

Kiran Rao makes a big revelation about her marriage with Aamir Khan; 'Did it because...'



Kiran Rao and Aamir Khan have mutually parted ways and despite their divorce, they continue to be friends with each other. Currently, Kiran is basking all the success and glory for her latest release Laapataa Ladies, which is produced by Aamir Khan. In her latest interview with She The People, Kiran revealed she and Aamir Khan were happily living together before marriage and they only got married due to parental pressure.

In the interview, Kiran said, "I've always felt that (marriage as an institution is up for a rethink). Aamir and I lived together for a year before we got married honestly, we did it more because parents and you know... all the rest of it, and even at that time we knew that it's a great institution if you can function as individuals as well as a couple within that institution"

In the same interview Kiran also got vocal about her divorce with Aamir Khan," The thing we don't talk about enough is how marriage tends to stifle, especially women. How you could find perhaps a way to be yourself within the institution. That's something up for debate and discussion. Esther Perel (American psychologist) has written an amazing book on it, and it's very interesting. As apes, we were living together. This nuclear family setup is a pressure, and it's a pressure especially on women. There's so much responsibility on the women to run the house, keep the family together. In fact, women are expected to keep in touch with the in-laws, to be in touch with your husband's family. That's a lot of expectation".

Aamir and Kiran got married in 2005 and in the year 2021 they announced their separation, the ex couple have a son Azad Rao Khan together.

Jee Le Zaraa maker Farhan Akhtar plans to revive the upcoming film; aims to bring Priyanka Chopra, Katrina Kaif and Alia Bhatt together?

Filmmaker Farhan Akhtar is all set to return to direction with his upcoming film Jee Le Zaraa. The multi-talented personality announced the film and left everyone shocked when he announced the casting. He was all set to cast Priyanka Chopra, Katrina Kaif, and Alia Bhatt. The film never started owing to date issues and the casts moved on to their other commitments.

As per the latest reports in Pinkvilla, Farhan Akhtar and the officials at Excel are all set to revive Jee Le Zaraa. If reports are to be believed, Jee Le Zaraa was put on hold before proceeding to the pre-production stage. Well, the team at Excel was giving the final touch to their script. The film was not completely called off, as it's a pet project for all the stakeholders.

The script of Jee Le Zaraa is completely in place and the team is now looking to revive the project said the source to Pinkvilla. The film has been on the bucket list for Excel Entertainment and Tiger Baby as it is a slice-of-life friendship post Dil Chahta Hai and Zindagi Na Milegi Doobara.

Farhan spoke to Priyanka Chopra when she visited India and also restarted the conversation of Jee Le Zaraa. He has



also got in touch with Katrina Kaif and Alia Bhatt and they are working out on the combination dates to start shooting.

Jee Le Zaraa will see Priyanka Chopra, Katrina Kaif and Alia Bhatt in main roles. On the work front, Farhan has Don 3 with Ranveer Singh in his kitty.

Hardik Pandya and Natasa Stankovic to get separated? Here's what started the rumours

Indian cricketer Hardik Pandya who is married to Serbian model and actor Natasa Stankovic is parting ways. Well, rumours about their separation started buzzing on social media when the actress removed the 'Pandya' surname from her Instagram handle. Well, she even deleted pictures of them together and left their fans shocked. Well, the speculation gained a lot of attention after a Reddit post titled Natasa and Hardik separated? The Reddit post read, 'This is just speculation. But both of them aren't posting each other on stories (Instagram Stories). Earlier, Natasa used to have Natasa Stankovic Pandya on her Instagram, but now she completely removed his name.'

The post further read, 'Her birthday was on 4th March and there is no post of Hardik on that day, she also removed all recent posts of her and Hardik except the one where Agastya is with them'. The Reddit user also noticed that Natasa is not seen in the stands this IPL season and she is not posting stories about the team led by Hardik - Mumbai Indians.



