

Karan Kundrra reveals his first salary for Kitani Mohabbat Hai; shares why he does not want to do daily soaps



Karan Kundrra has come a long way in his TV career. From Kitani Mohabbat Hai to being the host of Dance Deewane Juniors, Karan Kundrra's popularity has only increased over the year. Post his stint in Bigg Boss 15, Karan Kundrra has become the most loved and popular face of the TV industry. His connection with Tejasswi Prakash too has got him a lot of attention. Now, in a latest interview, Karan reflected on his journey. He shared about how he started his career, went missing for a while and his comeback. The handsome hunk started his career with Kitani Mohabbat Hai. In an interview with indianexpress.com, he revealed that he got Rs 4000 for his debut show and from there, he went on to earn Rs 1.20 lakh for Ekta Kapoor's show Dil Hi Toh Hai. The actor said, "After it (Kitani Mohabbat Hai) got humongous success everyone advised me to do a bigger show for Rs 25000, but I did Gumrah, a crime show, something that people do at 40. I quit Roadies at the peak too. Then I didn't do TV for five years. I returned for Ekta (Kapoor) ma'am only (Dil Hi Toh Hai) and got paid Rs 1.20 lakh. The more madness I carry, the better for me." In the same interview, he also revealed why he would not do daily soaps now. He stated that he does not have that much of commitment to dedicate years to one show. He wants to travel and does not want to give up on other good opportunities that come his way because he has signed a daily soap. "I won't be able to do a daily soap even for Rs 2.5 lakh a day. I don't have the strength for a long format and daily soaps demand a commitment for a year or two," he said.

AK61: Ajith to sport unusual style; hair and beard to undergo this BIG change



Ajith fans wholeheartedly embraced Valimai despite the negative to average reviews, catapulting it to superhit status at the box office, followed by a ter-

rifle digital reception on OTT platform ZEE5. Now, we have got you something special on the superstar's next after Valimai, tentatively titled AK61. After exclusively breaking the news that Ajith starrer AK61, directed by H Vinoth, and produced by Boney Kapoor – who also combined to dish out his last superhit, Valimai – would go on floors between 11th and 16th April, BollywoodLife has now learned another major AK61 update, which is sure to send the excitement levels of all Ajith fans skyrocketing. A well-placed source within the industry has exclusively apprised BollywoodLife that Ajith will be going in for a look that the audience hasn't seen him in since a long time on screen. According to our source, Ajith Kumar will be sporting a suave look and will be seen in slick suits mostly throughout the movie, which is a change from many of his previous releases. Also unlike, his general grey hair with slight salt-and-pepper traces, this time he seems to be opting for a complete silver, grey look. His beard is also said to be thicker and longer than any he has sported thus far.

No Entry 2: Here's when Salman Khan starrer will start rolling

Salman Khan has a few interesting films lined up and one of them is No Entry 2 which is reportedly titled No Entry Mein Entry. Anees Bazmee, who had helmed the first installment, will be directing the sequel as well. Last year, on his birthday, while talking to the media, Salman had announced the film officially. No Entry 2 has been in the news for the past many years, but finally, it will start rolling in the next few months. Recently, in an interview, Anees Bazmee spilled the beans. While talking to Bollywood Hungama, he said, “Recently, when I met Salman Khan, at that time he told me Anees Bhai let's start the shoot by December or January. Inshallah! We were discussing it and he is also quite serious about it. He loved the story and he asked me to narrate it once again and I narrated it. I hope that the shooting will start very soon.” When probed about the release date, the filmmaker said that they haven't discussed that and when he will meet Salman Khan again he will talk about it. He also said that even other people are involved in the film.



Weight loss: Food combinations you should avoid



What if you are eating all the wrong combinations of food and that's hindering your weight loss journey. Dieticians have always warned against several food combinations that they say affects the weight of an individual. Even if one is on a restricted diet to control weight, mistakes do not help in the process at all. It is therefore essential to keep an eye on the different food items you are eating and which other food items you are combining them with. Health experts say combining foods with different digestive enzymes will disturb the pH level of your gut system. Experts also warn against eating foods that require different digestive speeds. This may disturb the gut health and subsequently disturb the weight loss plan. Faulty food pairing should be avoided in diets and one should always take care of the nature of the food items before putting them on the plate together.

