

When Aishwarya Rai Bachchan spoke about her 'jhat pat' roka ceremony with Abhishek Bachchan



Aishwarya Rai Bachchan and Abhishek Bachchan are the power couple. They got married on April 20, 2007. It has been 17 years and they are still going strong. It is always a treat to see them together on and off screen. They welcomed their first child, Aaradhya Bachchan in 2011. Their love story began when they were shooting for Guru. Abhishek Bachchan proposed Aishwarya when they were shooting for Umrao Jaan. Today, on their special day, here's a look at Aishwarya Rai Bachchan speaking about their jhat pat roka ceremony.

Aishwarya was speaking to Filmfare where she opened up about their super fast roka. She said that Abhishek proposed her and the very next day they had their roka ceremony. She said that they never knew anything about roka ceremony as they are South Indians.

She added that they all got call from the Bachchan family that they are coming for the roka ceremony. Aishwarya shared that they were shocked as her dad was out of town. Aishwarya tried to speak to Abhishek to wait for sometime but Abhishek said that he cannot stop his Paa (Amitabh Bachchan).

Abhishek informed Aishwarya that they are on their way already. The roka happened with her father on call. Well, that is too fast!

Abhishek and Aishwarya have been couple goals. However, since a few days, there have been reports of problems in the Bachchan family. It is being said that Aishwarya does not get along with them and Abhishek might get separated from his wife.

However, the Bachchans have not reacted to these rumours. Abhishek is often found in the city with his wife and daughter Aaradhya. He is a complete family man and it is a treat to see their strong bond.

Rashmika Mandanna or Triptii Dimri from Animal: Manushi Chhillar says she would love to do THIS actress' role

Animal is one of the biggest hits of 2023. Ranbir Kapoor starrer movie raked over Rs 900 crore at the box office worldwide. The film has received stark criticisms and also praise from the masses and industry insiders. Loads of celebrities praised Animal movie including the characters from the film. And now, Bade Miyan Chote Miyan actress Manushi Chhillar has revealed which actress' role she would love to be if she was cast in Animal.

In an interview with Zoom, Manushi Chhillar was asked about rumours of the actress being offered a role in Sandeep Reddy Vanga directed Animal. She was questioned about whose role in the movie would she have loved between Rashmika Mandanna's Geetanjali and Triptii Dimri's Zoya. Manushi shares that she loves the work of Sandeep. On the roles, Manushi says that both Rashmika and Triptii's characters were interesting. However, she loved Rashmika's Geetanjali the most. She says that Geetanjali really stood her ground while the men kept fighting.

The Bade Miyan Chote Miyan actress gushed about Rashmika's Geetanjali saying that she confronted the man and held him accountable. She is talking about Ranbir Kapoor's Vijay. Manushi talked about how Geetanjali did



not give a damn about what he did outside the house and how dangerous he was.

Parineeti Chopra blames wrong advice from people for bad film choices; says 'You can't copy others'

Parineeti Chopra is getting rave response for her role in Diljit Dosanjh starrer Amar Singh Chamkila. The actress has been opening up on her thoughts about the kind of work opportunities, the existence of camps and favouritism in Bollywood in interviews. And now, the Sandeep Aur pinky Faraar actress has opened up about the bad film choices and has blamed it on the wrong advice she received from the people in the industry.

Parineeti Chopra was asked if she had the clarity to see through her bad choices of the films. The actress says she is not blind. However, she talks about the people she had surrounded herself with in her initial days. She says that she was not prepared when she came into the industry. She was not aware of what was required to be a heroine in the industry. Parineeti says she would just do her work and then go home. And thereafter, she started listening to all kinds of advice. The Amar Singh Chamkila actress says she got template advice from people which can be applied to any of her contemporaries.