5 tricks that will help detox every morning



In the rush of life, we simply forget how important it is to start our mornings on a good note. On the other hand, our morning routine can determine the course of the day. You may cleanse your mind, body, and spirit in the morning by implementing easy-to-use yet effective procedures. This will provide the groundwork for a happier, healthier existence. Here are 5 easy and powerful morning rituals that can help you clear your mental system and start the day on a positive note. These techniques, which range from encouraging acceptance to adopting mindfulness, are meant to assist you in developing a feeling of inner calm and renewal every morning.

Find peace in acceptance

One of the first steps towards detoxifying your mornings is welcoming acceptance. Instead of dwelling on past regrets or worrying about the future, practice accepting the present moment as it is. Allow yourself to acknowledge any negative thoughts or emotions without judgment, and then gently let them go. By finding peace in acceptance, you can free yourself from unnecessary stress

and start your day with a clear and calm mind.

Ask meaningful questions to yourself

To cultivate a sense of mindfulness and self-awareness, consider asking yourself meaningful questions each morning. Reflect on what truly matters to you, what you're grateful for, and what actions align with your values and goals. By starting your day with intention and introspection, you can set a positive tone for the hours ahead and make conscious choices that support your well-being.

Click unfollow often

Detoxifying your mornings goes beyond just social media – it also involves decluttering your life from negative influences and toxic relationships. Take a proactive approach to "unfollow" anything that drains your energy or brings unnecessary drama into your life. Whether it's limiting interactions with toxic individuals or setting boundaries with negative habits, prioritise your mental and emotional health by unfollowing anything that doesn't serve your greater good.

Start journaling

Journaling can be a powerful tool for detoxifying your mornings and promoting self-reflection. Take a few moments each morning to write down your thoughts, feelings, and intentions for the day ahead. Whether you prefer free-form journaling or structured prompts, the act of putting pen to paper can help you gain clarity, release pent-up emotions, and create a sense of gratitude and positivity.

Meditation is crucial

Add meditation into your morning routine to promote mental clarity and inner peace. Whether you prefer guided meditation, exercises, or simply sitting in silence, dedicating even just a few minutes to meditation can have a magical effect on your overall well-being. Use this time to quiet the mind, connect with your breath, and cultivate a sense of inner calm that will carry you through the rest of the day.

Heat rash: How to spot it and what to do

Heatwave has affected the whole of Indian subcontinent and impacted everyone's health. Skin being the outermost layer, like the protective shield of the body, is in continuous dialogue with and gets affected by every small change in the external environment.

Excessive heat can affect our skin in many ways:

Heat rash - It can come up as a sun burn kind of rash, which is red, burning, and itchy on the face, hands, or feet.

Sweat induced Dermatitis -

The parts covered by clothes, due to friction, can lead to chaffing, redness, burning, and itchy sensation in various body parts, especially across the body folds like arm pits, groin folds, waistline (belt area), below the breasts in women. This rash can also appear on the back, especially if someone wears a polyester garment or tight fitted clothing regularly.

Miliaria Rubra or prickly heat - It is a blockage of sweat glands openings, which occur commonly in small children and even in adults, if one is too sweaty, is wearing extra layers of clothing, or wearing polyester or tight fitted clothing. They are irritable rashes, and can get secondarily infected too.? Fungal infection – It is common during hot weather. It occurs in ground folds (Jock's Itch), between toe web spaces (Athlete's Foot) and buttocks



(commonly due to usage of public western commodos).

Heat boils - We all have bacteria on our skin; hot and humid conditions often offer ideal environment for growth of pathogens. Heat boils commonly happen on the face for children, along hair follicles of thighs, and on the abdomen for the adults.

Prevention and solution: Wear breathable cotton and linen fabrics (not polyester)

Wear loose well-fitted garments (not ill- or tight-fitting ones)

Change dresses including undergarments and

brassieres two-three times a day. People can opt for boxers or U-shaped undergarments to prevent thigh fold rashes/ infections/ macerations (because elastic is always polyester)

One should take bath after coming home from outdoors, especially if sweaty, or after an exercise/ dance/ sports activity. Wearing sweaty garments are one important causative factor for all of the above-mentioned rashes.

