on musculoskeletal disorders

Neck and shoulder pain are the typical symptoms of psychological stress as they stiffen the muscles, cause soreness & pain. The strength of the muscles can also decline over a period of time, as the body releases the cortisol hormone which can cause inflammation and lead to more pain.

Here's how to stay fit and healthy

- Stress is not an unbeatable condition and can be kept at bay by practising several methods and ensuring there is a willingness to make changes in one's life. Here are some ways to combat stress:
 - Go for a brisk walk for 20 minutes daily. Spend time in nature and practice mindfulness.
 - Eating whole food, packed with protein and fibre rich diet
 - Get at least eight hours of sleep and take frequent relaxation breaks at work.
 - Avoid excessive smoking, alcohol and tobacco consumption.

DIY vitamin C serum for face

Vitamin C works overtime to increase the collagen production of the face as it reduces inflammation and also evens out the irregular pigmentation and brown spots. Vitamin C is considered to be the star ingredient in many skin brightening treatments and is also a volatile compound which easily oxidizes upon exposure to sunlight and air. The potency of vitamin C can decrease rapidly after you open the bottle. Let's take a look at how to make this product at home.



Things to note

You need 1/4 I-ascorbic acid powder which is available online or can use vitamin C tablets from a good pharma brand. 2 teaspoons of distilled water or rose water can be used, with 1 teaspoon of glycerine, 1 vitamin E capsule, and a small dark clean empty glass bottle with a dropper on top. You can also use your old serum bottle and can fill it from time to time.

Application

Apply the serum at night and tone your skin well before the application on the skin. Mix a very small amount of the serum and then follow it up with the moisturizer. Expect a small amount and be ready for a tingling sensation at first. Apply this on alternative nights until your skin gets adjusted with the serum. However, if it continues then stop applying the product. Always use vitamin C at night

well and store the bottle in a cool place away from the sun rays. Make sure to use this within a week and discard the batch.

How to make

Simply place the vitamin C powder in the glass bottle and add the distilled water or the rose water into the bottle and then shake well, till the powder dissolves completely. Then, go ahead and add glycerine to this mixture, and puncture the vitamin E capsule and normally squeeze the oil into the bottle. Again, shake it well and store the bottle in a cool place away from the sun rays. Make sure to use this within a week and discard the batch.

Why avoid it during day time?

People recommend the appliance of Vitamin C serum during the day as pairing of vitamin C with sun protection may actually boost free radical defense. If your skin is extra sensitive then avoid the usage of vitamin C completely and never apply the serum in day time followed by a layer of sunscreen as it won't act as a shield and can cause issues of inflammation.

Is homemade vitamin C serum safe to use?

Homemade vitamin C serum is more likely to have a pH that is too low and can cause irritation. Therefore, if you decide to make it at home, also carry a pH strip and when it's ready to use, check the pH level of your serum and then apply it on your skin to avoid any future skin reaction or allergy.

General Knowledge Question Answers

1. Which is the largest desert in India?

- a) Thar Desert
- b) Rann of Kutch
- c) Cold Desert
- d) Deccan Plateau

2. Which state in India is known as the "Land of the Gods"?

- a) Uttarakhand
- b) Himachal Pradesh
- c) Jammu and Kashmir
- d) Arunachal Pradesh

3. Which is the largest tea-producing state in India?

- a) Assam
- b) West Bengal
- c) Tamil Nadu
- d) Kerala

4. Which is the only Union Territory of India that has a High Court of its own?

- a) Delhi
- b) Puducherry
- c) Chandigarh
- d) Lakshadweep

5. Which state in India has the lowest population density?

- a) Sikkim
- b) Arunachal Pradesh
- c) Mizoram
- d) Nagaland

6. Which state in India has the highest literacy rate?

- a) Kerala
- b) Mizoram
- c) Tripura
- d) Himachal Pradesh

7. Which state in India has the longest coastline?

- a) Andhra Pradesh
- b) Gujarat
- c) Maharashtra
- d) Tamil Nadu

8. Which is the largest wildlife sanctuary in India?

- a) Periyar Wildlife Sanctuary
- b) Sariska Wildlife Sanctuary
- c) Gir Forest National Park
- d) Dachigam Wildlife Sanctuary

9. Which state in India has the largest forest cover?

- a) Madhya Pradesh
- b) Arunachal Pradesh
- c) Maharashtra
- d) Odisha

10. Which is the largest artificial lake in India?

- a) Nagarjuna Sagar Lake
- b) Sardar Sarovar Lake
- c) Bhakra Nangal Dam
- d) Indira Sagar Reservoir

