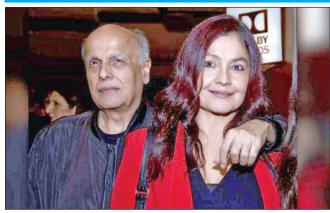
Pooja Bhatt talks about the constant pressure on her for second marriage; says 'I don't want to be rescued'



ooja Bhatt is under constant pressure for a second marriage and only if you think celebrities' lives are different and they can happily let a single woman lead their life, then hold on to your thoughts, here's a Bollywood actress speaking about how people constantly ask her to find her a man and she is fed up of telling them n no. In her latest interview with HT, Pooja Bhatt spoke about this She was even told to find a partner and she feels one shouldn't find a man for a solution but he needs to be a companion.

Pooja said," I'm often asked, 'Why are you not married, why are you single. You're doing so well for yourself. You're an attractive woman. Come on, we have to make you meet somebody". The Big Girls Don't Cry actress added her response to this constant push on her for a second marriage,

people come up to me and say 'shaadi kar le' (get married), but kyun regain his massy hero title all over again. Varun who is witkar lun shaadi (why should I get married)? They want to introduce me to someone. But I'm not looking for an introduction. I'm not make a huge noise with Baby John backed by Jawan direclooking for a matchmaker. If the universe wants me to meet somebody, it will happen. It will be a companion, not a solution. A man cannot be a solution to a woman. We have to be able to walk our own path." Pooja Bhatt is open to a second marriage but this one condition is valid to the point. In the same interview, the actress added that having a partner again in life would be the greatest gift. At the same time, she mentioned that she had a beautiful life and it's not incomplete without any partner. Pooja's life journey has been inspiring, the actress became sober after being an alcoholic and today she $\,$ is leading her life with utmost self-worth and dignity. Pooja Bhatt gave her life a second chance and the result shows why one should not take life for granted.

Maidaan: After Ranbir Kapoor's Animal, will Ajay Devgn's sports drama leave an impact despite the run time?

ENTERTAINMENT

his Eid, all eyes will be on the clash of Bade Miyan Chote Miyan and Maidaan. Akshay Kumar and . Ajay Devgn have clashed at the box office on many occasions. Both the films are from two totally different genres. Maidaan is a sports drama around the life and times of football coach Syed Abdul Rahim. He took India to a couple of victories in the Asian Games in 1951 and 1962. On the other hand, Bade Miyan Chote Miyan is a high-octane entertainer that is shot in exotic locations with lavish production values. Also, Maidaan has a run-time of over three hours like the 2023 blockbuster Animal. Will the run-time impact Maidaan? Here are a few reasons why it is a force at

The last sports drama from Bollywood that left a huge impact was Chak De! India. In between, we have had movies like Bhaag Milkha Bhaag, Soorma, Gold, Shabaash Mithu and Saina, which did not attract audiences like the Shah Rukh Khan starrer. Even Ranveer Singh's 83 was a damp squib. Ajay Devgn is one of the few stars whose box office performance after the pandemic has been superb. His Drishvam 2 made over Rs 250 crores while Shaitaan has



minted Rs 150 crores plus. As an actor, he never fails to deliver. Even Bholaa did decent business

Baby John will be Varun Dhawan's biggest comeback as a massy hero

rarun Dhawan may not be creating Bawal at the box office but he is a charmer and will always be. Varun came on OTT with Bawal and owned it like a true I am like, 'Boss, I don't need to be rescued'." She added, "Some entertainer, and now his interesting lineups will make him nessing a bit of a slow slowdown after COVID is planning to tor Atlee. BL spoke exclusively to trade expert Rohit Jaiswal to understand how Varun Dhawan will manage to charm the

> The trade expert said," First of all, Varun has his own loyal fan base, especially female fans, we cannot say Varun is out of the market but yes one cannot ignore the fact that after Covid he has had limited releases. But with Baby John Varun will bounce back and he will have a very strong comeback. The film will also do wonders at the box office if the film is good, but going by the words what we have heard, the film looks good". Rohit Jaiswal fitter adds," One of the biggest strong points with Baby John is Atlee Kumar and



this will help to attract the audience in the theatres".

