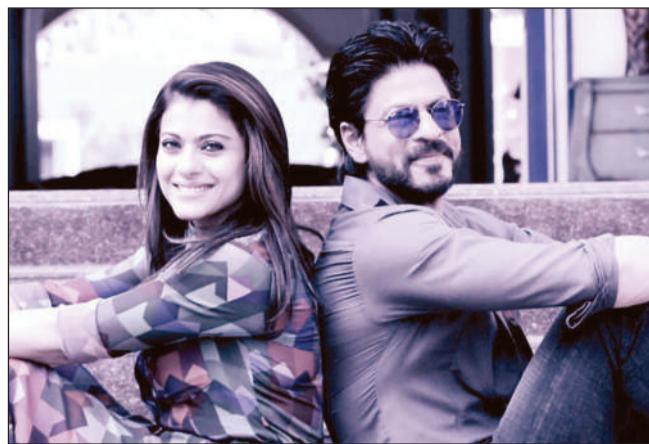


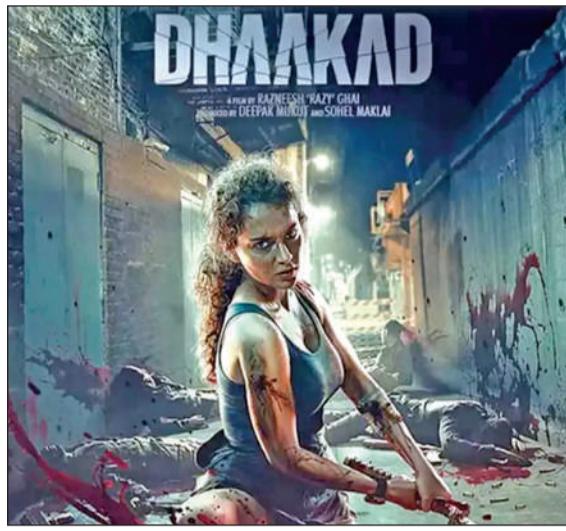
Shah Rukh Khan and Kajol to reunite on the big screen for Karan Johar's film?



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 Ali 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 Taliyan 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 the 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 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, Karisma was married to businessman Sanjay Kapur in 2003. The two became parents to daughter Samaira and son Kian. 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 Kian, 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 over head. 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.

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 below 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 radicicola

8.Which one of the following bacteria present in the soil produces a peculiar smell if it rains on parched soil?

- A.Streptomyces
- B.Staphylococcus
- 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

14.It is a technique of infrared radiation of different wavelengths.

15.The neutral angle of the child is equal to his acute-

16.The Laotobacillus Acidophilus

17.Lactobacillus Acidophilus

18.Superpolymeres

19.Radiation

20.The infrared rays

21.(i), (ii), (iii) and (iv) are correct

22.(i), (ii), (iii) and (iv) are correct

23.(i), (ii), (iii) and (iv) are correct

24.(i), (ii), (iii) and (iv) are correct

25.Sulphur

26.Sulphur

27.Lactobacillus Acidophilus

28.Lactobacillus Acidophilus

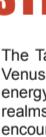
29.Lactobacillus Acidophilus

30.Lactobacillus Acidophilus

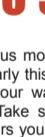
ASTRO SPEAK



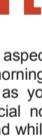
ARIES
MAR 21 - APR 20



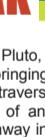
TAURUS
APR 21 - MAY 20



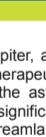
GEMINI
MAY 21 - JUN 20



CANCER
JUN 22 - JUL 23



LEO
JUL 24 - AUG 23



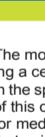
VIRGO
AUG 24 - SEP 23



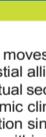
LIBRA
SEP 24 - OCT 22



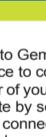
SCORPIO
OCT 23 - NOV 22



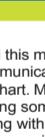
SAGITTARIUS
NOV 23 - DEC 22



CAPRICORN
DEC 23 - JU 20



AQUARIUS
JAN 21 - FEB 19



PISCES
FEB 20 - MAR 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 agitated as the morning continues to unfold.

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.

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.

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 yourself drifting off throughout the day. Venus moves into fiery Aries this morning, helping you make headway within your professional ambitions over the next several weeks.

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.

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.

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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 leaves your sign today, entering fiery Aries and your solar second house.