

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?

Koffee With Karan season 7: Karan Johar is back with everyone's favourite chat show Koffee With Karan. Reportedly the filmmaker will be back with season 7 of the chat show in May and he has already finalised the guests who will be a part of this chat show. The fans of the chat show have been eagerly waiting to know about the guests' list and here's an interesting update that Bollywoodlife has for you about the first guests of the show; we are sure this will make you super excited about KWK7.

A little birdie has exclusively told us that the newlyweds Alia Bhatt and Ranbir Kapoor will be Karan Johar's first guests on the show. Yes, Mr and Mrs Kapoor will grace the couch with some fiery questions by the host himself. The source further adds, "Karan is damn excited to have Alia Bhatt and Ranbir Kapoor as his first guests. They will be making the first appearance on the chat show as husband and wife and later they will also kick start the promotions of their first film together Brahmastra. Karan Johar who was damn emotional at Alia's wedding as he considers her his daughter and is looking forward to having a chat with her



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.

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 coriander leaves. Add besan, salt, coriander powder, dry mango powder and red chilli powder. Give a nice mix to form a thick mixture.

Now drizzle a tbsp of oil on a non-stick pan and let it heat. Make small tikkis from the mixture and place them in the pan. Cook from both sides until golden brown in colour.

Once all the cutlets are cooked, serve them with a dip of your choice.

Fruits to manage your blood sugar level



For any diabetes patient, the greatest challenge is to manage their blood sugar level. Once diagnosed with the condition, their diet becomes a little restrictive, and any food items that can spike the blood sugar level are avoided. One of the confusion most diabetic patients have is the type of fruit they should include in their diet. As we know, fruits are naturally rich in sugar and can spike the blood sugar level just like artificial sugar. Being rich in antioxidants and other nutrients, one cannot completely shun fruits from their diet. So, here are five diabetes-friendly fruits you can add to your diet.

Peach

The stone fruit is delicious, high in fiber and diabetes-friendly. Rich in vitamin C, vitamin A and potassium, the fruit spikes the blood sugar all at once. The bioactive compound present in peaches can also fight obesity and health-related issues caused by diabetes. Regular intake of peaches can also help to decrease inflammation, boost immune health and improve digestion.

Jamun or Black plum

Jamun or Indian blackberry is an Ayurvedic remedy for treating insulin sensitivity and dealing with diabetes for centuries. This fruit is low in sugar and its daily intake can keep the blood sugar level in check. The compound and antioxidant present in the black fruit helps to convert starch into ener-



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.

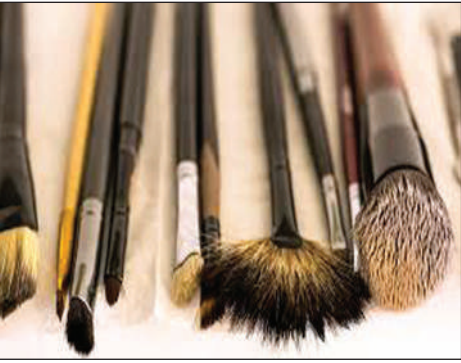
Papaya

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.

Habits that are bad for you skin



You wash your face twice a day and never skip on moisturizer and sunscreen. You must think you are doing everything suitable for your skin. But are you really? We are here to tell you about unintentional daily habits that are ruining your skin, and you don't even know about it! Ritkita Jayaswal CEO & Founder of a skincare company, share a few tips that each one of you must follow

You Often Forget to Wash Your Makeup Brushes

Makeup brushes can hold acne-causing bacteria if not cleaned properly. This can cause breakouts on your skin. Clean all your makeup brushes and makeup blender at least once a week using mild soap and warm water.

You Take Long Hot Showers or Bath

Long hot showers are indeed relaxing, but bathing in water above 39C for a longer duration can cause skin dryness, redness, itching, and



even skin peeling. Hot water also deprives your skin of its natural oils. Take a bath in lukewarm or warm water instead of using boiling water.

You Eat a Lot of Processed Sugar

A diet rich in sugar can speed up the aging process. Consuming a lot of sugar has also been found to cause breakouts on the face. On the other hand, eating fresh fruits and vegetables has been found to slow the oxidative damage to the skin. Eat healthy to keep your skin healthy.

You do Unhealthy Consumption of Technology

Technology has helped us in many ways, but its overconsumption can cause different skin concerns. For example, social media addiction can cause sleep deprivation which has been shown to have negative impacts on the skin.

Secondly, light from electronic devices can cause damage to skin cells. Take some time away from your laptop to relax your eyes and mind during the day.

General Knowledge Question

1. For safety, the fuse wire used in the mains for household supply of electricity must be made of metal having
- A. low melting point
B. high resistance
C. high melting point
D. low specific heat
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

- C. 2002
D. 2003
6. Durand Cup is associated with the game of
- A. Cricket
B. Football
C. Hockey
D. Volleyball
7. Headquarters of UNO are situated at
- A. New York, USA
B. Hague (Netherlands)
C. Geneva
D. Paris
8. First International Peace Congress was held in London in
- A. 1564 AD
B. 1798 AD
C. 1843 AD
D. 1901 AD
9. 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. G-15 is an economic grouping of
- A. First World Nations
B. Second World Nations
C. Third World Nations
D. Fourth World Nations
12. Fathometer is used to measure
- A. Earthquakes
B. Rainfall
C. Ocean depth
D. Sound intensity
13. For galvanizing iron which of the following metals is used?
- A. Aluminium
B. Copper
C. Lead
D. Zinc
14. Economic goods are
- A. all commodities that are limited in quantity as compared to their demand
B. Commodities that is available according to their demand
C. Commodities that is available more as compared to demand
D. None of the above
15. For purifying drinking water alum is used
- A. for coagulation of mud particles
B. to kill bacteria
C. to remove salts
D. to remove gases

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.

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.

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 rules the subconscious. Pay attention to your thoughts right now, especially if you find your psyche trailing off 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.

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.

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, cozing 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 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 - 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.

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.