Recipes

Palak Chaat



Ingredients

12 leaves spinach, 1/4 teaspoon turmeric

1/2teaspoon
red chilli powder, 1/4teaspoon carom seeds

1 tablespoon rice flour, 4 tablespoon vegetable oil 1 teaspoon chaat masala, 1 teaspoon lemon juice

2 tablespoon green chutney, 1/2 cup gram flour (besan)

1 pinch asafoetida, 1 pinch fennel seeds powder salt as required, water as required

1 cup yoghurt (curd), 1/2 teaspoon cumin powder black salt as required, 2 tablespoon tamrind chutney

For Garnishing

1 small onion, 2 tablespoon sev

1 teaspoon pomergranate, 2 pieces papdi

1 teaspoon coriander leaves 2 tablespoon coconut,

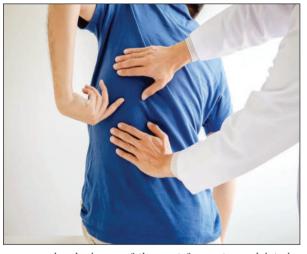
1 teaspoon coriander leaves

To prepare this dish, take a medium sized bowl and mix turmeric powder, gram flour, asafoetida, red chili powder, fennel powder, carom seeds and salt. Add water and make a thick

Take spinach leaf and dip individually into the thick batter. Stir fry the leaves in vegetable oil, till they turn golden brown, and use a blotting paper to remove off excess oil. Place the pakodas, on a medium-sized plate, and coat with yogurt, green chutney, and tamarind chutney.

Top it up with chaat masala and black salt. Garnish with sev, papdis, chopped onions and coriander leaves, and pomegranates. Finally, squeeze the lemon juice over the chaat, to give it

Tips to maintain good posture and keep your spinal cord healthy



Back ache is one of the most frequent complaints in any neurology OPD. With the advent of the "work from home" era, long working hours on a chair and desk have led to poor posture of spine with continuous bending and spraining of neck and back, not to mention the increasingly stressful levels of work. If proper care and attention is not given to maintain a physiological posture of the spine, it may cause chronic back pain with degenerative disc disease with loss of tone and strength of paraspinal and other back muscles. Following measures can be taken to ensure

Regular yoga and back exercises

Regular yoga as a part of our lifestyle ensures good body

agility and imparts favourable tone to muscles. It also maintains adequate blood flow to muscles and helps in rejuvenation of degenerating muscle fibres. Not only it keeps the body physically active, but also gives a respite from continuous

Breaks from work at regular intervals

Even if long working hours cannot be avoided, frequent breaks with change in body posture should be inculcated in the routine to avoid posture related aches and pains.

Dr. Ishu Goyal, Deputy Consultant Neurologist, Sir HN Reliance Foundation Hospital says, "Unhealthy eating habits containing saturated fats should be avoided and a diet close to Mediterranean diet should be followed with lots of antioxidants containing dietary substances like seasonal fruits, vegetables and nuts. Avoid heavy weightlifting

Most of the back injuries are noted to be a consequence of

sudden weight lifting and jerks to the spine. These injuries should be avoided especially when the back muscles are not toned enough to bear such hefts. Weight management

All the above measures work well when supplemented with keeping a check on one's weight. Sedentary lifestyle compounds the back issues as it also leads to rapid weight gain.

Lean body provides good strength and flexibility to the body. Medical attention If one continues to have a lot of back pain even after taking all these measures, or if the pain shoots down in a particular manner repeatedly or causes difficulty in walking or sleeping,

it should be brought to medical attention for accurate diagno-

How many times should you oil your hair if you are witnessing hair fall? Choosing the right hair oil



xperiencing hair fall can be distressing, prompting many to seek effective remedies to address une many to seek effective remedies rem oil stands out as a traditional practice with potential benefits for hair health. Let's delve deeper into the role of hair oil in managing hair fall and determine how often you should oil your hair for optimal results.

