

Shah Rukh Khan and Kajol to reunite on the big screen for Karan Johar's film?



Now, this is the most exciting news for all Shah Rukh Khan and Kajol's fans. Shah Rukh Khan and Kajol will soon reunite for Karan Johar's film. Are you excited to see this golden couple together once again? A close source to Bollywoodlife reveals, "Shah Rukh and Kajol might make a special appearance in Karan Johar's directorial Rocky Aur Rani Ki Prem Kahani that features Alia Bhatt and Ranveer Singh in the lead roles. Well, this isn't something new, Karan Johar who shares a great bond with SRK and Kajol often treats their fans with their special appearances in his directorial. And this time too the filmmaker might leave his fans surprised with their special appearance." Also Read - TOP TV News RECAP: Mahira Sharma fat-shamed during press conference; Karan Kundrra trolled by Sidharth Shukla fans and more

The source further adds, "Shah Rukh who has a choco block schedule might give a day to Karan Johar for his shoot and most probably they will do the shooting in Mumbai itself. Also, the appearance of the couple is yet to be decided. Whether it will be a special song or a special scene. Karan Johar is damn excited to be back as director after a long time and so he making sure everything is PERFECT that will leave his fans excited and satisfied by the film" "Karan Johar is one of the most celebrated filmmakers and he shares a great rapport with almost everyone in the industry. The filmmaker donned the director's hat with Rocky Aur Rani Prem Kahani after Ae Dil Hai Mushkil and in that film also we had witnessed a special guest appearance of Shah Rukh Khan as Aishwarya Rai Bachchan's ex-husband (Tahil Taliyar Khan) and that scene of him with Ranbir Kapoor and Ash had created fireworks in the theatres", concludes the source.

Dhaakad trailer launch: Kangana Ranaut reveals how refusing all Khan, Kumar and Kapoor-led films has led to her next release



The Dhaakad trailer was launched today in the presence of the film's lead cast – Kangana Ranaut, Arjun Rampal and Divya Dutta – along with the producers and Director, Razneesh Razy Ghai. Descending from a helicopter, Kangana and the rest of team Dhaakad made their way before a huge media contingent gathered at the prestigious PVR Phoenix Mall in Lower Parel, Mumbai to add the excitement and impetus to the Dhaakad trailer launch and needless to say, it more than lived up to expectations, with an action movie coming along in Bollywood after a long time that looks slick, sleek, stylish and well mounted. Addressing why it took her so long to finally deliver a film like Dhaakad and how does it feel now that it's finally happened, Kangana Ranaut said, "I've had a lot of low points, when at my best time I refused a lot of Khan-led films, Kumar-led films, Kapoor-led films. People used to call me up and ask, 'What you're doing, why are you're refusing all these great films?'" Looks like Dhaakad has proven to moment of catharsis from the star's perspective, what say?

Karisma Kapoor REVEALS if she will get married again



Bollywood actress Karisma Kapoor recently held an AMA (ask me anything) session with her fans on Thursday. During the session on Instagram, the gorgeous actress Karisma answered a lot of questions asked by her fans and spoke about her favourite people, favourite food, and much more. One of her fans asked her if she would ever get married again. The stunning actress answered the question too. Karisma shared a GIF of a confused person and wrote, 'Depends!' Well, Karisma has hardly spoken about her past married life with her ex-husband after their messy public divorce.

Karisma also revealed that her favourite food is biryani and her favourite colour is black. On the personal front, Karima was married to businessman Sanjay Kapur in 2003. The two became parents to daughter Samaira and son Kiaan. In 2014, the couple filed for divorce through mutual consent and they got separated in 2016. Their divorce grabbed a lot of limelight after both the parties put allegations against each other.

Moreover, in the AMA session on Instagram, Karisma also answered who she prefers Ranbir or Ranveer. She said, "I love both." She also answered the question about her

favourite person and she shared a collage of pictures of her parents Randhir Kapoor and Babita, her kids Samaira and Kiaan, sister Kareena Kapoor Khan and her husband Saif Ali Khan, Taimur and Jehangir.

5 best exercises to build core strength and stability



A strong core is the foundation of a flexible body and robust joints. No matter how complex your exercise regime is, if your core muscles are not strong enough, the risk of bone loss, injuries, fractures and back pain would be the greatest. So, whether you exercise to shed kilos or build muscles, the first motive should be to work on your core to tighten and strengthen it. Here are five exercises that are the best for targeting your core muscles.

Hollow hold

The hollow hold is an isometric core exercise that helps to strengthen the abdominal muscles that keep our body stable and balanced and protect our spine.

Steps: Lie on your back with your legs straight and hands stretched overhead. In a controlled manner, lift your arms, head, shoulder blades, and legs off the floor. Hold the position for 20 seconds, relax for 10 seconds and repeat.

Elbow Plank

This exercise primarily targets your erector spinae, the rectus abdominis and the transverse abdominis.

Steps : Come to the tabletop position with your knees below your hips and

your wrists below your shoulder. Lift your knees off the ground and straighten your legs to bring your body to full extension. Place your forearms on the ground and balance your body weight. Elongate your spine and engage your abdominal, arm and leg muscles. Lengthen the back of your neck and look down. Hold this position for at least 10-30 seconds, then relax.

