

Vijay Varma comments on his love life after Tamannaah Bhatia confirms their relationship, 'I'm happy'



Vijay Varma and Tamannaah Bhatia are the talk of the town after the latter confirmed their relationship. The Darlings actor opened up on his personal life stating that there is a lot of love and he is happy. His statement comes days after Tamannaah confessed about dating him and called him her happy place. Both who have not worked together earlier will be seen in Lust Stories 2. In a recent interview, Vijay Varma was questioned about people's interest in his personal life. According to him, his work should do the talking more than his personal life. The actor told Janice Sequeira he will speak when the right time comes. But he has confirmed that there is a lot of love in his life right now and he is happy. On being asked why he prefers people to not talk about his personal life, Vijay said he wants his work to speak, rather than his personal matters. Tamannaah Bhatia and Vijay Varma were rumoured to be dating each other after they were caught kissing on camera during a New Year's party in Goa. Their alleged kissing video went viral and sparked their relationship rumours. However, both remained tight-lipped neither confirmed their relationship nor denied. Tamannaah finally took a call to confirm their status publically. A few days ago Tamannaah made it official while speaking to Film Companion. Addressing her dating rumours with Vijay Varma she said both of them as actors and as people get along since they let each other be them without trying to tweak anything which is not in their comfort. She said when there are two fully-evolved people there is no need to direct them. She mentioned that both live their lives and they don't need to tell each other what to do. She feels that this respect is so unspoken.

Adipurush: Kriti Sanon talks about Prabhas and his expressive eyes amid dating rumours, says she can't imagine anyone else playing Raghav

Prabhas has won over fans with his Ram look in Adipurush, and his Janaki also approves that no one but only he could have played Raghav's role in the film. Kriti Sanon is all praise for her co-star Prabhas, with whom she was allegedly linked. There was a strong buzz of them being in a relationship and talking it slow, and their love story started on the sets of their first film Adipurush. Their chemistry came under the public eye when Kriti appeared on Karan Johar's show and instantly called Prabhas in 'Hey Karan, it's me' celebrity phone call game. Later, Varun Dhawan too dropped a subtle hint about Kriti dating Prabhas when he told on the show during Bhediya promotions that her boyfriend is currently shooting in Hyderabad. However, she later refuted all the news asking people to relax, and now once again their chemistry is grabbing eyeballs as they stepped out together to promote the film. In her latest interaction with the Times, Kriti was all praise for Prabhas and spelled out how easy it was for her to break the ice with him as she had heard about him being reserved.



Mrunal Thakur signs third South film; this time with Vijay Deverakonda

Mrunal Thakur is all set to share screen space with handsome hunk Vijay Deverakonda. That's right, Mrunal Thakur is on a signing spree as she has been taking up films and interesting projects to entertain her fans. Starting her journey in the television world, the actress has come a really long way today. She has been starring in Hindi and regional films and winning hearts everywhere. It won't be wrong to say that Mrunal Thakur has become the most sought-after actress across the entertainment industry. And now, the actress is all set to captivate audiences alongside South superstar Vijay Deverakonda. It was just last year that Mrunal Thakur debuted in South films with Sita Ramam alongside Dulquer Salmaan, one of the most talented and handsome hunks. And less than a year now, she is already signing her third film and with one of the biggest production houses, Sri Venkateswara Creations. Mrunal has been collaborating with some of the biggest talents from the South. The actress is solidifying her position as one of the most sought-after names in the industry. Having worked in critically acclaimed films such as



Super 30, Toofan, Jersey, Sita Ramam and her latest Gunraah, Mrunal is just exploring different genres and languages.

Tips for balancing cardio and strength training in your workout routine



You can't only concentrate on one type of exercise to develop a well-rounded fitness regimen. To maximize your results and general health, it's important to find the perfect ratio of aerobic and strength training. Strength training boosts muscle mass, speeds up metabolism, and improves overall strength while aerobic workouts strengthen the heart, burn calories, and increase endurance. Here are some excellent pointers to help you find the ideal balance between these two essential aspects of fitness. Set Clear Goals Setting clear goals is essential before beginning any fitness regimen. Choose your goal: either weight loss, more muscular tone, higher stamina, or general fitness. You may then design your exercises in accordance with this information, providing a well-rounded strategy that incorporates both cardio and strength training." Prioritize Cardiovascular Health

