

Palak Tiwari shares her learnings from mother Shweta Tiwari's unsuccessful marriages, says, 'One should not...'



Shweta Tiwari's daughter Palak Tiwari is right now one of the most popular star kids among all. She is ruling millions of hearts and all thanks to her Bijlee Bijlee song. Ever since then she has been unstoppable. The 22-year-old is swiftly climbing up the ladder of success and how. She is extremely inspired by her mother Shweta Tiwari who is one of the finest actors in television injury. And now she has been grabbing a lot of eyeballs with her massive transformation. Shweta's little big girl in her recent interaction spoke about what she learnt from her mother's unsuccessful marriages.

In an interaction with Bombay Times, Palak said, "I have also realised that one should not rush into marriage. If you feel something is wrong with the person, it's better to leave him at that moment. Women struggle with that the most and I have seen that with not just my mother, but women from around the world. We keep justifying things for our partners because we want to see the good in people. It's a great quality, but it will come back to bite. That's not love or at least that's not the kind of love I want – not now, not ever". Palak has been the strongest support to her mom as she has seen her struggle and rise like a phoenix. Shweta's journey is inspiring to every woman out there and she only deserves love and respect.

Shweta's journey hasn't been easy, however, she held herself extremely strong and overcome all the hurdles in life talking about the constant gossip around her mom and her life, Palak said, "We don't spend a lot of time convincing people about our side of the story. My mother's priority has been to make sure that the family is protected. That's what I have focused on as well."

Dunki: Taapsee Pannu gushes about her co-star Shah Rukh Khan; says, 'I love his...'



Taapsee Pannu is currently busy with the shooting of Dunki which stars Shah Rukh Khan as the male lead. The film is directed by Rajkumar Hirani, and fans are excited to watch SRK and Taapsee's jodi on the big screen. After the movie was announced, Taapsee had tweeted, "Yes it's hard to make it till here, n it's harder when u r all by yourself but then a superstar. Almost 10 years but finally All is Well"

Recently, while talking to Hindustan Times, Taapsee opened up about the movie and said, "It is probably that the biggest ever I could have got. It's too good to be true. I never even thought that I'll eventually someday reach this, forget about so soon. So, I myself wasn't announcing or talking about it because I just didn't want to jinx it in any way."

"There's no shying away from accepting that I don't know if it can get bigger than this ever for me. Hence, the disbelief of being a part of it was lingering one till the time I reported on set and the first day of shoot was done," she added.

Newlyweds Alia Bhatt and Ranbir Kapoor to be the FIRST guest on Karan Johar's Koffee With Karan season 7?



about getting married to dream man Ranbir Kapoor". The source further revealed, "Alia and Ranbir will largely talk about their love affair and how they fell in love with each other and who proposed whom and how.

Fruits to manage your blood sugar level



gy and maintain blood sugar levels.

Apple

Rich in fibre, high in nutrients and low in fructose, apples are another excellent fruit you can add to your diet. Packed with both soluble and insoluble fiber, apples can help to prevent constipation and keep you fuller for a longer time. The fiber also slows down the digestion process and absorption of sugar. That means the sugar enters the bloodstream slowly and does not spike the blood sugar level.

Papaya

Eating papaya may also help to lower the blood sugar level. As per reports, papaya may have a hypoglycemic effect on the body. The fruit also contains flavonoids, a natural antioxidant that may help regulate blood sugar. The low-calorie fruit is loaded with vitamin B, potassium and magnesium.

Guavas

Low in calories and rich in fiber, guavas can be digested slowly and absorbed slowly by cells. It does not increase the blood sugar level like other fruits. It also has 4 times more vitamin C than oranges. Besides, it is also low in sodium content and high in potassium. These nutrients are beneficial in boosting immunity and reducing risk of developing chronic diseases.