The benefits of hair oil

Hair oiling has been a traditional practice in many cultures for centuries, valued for its potential to nourish the scalp, strengthen hair follicles, and improve overall hair health. Hair oils are rich in vitamins, minerals, and fatty acids that can penetrate the hair shaft and moisturize the scalp, reducing dryness and promoting hair growth. Additionally, certain oils have properties that can soothe inflammation, combat dandruff, and protect the hair from damage caused by environ-

With a myriad of hair oils available in the market, selecting the right one can be overwhelming. The choice of hair oil depends on individual preferences, hair type, and specific concerns. Some popular options include coconut oil, almond oil, olive oil, argan oil, jojoba oil, and castor oil, each with its unique properties and benefits. It's essential to choose a hair oil that suits your hair and scalp needs to maximize its effec-

Frequency of hair oil application

Determining how often to oil your hair when experiencing hair fall depends on various factors, including your scalp condition, hair type, and lifestyle. For individuals with dry scalp or hair, oiling two to three times a week may be beneficial in moisturizing the scalp, nourishing the hair follicles, and reducing breakage. Those with oily scalp may opt for less frequent oiling, such as once a week, to avoid excessive oil buildup and scalp congestion. It's essential to strike a balance and avoid over-oiling, as this can lead to greasiness and clogged pores,

exacerbating hair fall. Tips for effective hair oil application

To maximize the benefits of hair oil and minimize hair fall, it's essential to follow proper application techniques:

Section your hair and apply the oil evenly to the scalp and hair strands, focusing on the roots and ends.

Massage the oil into the scalp using gentle circular motions to stimulate blood circulation and promote absorption

Leave the oil on for at least an hour or overnight to allow it to penetrate the hair shaft and nourish the scalp.

Use a mild shampoo to wash off the oil, followed by a conditioner to lock in moisture and prevent dryness.

General Knowledge Question Answers

1. Which planet is known as the Red Planet?

- b) Mars
- c) Saturn d) Jupiter
- 2. Who wrote the famous novel, "To Kill a Mockingbird"?
- a) Harper Lee b) J.K. Rowling

Rising Sun?

b) China

c) Thailand

- c) Charles Dickens d) William Shakespeare
- 3. Which country is known as the Land of the
- a) Japan
- d) South Korea 4. Who discovered the theory of relativity?
- a) Isaac Newton
- b) Albert Einstein c) Galileo Galilei
- d) Stephen Hawking

5. What is the capital of Canada?

- a) Toronto
- b) Ottawa
- c) Vancouver d) Montreal
- 6. Which is the smallest continent in the world?

- b) South America
- c) Antarctica d) Australia
- 7. Who was the first person to walk on the moon?
- a) Neil Armstrong
- b) Buzz Aldrin c) Yuri Gagarin d) Alan Shepard

8. Which river is the longest river in the world?

- a) Amazon River
- b) Nile River
- c) Yangtze River d) Mississippi River
- 9. Who was the first Indian astronaut in space?
- a) Rakesh Sharma
- b) Kalpana Chawla c) Sunita Williams
- d) Abdul Kalam
- a) Alexander Graham Bell

10. Who invented the telephone?

- b) Thomas Edison c) Benjamin Franklin

11. What is the currency of Japan?

- a) Yen b) Yuan
- c) Euro
- 10. Alexander Graham Bell

 - 6. Australia

d) Pound

11. Which is the largest desert in the world?

- a) Sahara Desert
- b) Gobi Desert
- c) Arabian Desert d) Australian Desert

12. Who painted the famous painting "Mona

- a) Leonardo da Vinci
- b) Michelangelo c) Pablo Picasso
- d) Vincent van Gogh

13. What is the capital of Australia?

- a) Sydney
- b) Melbourne c) Brisbane
- d) Canberra

14. Who is known as the Iron Lady of India?

- a) Indira Gandhi
- b) Sonia Gandhi
- c) Mamata Banerjee d) Margaret Thatcher

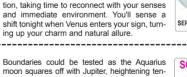
15. What is the national animal of India?