Hydrating the body with 8-10 glasses of water and prioritizing electrolyte balance with Coconut water, fresh Lime juice, Kokum sherbet, Beetroot Carrot kanji, etc. is of utmost importance.

Having a Dermatologist examine the problem areas of the skin will help prevent the rash from spreading, or secondary infection to ensue.

General Knowledge Question Answers

1. Which country won the FIFA World Cup in 2018?

- a) Brazil
- b) Germany
- c) France
- d) Spain

2. Who won the Wimbledon Women's Singles title in 2021?

- a) Serena Williams
- b) Simona Halep
- c) Ashleigh Barty
- d) Naomi Osaka

3. Which team won the first-ever Indian Premier League (IPL) title in 2008?

- a) Mumbai Indians
- b) Kolkata Knight Riders
- c) Chennai Super Kings
- d) Rajasthan Royals

4. Who won the men's singles title at the US Open in 2021?

- a) Novak Djokovic
- b) Rafael Nadal
- c) Roger Federer
- d) Daniil Medvedev

5. Who holds the record for the most Grand Slam titles in men's tennis?

- a) Roger Federer
- b) Rafael Nadal
- c) Novak Djokovic
- d) Pete Sampras

6. Which country has won the most Olympic gold medals?

- a) United States
- b) China
- c) Russia
- d) Germany

7. Who won the men's singles title at the Australian Open in 2021?

- a) Novak Djokovic
- b) Rafael Nadal
- c) Roger Federer
- d) Dominic Thiem

8. Which team won the UEFA Champions League in 2021?

- a) Chelsea
- b) Manchester City
- c) Paris Saint-Germain
- d) Bayern Munich

9. Who holds the record for the most goals scored in a single FIFA World Cup tournament?

- a) Ronaldo
- b) Lionel Messi
- c) Miroslav Klose
- d) Diego Maradona

10. Who won the men's singles title at Wimbledon in 2019?

- a) Roger Federer
- b) Rafael Nadal
- c) Novak Djokovic
- d) Kevin Anderson

11. Which Indian cricketer has the highest individual score in Test cricket?

- a) Sachin Tendulkar
- b) Virender Swag
- c) Rahul Dravid
- d) Virat Kohli

12. In which city was the first edition of the Indian Premier League (IPL) held?

- a) Mumbai
- b) Kolkata
- c) Chennai
- d) Bengaluru

13. Who is the only Indian badminton player to have won two Olympic medals?

- a) Saina Nehwal
- b) PV Sindhu
- c) Jwala Gutta
- d) Ashwini Ponnappa

14. In which sport did Abhinav Bindra win India's first individual Olympic gold medal?

- a) Shooting
- b) Wrestling
- c) Boxing
- d) Weightlifting

15. Which Indian athlete has won the most number of medals in the history of the Asian Games?

- a) Milkha Singh
- b) P.T. Usha
- c) Abhinav Bindra
- d) P.V. Sindhu

- 12. Mumbai
- 13. PV Sindhu
- 14. Shooting
- 15. PV Sindhu

- 8. Chelsea
- 9. Miroslav Klose
- 10. Novak Djokovic
- 11. Virender Swag

- 4. Novak Djokovic
- 5. Roger Federer
- 6. United States
- 7. Novak Djokovic

- 1. France
- 2. Ashleigh Barty
- 3. Rajasthan Royals

Answers:

- AUG 24 - SEP 23

Take time to find restoration, relieve stress, and lick emotional wounds as Sagittarius moon squares off with Neptune. You'll feel more elevated and ready for excitement once Luna migrates into Capricorn, promising a fun-filled weekend. Your creative instincts also sharpen under this cosmic climate as the stars clear paths toward divine inspiration.