Cardio exercises, such as running, cycling, swimming, or HIIT workouts, are crucial for maintaining a healthy heart and improving endurance. Aim for at least 150 minutes of moderate-intensity cardio or 75 minutes of vigorous-intensity cardio each week. You can spread this out over several days or choose activities you enjoy to make it more enjoyable and sustainable. Incorporate Interval Training According to Gupta, "You must include interval training in your program to maximize the health advantages of cardio and burn more calories in less time. Switch off between intense spurts of activity and active recuperation times. This raises metabolism and helps to burn fat in addition to improving cardiovascular fitness." Embrace Strength Training Strength exercise is crucial for gaining lean muscle mass, boosting metabolism, and improving overall strength. Include exercises that work the major muscle groups, such as squats, deadlifts, lunges, push-ups, and planks. Aim for two to three days of strength training per week, with adequate recovery time in between. Combine Cardio and Strength "Consider mixing cardio and strength training in one workout session to get the ideal balance. Try circuit training, where you cycle between strength workouts like dumbbell presses and kettlebell swings and aerobic intervals like jumping jacks and mountain climbers. By doing so, you not only save time but also push your body in new ways, enhancing your overall fitness," advises Gupta. Listen to Your Body In addition to pushing yourself during exercises, it's as vital to pay attention to your body and prevent overtraining. Muscle repair and development depend on rest and recovery. Be alert for any indications of excessive discomfort or weariness, and modify your regimen as necessary.

Easy ways to lighten dark lips



If you're looking to lighten dark lips, here are some easy and natural methods you can try: Exfoliate your lips: Regularly exfoliating your lips helps remove dead skin cells and promotes the growth of new, healthier skin. You can gently exfoliate your lips using a soft toothbrush or a homemade scrub made of sugar and honey. Gently scrub your lips in circular motions and rinse off with lukewarm water. Lemon juice: Lemon juice has natural bleaching properties that can help lighten dark lips. Squeeze fresh lemon juice and apply it to your lips using a cotton ball. Leave it on for about 10 minutes and then rinse off. Be cautious as lemon juice can cause dryness, so moisturize your lips afterward. Honey and almond oil: Mix equal parts of honey and almond oil to create a natural lip lightening balm. Apply this mixture to your lips before bedtime and leave it on overnight. Both honey and almond oil have moisturizing and lightening properties that can help improve the

appearance of dark lips. Beetroot juice: Beetroot juice acts as a natural lip stain and can help lighten dark lips over time. Apply fresh beetroot juice to your lips using a cotton ball and leave it on for 10-15 minutes. Rinse off with lukewarm water. Regular use can gradually lighten the pigmentation of your lips. Aloe vera gel: Aloe vera gel is known for its soothing and healing properties. Apply a small amount of pure aloe vera gel to your lips and leave it on for 15-20 minutes. Rinse off with water. Regular use can help lighten dark lips and keep them moisturized. Stay hydrated: Dark lips can sometimes be a result of dehydration. Make sure to drink an adequate amount of water throughout the day to keep your body hydrated, including your lips. Protect your lips from the sun: Exposure to the sun can darken your lips further. Apply a lip balm with SPF or use a physical barrier like a hat or scarf to protect your lips from harmful UV rays.

General Knowledge Question Answers

Q.1 Mein Kampf is authored by... (A) Napoleon Bonaparte (B) Karl Marx (C) Adolf Hitler (D) Benito Mussolini	Q.6 Which of the following is not a member of the European Union? (A) Greece (B) Finland (C) Norway (D) the United Kingdom	Q.11 Where is 'Dudhsagar Waterfall' in India? (A) At the border of the Indian state of Goa and Karnataka (B) in Karnataka (C) in Gujarat (D) in Rajasthan
Q.2 Which of the following is the largest and the deepest ocean in the world? (A) the Arctic (B) Atlantic (C) Pacific (D) Indian	Q.7 ASEAN is headquartered at... (A) Male (B) Kathmandu (C) Jakarta (D) Kuala Lumpur	Q.12 In the World Boxing Championships 2017, who won India its first medal? (A) Gaurav Bidhuri (B) Alexander (C) Tarzan (D) Mitsuda
Q.3 The literacy rate of India is... (A) 57.86% (B) 61.34% (C) 63.98% (D) 65.38%	Q.8 This river was also called the Ganges of the South, Name the river from the given options. (A) the Godavari (B) Krishna (C) Cauvery (D) None of these	Q.13 Currently who is the Chief Minister of Assam? (A) Sarbananda Sonowal (Since 2016) (B) Prashant Yadav (C) Rajiv Gandhi (D) Ashok Gahalot
Q.4 Which Indian state has the least literacy rate? (A) Bihar (B) Rajasthan (C) Arunachal Pradesh (D) Orissa	Q.9 Which Indian state is inhabited by 'Jaintia tribes'? (A) Arunachal Pradesh (B) Mizoram (C) Manipur (D) Meghalaya	Q.14 Who is the current President of Bharatiya Janata Party? (A) Amit Shah (Indian politician from Gujarat) (B) Nitin Gadkari (C) Yashwant Sinha (D) Narendra Modi
Q.5 SAARC was formed in (A) 1982 (B) 1984 (C) 1985 (D) 1986	Q.10 Currently who is the Chief Minister of Goa (State of India)? (A) Manohar Parrikar (B) Prashant Sawant	