Superwoman/man

Superwoman or Superman is another isometric core exercise that you can add to your daily core routine. It helps to target the lower back muscles, glutes, hamstrings, and abs.

Steps : Lie on your stomach with your arms extended overhead and legs straight. (just like Superman) Keeping your head in a neutral position, lift your arms and legs off the floor. Engage your glutes, core, and the muscles between your shoulder blades simultaneously. Hold the position for 20 seconds, relax for 10 seconds and repeat.

Side plank

The side plank is a great exercise to strengthen the oblique abdominal muscles. It also helps in core stabilization muscles.

Steps : Lie on your right side, legs extended and stacked one above the other. The elbow of your right arm should be directly under your shoulder and your body should be in a straight line. Engage your abdominal muscles by drawing your navel toward your spine. Lift your hips off the floor to form a straight line from shoulders to ankles. Hold this pose and breathe in and out.

Bird dog

This exercise helps to strengthen the core, improves stability, encourages a neutral spine, and relieves low back pain.

Steps : Come to all your fours in a tabletop position. Your legs should be under your hips and wrists under your shoulder. Keep your spine neutral by engaging your abdominal muscles and drawing your shoulder blades together. Raise your right arm straight in front and extend the opposite leg behind you. Make sure your body is in a straight line. Hold this position for a few seconds, then return to the starting position and repeat the same with the other leg and hand.

Go-glow tricks for cheeks



A healthy skin gives a natural glow. Tackle your skin care concerns to get beautiful skin naturally. Here are some brilliant beauty tips for the face to get that glow you've always wanted, courtesy Pooja Malhotra, Make Up Expert at Kiko Milano.

Always remove makeup before hitting the bed. Our skin repairs at night and if makeup will still be on, the skin will not be able to breathe.

To start a skincare regime, it is very important to remove makeup with the help of a good make-up remover. Leaving makeup overnight clogs the pores which may cause blemishes and/or blackheads.

Once the face is free from makeup, use a cleanser/ face wash that suits your skin type.

Skin exfoliation is a very important step. It removes the dead skin and deep cleanses the pores. Exfoliation rejuvenates the skin. Use face scrub once or twice a week.

Use a clarifying Toner, this helps to maintain the PH balance of the skin and minimises the pores. Toner lifts the dirt residue that is left on the skin even after its been cleansed

Your skin is now prepared to receive the moisturiser. Moisturiser helps to keep the skin fresh and gives a healthy glow. A hydrating moisturiser makes the skin look youthful.

Introduce a serum in your skin care regime. It penetrates deeper into the layer of the skin and treat concerns like dryness, ageing, skin elasticity and wrinkles.

Use cosmetic products to add the glow on the makeup. Powder, Cream or Liquid Highlighters can be applied to enhance the glow.

Apply a little amount of highlighter on the high points of the face. This adds a natural sheen to your look.

Last but not the least, a healthy lifestyle is important to look and feel radiant from within. Exercise and stay hydrated.

General Knowledge Question

- 1.Which one of the following waves are used by the common TV remote control?
- A.Radio waves
B.Lasers
C.Infrared waves
D.Ultrasonic waves
- 2.Given bellow are the psychological manifestations of noise pollution.
- (i)Constriction of blood vessels
(ii)Increase in the rate of heart beat
(iii)Digestive spasms
(iv)Dilation of pupil of the eye
- Select the correct options
- A.(i) and (ii) are correct
B.(i) and (iii) are correct
C.(ii) and (iv) are correct
D.(i), (ii), (iii) and (iv) are correct
- 3.Which gas is safe and an effective extinguisher for all confined fires?
- A.Nitrogen dioxide
B.Carbon dioxide
C.Sulphur dioxide
D.Nitrous Oxide
- 4.Which one of the following statements is incorrect about laser?
- A.It is a technique for producing intense beams of light, ultraviolet or infrared radiation of different wavelength.
B.Even in diamond laser beam can drill a hole.

- C.A variety of lasers have been made from solids like the ruby crystal and semi conducting materials, liquids and gases.
D.All waves in laser; travel in phase.
- 5.Which one of the following elements the drum of a Photostat machine is made up of:
- A.Aluminium
B.Selenium
C.Barium
D.Caesium
- 6.If we say the child has an IQ of 100, what does this means?
- A.The performance of the child is below average.
B.The performance of the child is above average.
C.The mental age of the child is equal to his actual age.
D.The performance of the child cannot be better.
- 7.Which bacteria is responsible for the formation of curd?
- A.Lactic acid bacteria
B.Lactobacillus Acidophilus
C.Lactobacillus aureus
D.Bacillus radicleola
- 8.Which one of the following bacteria present in the soil produces a peculiar smell if it rains on perched soil?
- A.Streptomyces
B.Staphymyces
C.Diplomyces
D.Micrococcus