Effective ways to lose weight without going to gym



No, gym is not required to lose weight. Weight loss primarily depends on creating a calorie deficit through a combination of dietary changes and physical activity. Consistency and adherence to a healthy diet are key factors in successful weight loss. While a gym can provide access to equipment and structured workouts, it is not essential. Losing weight without going to the gym is achievable through a combination of dietary changes, lifestyle modifications, and incorporating physical activity into your daily routine. Here are seven effective ways to lose weight without hitting the gym:

**Focus on nutrition**  
**Eat whole foods:** Fill your plate with whole, minimally processed foods like fruits, vegetables, lean proteins, whole grains, and healthy fats. These foods are nutrient-dense, filling, and lower in calories compared to processed alternatives. Minimize intake of processed foods high in added sugars, refined carbohydrates, and unhealthy fats. These foods can contribute to weight gain and hinder progress towards your weight

loss goals.  
**Practice portion control:** Pay attention to portion sizes to avoid overeating. Use smaller plates, measure servings, and be mindful of hunger and fullness cues to prevent unnecessary calorie intake.

**Stay hydrated**  
 Stay hydrated by drinking plenty of water throughout the day. Water helps to support metabolism, suppress appetite, and flush out toxins. Aim to drink at least 8-10 glasses of water daily, or more if you're physically active or in hot weather. Avoid sugary drinks like soda, fruit juices, and energy drinks, which can add unnecessary calories to your diet. Opt for water, herbal teas, or sparkling water flavored with fresh fruit for hydration without the extra calories.

**Prioritize sleep**  
 Aim for 7-9 hours of quality sleep per night. Poor sleep can disrupt hormone levels, increase appetite, and lead to weight gain. Establish a consistent sleep schedule, create a relaxing bedtime routine, and optimize your sleep environment for better sleep quality.

**Stress management**  
 Chronic stress can contribute to emotional eating and weight gain. Practice stress-reducing techniques like deep breathing, meditation, yoga, or spending time in nature. Find healthy ways to cope with stress and prioritize self-care to support overall well-being.

**Incorporate physical activity into your daily routine**  
 Increase your daily activity levels by walking whenever possible. Take the stairs instead of the elevator, park farther away from your destination, or go for a walk during breaks at work. Aim for at least 10,000 steps per day to support weight loss and overall health. Turn household chores into a workout by cleaning, gardening, or doing yard work. These activities can burn calories and keep you active without the need for a gym membership. Incorporate bodyweight exercises like squats, lunges, push-ups, and planks into your routine. These exercises can be done anywhere, require no equipment, and help build strength and muscle tone.

Side effects of wearing Kajal all day



Wearing kajal, also known as kohl or eyeliner, all day can have some potential side effects, especially if the product is not of high quality or if proper care is not taken during application. Here are some common side effects which you might not be aware of but need to keep in mind.

**Eye irritation:** Extended wear of kajal can lead to irritation, redness, and discomfort in the eyes. This can occur due to the ingredients in the kajal or due to particles from the product getting into the eyes.

**Allergic reactions:** Some individuals may be allergic to certain ingredients found in kajal. Prolonged exposure can lead to allergic reactions such as itching, swelling, or a rash around the eyes.

**Dryness:** Kajal can sometimes contain ingredients that may contribute to dryness around the eyes. Over time, this can lead to flakiness or dry patches on the eyelids or under the eyes.

**Infection risk:** If the kajal pencil or applicator is not properly sanitized or if the product is old and contaminated, there is a risk of bacterial or fungal

infections. This can lead to conditions such as conjunctivitis (pink eye) or styes.

**Smudging and smearing:** Wearing kajal all day can result in smudging or smearing, especially in hot or humid weather. This can affect the appearance of the makeup and may require frequent touch-ups, leading to further irritation.

**Clogged pores:** Kajal applied to the waterline or inner rim of the eyes can potentially clog pores along the lash line. This may contribute to the formation of milia (tiny white bumps) or exacerbate existing skin issues around the eyes.

**Vision disturbance:** In some cases, kajal that smudges or migrates into the eyes can cause temporary blurring or disturbance of vision. This is usually mild and resolves once the product is removed.