11. At the border of the Indian state of Goa and Karnataka	5. 1985	1. Adolf Hitler	4. Bihar
12. Sarbananda Sonowal (Since 2016)	6. Norway	2. Pacific	3. 65.38%
13. Gaurav Bidhuri	7. Cauvery		
14. Amit Shah (Indian politician from Gujarat)	8. Krishna		
	9. Arunachal Pradesh		
	10. Prashant Sawant		

ASTRO SPEAK

The sun enters Gemini and your solar third house marking the last stretch of spring and a chance for you to expand your mind. These vibes are perfect for nurturing your curious nature, though your social side will need some attention too. You'll want to be on guard for drama within your network of peers, taking care not to get involved if negativity begins to circulate your sphere.

The sun enters Gemini and your house of spirituality this morning, elevating your spirits and intuition throughout the next month. Lean into the mystic that lives within, and you'll soon find a universe alive with magic and synchronicity. Unfortunately, a tense opposition between Mars and Pluto could temporarily rain on your parade, especially if your friends try to pull you into their drama.

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You'll be thinking heavily about ways to evolve throughout the coming weeks, as the sun enters Gemini and your house of transformation. Use this energy to make important decisions that will lead you to a higher path, even if doing so requires a few "goodbyes." Keep tabs on your emotions as Mars and Pluto face off overhead, taking care to set boundaries and nurture your needs if you feel overly stressed.

Happy birthday, dearest Gemini! The sun officially enters your sign early this morning, giving you full permission to seek attention, revel in your popularity, and make things just a little bit more about you. However, you'll want to be delicate in your approach to adoration as Mars and Pluto face off, and be sure to keep your message positive and attitude light.

Get ready for lots of love and plenty of flirting, as the sun migrates into Gemini and your solar seventh house. This luminary placement will heighten your charisma and natural wits, providing you with all tools necessary to enchant your latest crush. However, you should focus on maintaining a sense of balance on your own, making time to support your mind, body, and soul in the pursuit of harmony.

Your mind will be a busy place throughout the coming weeks, darling Cancer, as the sun enters Gemini and the sector of your chart that governs introspection. This solar placement will ask you to take stock of your life, meditating on ways to improve your overall happiness while acknowledging what you cannot control. A sweetness will wash over you this evening when the moon enters your sign.

The sun enters Gemini and your solar sixth house asking you to recommit to your health and wellness goals. These vibes are perfect for recommitting to consistent bedtimes, workout regimes, and overall organization, so be sure to direct your focus accordingly throughout the coming month. You'll feel a shift this evening when the moon enters Cancer, helping you reclaim a sense of balance and harmony.

Get ready for good times ahead, dear Leo, as the sun enters Gemini and the sector of your chart that governs community. Though you'll be busy shaking hands and kissing babies throughout the coming weeks, a desire to do something good will also come into play. Be sure to acknowledge the humanitarian that lives within. Just be sure to carve out some alone time this evening when the moon migrates into Cancer.

A rush of playful and creative energy will wash over you as the sun enters Gemini and your solar fifth house. This luminary placement will reignite your spirits, especially when you devote more time to the pursuit of fun or the arts. Unfortunately, tensions could mound within your love life as Mars and Pluto face off in our skies, but try not to let small arguments spiral into something bigger.

Take extra steps to nurture your professional network throughout the coming weeks, dearest Virgo, as the sun enters Gemini and your solar tenth house. This luminary placement can assist in making headway within your occupational goals, but relationships will be important as you inch your way to the top. Use this energy as motivation to get a head start.

Your home will feel elevated and bustling when you awaken as the sun migrates into Gemini and the sector of your chart that governs domestic affairs. Use this energy to get organized within your space throughout the coming month, and be sure to host plenty of social gatherings. You may want to lay low for now, as Mars and Pluto face off overhead, which could put you in a private and irritable mood.