11. Which is the highest dam in India?

- a) Sardar Sarovar Dam
- b) Tehri Dam
- c) Bhakra Nangal Dam
- d) Hirakud Dam

12. Which city in India is known as the "Silicon Valley of India"?

- a) Bengaluru
- b) Hyderabad
- c) Pune
- d) Chennai

13. Which is the highest peak in India?

- a) Mount Everest
- b) Kanchenjunga
- c) Nanda Devi
- d) K2

14. Which river is known as the "Lifeline of South India"?

- a) Godavari
- b) Cauvery
- c) Krishna
- d) Narmada

15. Which state in India is the largest producer of cotton?

- a) Maharashtra
- b) Gujarat
- c) Andhra Pradesh
- d) Punjab

ASTRO SPEAK

ARIES



Hold important dialogues as Mercury aligns with Chiron and the Nodes of Fate, darling Aries, nudging you to focus on the future and the roles you play within society. This cosmic climate also highlights how our individual decisions impact others, bringing up themes around honesty, community, and close bonds. Take into consideration who you surround yourself.

TAURUS



Set intentions that revolve around healthy relationships and strengthening your love of self, dear Taurus, as the Scorpio new moon activates your solar seventh house. Remember that it's okay to change your mind about certain people or situations when the sun and Uranus face off, but try not to make reckless decisions while under pressure or if things get heated.

GEMINI



Recommit to your health under the Scorpio new moon, making a vow to prioritize wellness. However, you may be called to break certain patterns if you're to take these intentions seriously, though opposition between sun and Uranus could conjure anxiety over the process of change. Neptune steps in to soften the vibe, acting as a reminder that you have the power to set personal boundaries.

CANCER



Let your ego have some fun under the Scorpio new moon, dearest Cancer, fully appreciating the qualities and talents that make you unique. Now is the ideal time to recommit to hobbies, friendships, and artistic outlets that lift you up, cultivating your best life. Take a break from your screens when the sun and Uranus face off, opting to lean into spiritual practices or passion projects instead as Neptune activates.

LEO



The Scorpio new moon has a nostalgic effect on you, putting you in the mood for simpler times. Lean into this energy by investing in your space while finding ways to nurture the child within. Tensions could brew as the sun and Uranus face off, and it may seem easier to close off emotionally than deal with unexpected conflict. Plan something fun this evening when the moon enters Sagittarius and your house of recreation.

VIRGO



Pay attention to the ideas that land in your head as Scorpio moon encourages fresh perspectives. Meanwhile, the sun and Uranus face off overhead, promising to broaden your horizons through "a-ha" moments, new information, and opportunities for adventure. A dreamy energy also comes into play as Neptune activates, encouraging you to escape into softness.

LIBRA



The Scorpio new moon wants you to feel healthy, wealthy, and sensual, dear Libra, activating your house of the material realms. Set intentions around your financial goals, connecting with your body and the earth as you work toward manifesting prosperity. Meanwhile, the sun and Uranus face off overhead, asking you to reevaluate your spending habits, relationship to debt, and personal commitments.

SCORPIO



The new moon rises in your sign early nudging you to make a special wish to the other side. Use this energy to fully honor your birthday season, taking into consideration the achievements you hope to reach throughout the next six months. Meanwhile, the sun and Uranus face off overhead, which could bring a plot twist to your day, especially where matters of the heart are concerned.

SAGITTARIUS



Stillness finds you under the Scorpio new moon, dearest Sagittarius, inspiring you to go deep within. Meditation, journaling, and solitary walks will open your heart and mind, helping you find peace where it is needed most. If possible, avoid high-pressure situations when the sun and Uranus face off, and remember to support your physical self when feeling overwhelmed.

CAPRICORN



Your humanitarian side shines through under the Scorpio new moon, dear Sea-goat, causing you to consider how you can contribute to the betterment of society. Use this energy to spread some good but avoid political clashes as the sun and Uranus face off. Your influence grows this afternoon when Pluto activates, empowering you within the community.

AQUARIUS



The stars ask you to get serious about your ambitions, dear Aquarius, as the Scorpio new moon activates your solar tenth house. Use this energy to set intentions for the next six months, focusing on the pursuit of professional achievement and status. Try to maintain an emotional center as the sun and Uranus face off, threatening to trigger mood swings or issues with authority figures.

PISCES



Peace finds you as the Scorpio new moon rises in your solar ninth house, dear Pisces, unleashing the philosopher within. Lean into those vibes by embracing all your favorite spiritual practices and nurturing your connection with the divine. Your intuition spikes as the sun and Uranus face off, opening the door for epiphanies and psychic downloads.