- FEB 20 - MAR 20

The atmosphere shifts once Luna enters Capricorn, beckoning you to explore new corners of your community. Now is also a good time to establish yourself socially. Network expansion can also come in handy, so be sure to rub elbows if possible. Jupiter, the planet of luck and expansion, enters Gemini later today, kicking off a year-long era of exciting domestic shifts.

ASTRO SPEAK



MAR 21 - APR 20

Give yourself permission to sleep in or linger under the covers long after you've awakened, as Sagittarius moon squares off with Neptune. You'll need to return to reality once Luna migrates into Capricorn, asking you to touch base with your long-term goals and weekend responsibilities. Now is also a good time to implement personal structures to help you stay accountable when chasing aspirations.



APR 21 - MAY 20

Confusion fills the air as Sagittarius moon squares off with Neptune targeting your love life. Tread carefully within matters of the heart, lending focus to your own needs and sense of balance. You'll feel surer of your situation once Luna migrates into Capricorn. Use these vibes to decipher how you feel about certain dynamics, putting energy toward strengthening bonds or cutting ties accordingly.



MAY 21 - JUN 20

The moon takes its final steps through Sagittarius this morning, dearest Taurus, squaring off with Neptune to bring a hazy energy your way. Luckily, you'll feel elevated and clear-headed once Luna migrates into Capricorn, putting you in the mood to explore. If possible, center your Saturday around adventure and the pursuit of new knowledge and experiences.



JUN 22 - JUL 23

Allow to-do lists and stress to dissolve as the Sagittarius moon aligns with Neptune temporarily slipping away into a world of spiritual support and divine inspiration. Good vibes follow you once Luna migrates into Capricorn, unleashing the romantic within. Invest in your most treasured relationships, and consider setting long-term goals so you and your partner may grow alongside one another moving forward.



JUL 24 - AUG 23

You may need a break from family and friends Leo, as the Sagittarius moon squares off with Neptune. This celestial exchange could bring a deceptive energy to the table, and it may be necessary to clear your mind before making important commitments. You'll have better luck organizing your thoughts and feelings once Luna migrates into practical Capricorn, though wellness goals should also be a priority.



SEP 24 - OCT 23

A forgetful energy finds you early this morning, dearest Libra, as the Sagittarius moon squares off with Neptune. Double-check your schedule and to-do lists to avoid snafus or drama. Spend more time at home this weekend, if possible, as Luna migrates into Capricorn and the sector of your chart that governs domestic life. Use these vibes to nurture yourself and your space, catching up on chores or renovations.



OCT 23 - NOV 22

You may struggle to find your motivation as the Sagittarius moon squares off with Neptune, dearest Scorpion, putting you in a lofty headspace. It'll be easier to reclaim focus and connect with your responsible side once Luna migrates into pragmatic Capricorn. This luminary placement puts an emphasis on your communication skills throughout the weekend, so be sure to use your voice wisely and for good.



NOV 23 - DEC 22

The moon takes its final steps through your sign, darling Archer, squaring off with Neptune while bringing a hazy energy to the table. Though your emotions may feel clouded, use this energy as an excuse to nurture your needs. You'll feel more grounded and at peace with the present once Luna enters Capricorn.



DEC 23 - JUL 20

You may feel dazed or find it difficult to communicate this morning, dear Sea-goat, as the Sagittarius moon squares off with hazy Neptune. Luckily, you'll have a chance to reclaim clarity once Luna enters your sign, especially when you take a moment to acknowledge your own needs, desires, and goals. You may also experience an uptick in popularity, as people will be eager to bask in your light.



JAN 21 - FEB 23

Today calls attention to your appearance and physical health, Aquarius. The moon ambles freely through your sign throughout the afternoon, making no aspects to other planets and leaving you to your own devices. Today's skies are unequivocally lighter than the past few days, so take advantage of the levity and reconnect with your body.