**Corneal abrasion:** If kajal particles or the pencil tip itself come into contact with the surface of the eye, it can cause scratches or abrasions on the cornea. This can result in pain, sensitivity to light, and blurred vision.

**Eyelash damage:** Continuous application and removal of kajal can weaken eyelashes over time, leading to breakage or loss of lashes.

**Increased tear production:** Some individuals may experience increased tear production or watery eyes when wearing kajal for an extended period. This can be bothersome and may require frequent wiping or reapplication of the makeup.

**Sensitivity to light:** Prolonged exposure to kajal may make the eyes more sensitive to bright light or sunlight, leading to discomfort or squinting. This can be particularly problematic for individuals with light-colored eyes.

Biology Question Answers

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| 1. What is the traditional greeting in India?<br>a) Namaste<br>b) Hello<br>c) Hi<br>d) Goodbye   | 6. What is the name of the Indian festival that celebrates the birth of Lord Krishna?<br>a) Diwali<br>b) Holi<br>c) Janmashtami<br>d) Navratri        | 11. Which of the following classical dance forms originated in the state of Tamil Nadu?<br>a) Kuchipudi<br>b) Manipuri<br>c) Kathakali<br>d) Bharatanatyam |
| 2. Which Indian festival celebrates the victory of good over evil?<br>a) Diwali<br>b) Holi<br>c) Dussehra<br>d) Navratri   | 7. What is the name of the Indian musical instrument that consists of a pair of drums?<br>a) Tabla<br>b) Sitar<br>c) Harmonium<br>d) Sarod            | 12. The Taj Mahal was built by which Mughal emperor?<br>a) Akbar<br>b) Jahangir<br>c) Shah Jahan<br>d) Aurangzeb   |
| 3. What is the name of the Indian classical dance form that originated in the state of Kerala?<br>a) Bharatanatyam<br>b) Kathakali<br>c) Kuchipudi<br>d) Manipuri    | 8. What is the name of the Indian dish that consists of a thin, crispy bread made of lentil flour?<br>a) Naan<br>b) Roti<br>c) Paratha<br>d) Papadum  | 13. Who was the first Indian to win a Nobel Prize?<br>a) Rabindranath Tagore<br>b) C.V. Raman<br>c) Mother Teresa<br>d) Amartya Sen                        |
| 4. What is the name of the Indian epic poem that tells the story of the warrior prince Arjuna?<br>a) Ramayana<br>b) Mahabharata<br>c) Bhagavad Gita<br>d) Upanishads | 9. Which Indian state is famous for its tea plantations?<br>a) Assam<br>b) Bihar<br>c) Maharashtra<br>d) Punjab                                       | 14. What is the traditional attire of women in the state of Gujarat?<br>a) Saree<br>b) Salwar Kameez<br>c) Lehenga Choli<br>d) Chaniya Choli               |
| 5. Which Indian state is famous for its silk sarees?<br>a) Uttar Pradesh<br>b) Tamil Nadu<br>c) Gujarat<br>d) West Bengal  | 10. What is the name of the Indian festival that celebrates the triumph of light over darkness?<br>a) Diwali<br>b) Holi<br>c) Dussehra<br>d) Navratri | 15. Which Indian city is known as the "City of Joy"?<br>a) Kolkata<br>b) Mumbai<br>c) Delhi<br>d) Chennai  |