- 9.In poorly ventilated buildings which one of the following inert gases can be accumulated?
- A.Helium
B.Neon
C.Argon
D.Radon
- 10.Honey is sweeter than cane sugar or corn syrup. Which one of the following carbon sugars is responsible for this?
- A.Dextrose
B.Levulose
C.Sucrose
D.Fructose
11. Which Polymer is used in making non-stick kitchen ware?
- A. Nylon
B. Teflon
C. Polystyrene
D. Bakelite
12. Name the polymer used in making bullet proof glass?
- A. Melamine
B. Bakelite
C. Lexan
D. Vinyl rubber
13. For pipe insulation which polymer is used?
- A. PVC
B. Polythene
C. Teflon
D. None of the above

ASTRO SPEAK

ARIES

MAR 21 - APR 20

The Taurus moon aspects Pluto, Jupiter, and Venus early this morning, bringing therapeutic energy your way as you traverse the astral realms. Take special note of any significant encounters you had while away in dreamland, as they could harbor secret messages of support from beyond the veil. Your mind will feel alert and agile as the morning continues to unfold.

LIBRA

SEP 24 - OCT 23

The moon moves into Gemini this morning, forming a celestial alliance to communicative Mercury in the spiritual sector of your chart. Make the most of this cosmic climate by setting some time aside for meditation since connecting with the life-force that exists within and around you will occur more organically. You'll notice a shift when Venus, your ruling planet, makes its way into fiery Aries, bringing a burst of passion to your love life over the next several weeks.

TAURUS

APR 21 - MAY 20

The moon leaves your sign and enters Gemini this morning, dear Taurus, bringing a grounded clarity your way. Use this energy as an opportunity to connect with the material realms, tapping into your body while handling any tasks that need tending to. Meanwhile, Venus, your planetary ruler, moves into fiery Aries today, bringing a primal and instinctual vibe to your aura over the next several weeks.

SCORPIO

OCT 23 - NOV 22

You'll have a knack for getting to the root of things, as Gemini moon connects with Mercury. Don't be afraid to take a direct approach with others right now, especially if you feel as though you've been getting the runaround. Venus makes its way into Aries, giving you an opportunity to find organization within your passion projects you've been contemplating over the next several weeks.

GEMINI

MAY 21 - JUN 20

The moon moves into your sign forming a cosmic alliance with your planetary ruler, Mercury. This celestial partnership will bless you with an abundance of clarity, making it important that you pursue your goals. Don't be afraid to talk about your talents or accomplishments right now, especially if doing so can help you make headway within your ambitions, just don't abandon your grace in the process.

SAGITTARIUS

NOV 23 - DEC 22

Get ready for a steamy day, darling Sagittarius, as the moon makes its way into Gemini, cozying up to Mercury while activating the sector of your chart that governs matters of the heart. Flirtation and meetings of the mind can help solidify your romantic bonds, so be sure to reach out to your sweetie or crush throughout the day. Venus enters Aries, bringing a surge of passion to the portion of your chart that governs fun and affairs.

CANCER

JUN 22 - JUL 23

Moments of enlightenment are likely to find you today, dear Cancer, as the Gemini moon cozies up to perceptive Mercury, activating the sector of your chart that rules the subconscious. Pay attention to your thoughts right now, especially if you find your psyche trailing off throughout the day. Venus moves into fiery Aries this morning, helping you make headway within your professional ambitions over the next several weeks.

CAPRICORN

DEC 23 - JUL 20

Staying on task will come easily for you today, dear Sea-Goat, as the Gemini moon cozies up to Mercury in your solar sixth house. Use the momentum of this cosmic climate to take care of any work or errands that you've been putting off, especially when it comes to planning or handling logistics. You'll notice a shift as Venus enters Aries, creating a liveliness in your home over the next several weeks.

LEO

JUL 24 - AUG 23

Take some time to connect with your friends near and far this morning, sweet Lion, as the Gemini moon cozies up to chatty Mercury, activating your solar eleventh house. This celestial alliance also presents the perfect time to fire up your social media pages, especially if it's been a while since your last post. Venus makes her way into fiery Aries this morning, bringing optimism and a sense of peace to you.

AQUARIUS

JAN 21 - FEB 23

A liveliness will come over you this morning, darling Aquarius, as the Gemini moon cozies up to chatty Mercury in the sector of your chart that governs creativity and fun! Make the most of these vibes by embracing your most authentic self, and be sure to set aside time for passion projects or art. Meanwhile, sweet Venus moves into fiery Aries, bringing strength and poetry to your voice over the next several weeks.

VIRGO

AUG 24 - SEP 23

You'll feel alert and focused at work, thanks to a celestial alliance between Gemini moon and Mercury. Use this cosmic climate as motivation to tackle your to-do list with gusto, taking care of tasks while getting organized for the path ahead. You'll notice a shift when Venus makes its way into fiery Aries, lighting a fire in your solar eighth house over the next several weeks.

PISCES

FEB 20 - MAR 20

Your home will feel busy this morning, dear Pisces, thanks to a cosmic alliance between the Gemini moon and Mercury. Though there will be plenty of hustle and bustle to feed off of, try not to lose your center and remember to ground. Meanwhile, Venus enters Aries, entering fiery Aries and your solar second house.