General Knowledge Question

1. For safety, the fuse wire used in the mains for household supply of electricity must be made of metal having

C. 2002
D. 2003

2. Golden Temple, Amritsar is India's

A. largest Gurdwara
B. oldest Gurudwara
C. Both option A and B are correct
D. None of the above

3. During World War I Germany was defeated in the Battle of Verdun on the western front and Romania declared war on the eastern front in the year

A. 1914 AD
B. 1915 AD
C. 1916 AD
D. 1917 AD

4. Heavy Water Project (Talcher) and Fertilizer plant (Paradeep) are famous industries of

A. Orissa
B. Tamil nadu
C. Andhra Pradesh
D. Kerala

5. Hamid Karzai was chosen president of Afghanistan in

A. 2000
B. 2001

12. Ocean depth

13. Depth

14. Call commodities that are limited in quantity as compared to their demand

15. For seeing objects at the surface of water from a submarine under water, the instrument used is

A. kaleidoscope
B. periscope
C. spectroscope
D. telescope

10. Dr. Zakir Hussain was

A. the first Muslim president of India
B. first vice president of India
C. first president of Indian National Congress
D. first speaker of Lok Sabha

11. Third World Nations

12. Largest Gurdwara

13. 1916 AD

14. 1843 AD

15. 1914 AD

16. 2002

17. New York, USA

18. 1915 AD

19. 2003

20. 2001

21. 2003

22. 1916 AD

23. 2002

24. 2003

25. 2002

26. 2003

27. 2002

28. 2003

29. 2002

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31. 2002

32. 2003

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42. 2003

43. 2002

44. 2003

45. 2002

46. 2003

47. 2002

48. 2003

49. 2002

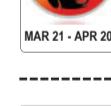
50. 2003

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, forming a celestial alliance with communicative Mercury.



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.



GEMINI
MAY 21 - JUN 20

The moon moves into your sign this morning, forming a cosmic alliance with your planetary ruler, Mercury. This celestial partnership will bless you with an abundance of clarity and vitality, making it important that you pursue your goals without restraint. 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.



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 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 crush throughout the day. Meanwhile, sweet Venus moves into fiery Aries this morning, helping you make headway within your professional ambitions 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. Meanwhile, Venus makes her way into Aries, bringing optimism and a sense of peace to you over the next several weeks.



VIRGO
AUG 24 - SEP 23

You'll feel alert and focused at work this morning, darling Virgo, 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 over the next several weeks.



LIBRA
SEP 24 - OCT 22

The moon moves into Gemini this morning, forming a celestial alliance with communicative Mercury in the spiritual sector of your chart. Make the most of this celestial alignment 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.



SCORPIO
OCT 23 - NOV 22

You'll have a knack for getting to the root of things today, dear Scorpio, as the Gemini moon connects with perceptive Mercury in your solar eighth house. 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. Be sure to cut out plenty of time to work on such endeavors, but try not to become impatient with the process.



SAGITTARIUS
NOV 23 - DEC 22

Get ready for a steamy day, 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 be sure to reach out to your crush throughout the day. Venus enters fiery Aries bringing a surge of passion to the portion of your chart that governs fun and affairs.



CAPRICORN
DEC 23 - JU 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.

AQUARIUS
JAN 21 - FEB 19

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.

PISCES
FEB 20 - MAR 20

Your home will feel busy this morning, 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. Venus leaves your sign today, entering fiery Aries and your solar second house. This planetary placement will lend celestial aid when it comes to monetary goals.

Recipes

Quinoa Cutlet



Ingredients

- 1 cup quinoa
- 1/2 capsicum (green pepper)
- 1/4 cup shredded cabbage
- 1 teaspoon red chilli powder
- 1 teaspoon dry mango powder
- 2 tablespoon coriander leaves
- 1 cup onion
- 1/2 carrot
- 3 tablespoon gram flour (besan)
- 1 teaspoon coriander powder
- salt as required
- 1 tablespoon vegetable oil

Method:

Soak the quinoa for 30 minutes. Now wash it properly and add it to blender and blend to form a thick paste. Add 1-2 tbsp water, if needed.

Take out the quinoa paste to a bowl. Add finely chopped onion, capsicum, carrot, cabbage and