ASTRO SPEAK

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| <b>ARIES</b><br>The moon continues its journey through Libra asking you to focus on cultivating healthy relationships. Meanwhile, Venus and Chiron hold hands in your sign, clearing the way for major healing through self-love. Remember that it's okay to prioritize your needs, even when others demand your attention. This energy could also create internal issues if you hang too much value on what others think.<br>MAR 21 - APR 20                | <b>LIBRA</b><br>The moon continues its journey through your sign, dearest Libra, forming a supportive connection with Pluto early this morning to elevate your confidence and charisma. Meanwhile, Venus and Chiron join forces in fiery Aries, helping you reclaim passion for yourself and your love life. Whether you're single or coupled up, now is the time to reclaim your groove.<br>SEP 24 - OCT 23   |
| <b>TAURUS</b><br>You'll feel the effects of any healthy changes you've made recently, dear Taurus, thanks to a helpful exchange between the Libra moon and Pluto early this morning. Use this energy as an excuse to double down on your favorite wellness routines, carving out even more space to live your best life. Good vibes continue to flow when Venus and Chiron unite, making it easier to self-soothe and release old wounds.<br>APR 21 - MAY 20 | <b>SCORPIO</b><br>The Libra moon and Pluto enter a flowing trine, sweet Scorpio, opening you up to emotional support from the stars. Profound dreams could unlock the mysteries of your own heart, so be sure to take note of your nocturnal encounters. Remember to prioritize your health by establishing a more organized schedule, carving out more time for wellness and fun throughout each workweek moving forward.<br>OCT 23 - NOV 22                          |
| <b>GEMINI</b><br>Spiritual reinforcements surround you, thanks to a supportive alignment between the Libra moon and empowering Pluto. You should feel elevated and confident when you awaken, full of creative potential. Meanwhile, Venus and Chiron unite in your solar eleventh house, helping you soothe out any social rifts that have created awkwardness or grief.<br>MAY 21 - JUN 20   | <b>SAGITTARIUS</b><br>Follow your playful instincts as Venus and Chiron unite in Aries, sparkling Sagittarius, loving fully as you pursue fun with loved ones. Creative outlets will also provide much satisfaction, marking the ideal occasion to flow with your latest passion project. Meanwhile, the Libra moon puts focus on your humanitarian affairs, asking you to consider the ways you might make a difference.<br>NOV 23 - DEC 22                           |
| <b>CANCER</b><br>Waves of emotions will bring you to a place of purification, Libra moon and Pluto share an exchange. Take note of any significant thoughts or dream recollections that find you when you awaken, especially if they're empowering or nurturing. Work on cultivating healthy boundaries within your closest relationships when Venus and Chiron align, especially when it comes to romantic entanglements.<br>JUN 22 - JUL 23                | <b>CAPRICORN</b><br>You should feel stable and sturdy when you awaken, sweet exchange between Libra moon and Pluto early this morning. Meanwhile, Venus and Chiron unify in the sector of your chart that governs private affairs, asking you to invite healing into your home life and familial bonds. Consider where your attention and nurturing are needed most, opening your heart as you cater to important relationships or domestic duties.<br>DEC 23 - JUL 20 |
| <b>LEO</b><br>A supportive and loving energy emerges in the very early hours as the Libra moon and Pluto align, darling Lion. Relish any sweet dreams or midnight conversations that elevate the spirit, riding these high cosmic tides into morning. Good vibes continue to flow when Venus and Chiron unify in your house of spirituality, making it easier to communicate with the other side while receiving guidance and blessings.<br>JUL 24 - AUG 23  | <b>AQUARIUS</b><br>The Libra moon blows a kiss to profound Pluto in the very early hours, dear Aquarius, supercharging your intuition and connection with the divine. Take a moment to recall your dreams from last night, searching for messages from beyond. Your voice carries grace and healing while Venus and Chiron align, making it the ideal time to offer kind words and meaningful advice.<br>JAN 21 - FEB 23   |
| <b>VIRGO</b><br>You should wake up feeling rested within the mind, body, and spirit. Meanwhile, Venus and Chiron unite in your house of transformation, making it easier to love yourself through any difficult shifts you may be facing. Remember to approach change from a place of grace, nurturing yourself and loved ones along the way to solidify bonds.<br>AUG 24 - SEP 23   | <b>PISCES</b><br>Your subconscious stirs with messages of transformation and empowerment early this morning, dear Pisces, thanks to a supportive exchange between the Libra moon and Pluto. Take time to recall your dreams or consider starting the day with a deep meditation session. Gratitude flows when Venus and Chiron unite, putting you in tune with your surroundings and the blessings that fill each day.<br>FEB 24 - MAR 20                              |