- a) Lion
- b) Elephant c) Tiger
- d) Panther

ASTRO SPEAK



electronic devices or large crowds, as the Aquarius moon squares off with Jupiter. You may need a break from your typical routines when Luna and Uranus form a harsh connection, taking time to reconnect with your senses and immediate environment. You'll sense a shift tonight when Venus enters your sign, turning up your charm and natural allure.



moon aligns with Jupiter this morning, dear Libra, considering where you're heading and where you want to be. You may feel tempted to give up on projects or relationships that have been difficult to maneuver when Luna and Uranus square off this afternoon, though hasty SEP 24 - OCT 22 decisions could lead to regrets later.

Be mindful of your commitments as the Aquarius

You'll love fully and without restrictions as the

boundaries that block you from connecting with

others. Use this energy to nurture your most

valued relationships, but take care not to trust

too easily when it comes to new companions



APR 21 - MAY 20 rebel against those who have the power to make your situation more difficult. Trust that enlightenment lies within, dearest Gemini, as the Aquarius moon and Jupiter align overhead. This cosmic climate stirs the depths of your psyche, dusting up truths that cannot be denied. Keep a pen and paper handy when Luna and Uranus square off this

afternoon, jotting down any profound thoughts

MAY 21 - JUN 20 that offer new insights. Important new connec-

tions could emerge later today.

sions within your personal and professional lives.

Don't run from impending change; instead, opt to

gain knowledge from these experiences. Tread carefully this afternoon when Luna and Uranus

share a harsh aspect, avoiding the temptation to



this afternoon. You'll be asked to focus on wellness once Venus enters Aries tonight. Ideas multiply as the Aquarius sun aligns with Jupiter, dear Archer, putting your mind into hyperdrive. Though you'll feel inspired and ambitious, be mindful of maintaining organization, focusing on your most valued goals first.

Distractions could find you when Luna and

NOV 23 - DEC 22 throw you off track or cause you to feel spread



Don't allow others to drain your energy levels as the Aquarius moon and Jupiter square off. You may find you'll need to be selective of whom you give your focus. There may be pushback by those who feel ignored when Luna and Uranus form a harsh connection this afternoon, and it could be necessary to enforce stricter JUN 22 - JUL 23 boundaries if you feel unheard or disrespected.

You may feel torn between your responsibilities

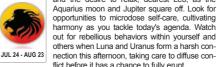
and the desire to relax, dearest Leo, as the

harmony as you tackle today's agenda. Watch



Focus on building confidence and steady foundations, dear Capricorn, as the Aquarius moon aligns with Jupiter. The expansive energy of this cosmic climate can feel overwhelming making it important that you ground while maintaining a positive attitude. Watch out for curveballs when Luna and Uranus square off this DEC 23 - JUL 20 afternoon, releasing control rather than sticking to stubborn ideologies.

Uranus square off this afternoon, threatening to



others when Luna and Uranus form a harsh connection this afternoon, taking care to diffuse conflict before it has a chance to fully erupt. The efforts you put in today will have ripple



ling Aquarius, aligning with Jupiter to heighten your emotions and intuition. You'll feel keenly aware of which relationships and areas of your life need the most attention, so be sure to focus your energy accordingly. Watch out for rebellious or unpredictable behaviors when Luna squares off with Uranus this afternoon, especially where familiar bonds are concerned.

The moon moves through your sign today, dar-



effects on what's to come. Use this energy to recommit to and focus on your most emotionally charged goals, trusting that the universe will lend aid to these agendas. Flashes of enlightenment may guide your next moves when Luna and Uranus align this afternoon, so be sure to



Big ideas stir deep within, dear Pisces, as the Aquarius moon aligns with Jupiter. Allow yourself to feel inspired and moved, sharing ideas with anyone who might have new insight to offer. Just be mindful to take notes of any creative breakthroughs that emerge, lest a harsh connection between Luna and Uranus cause you to forget. This exchange could also lead to social snafus.

15. Tiger 14. Indira Gandhi 13. Canberra 12. Leonardo da Vinci 11. Sahara Desert

9. Kakesh Sharma 8. Nile River 7. Neil Armstrong 5. Ottawa

4. Albert Einstein

2. Harper Lee

з. Аарап

t. Mars

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