- Bananas and milk**
Combining bananas with milk is not a good option. While doing this, you might be doing justice to your taste buds, but you are actually disturbing the health of your stomach. Experts say the post-digestive effects of both bananas and milk are different from each other. This can result in toxin build up, allergy and other imbalances in the body. The effect of having bananas with milk can disturb your sleep pattern as well. Doctors also recommend people with asthma or breathing issues to not have these two foods together.
- Oats with dried fruits**
No doubt oats are great for weight loss. But when they are combined with dried fruits, it does not make a good combination for the body nutrition wise. Experts explain that though oat is suitable for weight loss, it does not give the body sufficient protein. When this combines with dried fruits it cuts down the scope of getting protein and instead adds more fibre to the body.
- Toast with jam**
When you are spreading your favorite jam over the toast, you are actually loading carbohydrate over carbohydrate. This way you overeat one nutrient only and miss out on other nutrients. Too many carbs are also responsible for heavy weight gain.
- Other food combinations to avoid**
As per Ayurveda, the following food combinations should be avoided:
 - Milk with fruits, melons, sour fruits, and bananas.
 - Milk with salty items like samosa
 - Grains with tapioca and fruits
 - Fruits and milk with vegetables
 - Beans with eggs, milk, fish, fruits, yogurt, and meat
 - Yogurt with cheese, hot drinks, sour fruits, milk, mangoes, night-shades, beans, eggs, Cheese with eggs, fruits, hot drinks, milk, beans, yogurt.

All you need to know about using red onion hair oil for hair



Haven't we all heard the hype about red onion oil for hair? It feels silly to use red onion on the hair, it is something we fondly eat in everyday meals. Apart from the strong smell and the flavour, red onions have many nutrients that are beneficial for her hair. Best known for its hair fall control and stimulating benefits, here are other benefits that one should know before using red onion hair oil. Beauty Guru and famous aromatherapist, Dr. Blossom Kochhar shares some useful details about the hair oil.
Hair Growth
Red onion oil helps in maintaining the pH level of the scalp. This also helps to improve circulation and stimulates hair growth. Applying red onion oil helps nourish the scalp and makes the hair stronger.
Increases Shine in the Hair
It is enriched with antioxidants, which boosts hair volume and adds a shine to your tresses. It makes your hair

shiny and lustrous by conditioning the hair and scalp.
Controls Dandruff
Its antibacterial and antiseptic properties help treat infections of the scalp and prevent dandruff.
Conditioning
Regular massage with red onion oil helps nourish the scalp and provides conditioning, thereby preventing dry and frizzy hair issues and ensures hair growth.
Delays Greying
It contains vitamins, minerals and potent antioxidants that delay greying and help maintain pH level in the hair. Here are a couple of things that one should be mindful while applying onion oil:
We all know red onion hair oil has an unpleasant pungent smell. Hence it is advised that we add a few drops of essential oils to it or rinse off with Ylang Ylang or Neroli Essential Oil after the hair wash.
Red onion oil is hot in potency hence it is vital that you mix this with coconut oil or aloe vera to avoid any blisters or bumps on the scalp.
Red onion oil can be made at home and is best recommended to avoid any kind of chemicals or preservatives in the bottled oil available in the market.
Step 1: Peel off and roughly chop a few red onions.
Step 2: Blend them in a grinder and extract juice.
Step 3: Blend some more onion to make fine paste.
Step 4: Heat some coconut oil in a pan.
Step 5: Add onion juice and paste to the pan.
Step 6: Stir it simultaneously
Step 7: Once the mixture comes to boil, simmer and let it cook till onion oil remains.
Step 8: Let the mixture cool and strain it and store in an airtight container. Try this homemade red onion oil once or twice a week for lustrous, and stronger hair.

General Knowledge Question

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|---|---|--|
| <p>1. The SI unit of ____ is named after Andre Marie Ampere.</p> <p>A. power
B. potential difference
C. electric current
D. energy</p> | <p>5. The sacred text of Confucianism is</p> <p>A. The Tripitaka
B. The Analects
C. Quran
D. no specific text</p> | <p>B. ring
C. arena
D. rink</p> |
| <p>2. The national flag was adopted by the Constituent Assembly of India on</p> <p>A. August 15, 1947
B. July 22, 1947
C. January 26, 1950
D. January 2, 1950</p> | <p>6. The state having maximum cities is</p> <p>A. Uttar Pradesh
B. West Bengal
C. Madhya Pradesh
D. Kerala</p> | <p>10. The NATO (North Atlantic Treaty Organisation) was established on</p> <p>A. April 4, 1949
B. September 1, 1966
C. December 12, 1990
D. January 20, 1950</p> |
| <p>3. The regional economic commissions of the Economic and social Council (UNO) are</p> <p>A. ECE (Economic Commission of Europe) and ESCAP (Economic and Social Commission for Asia)
B. ECLA (Economic Commission for Latin America) and ECA (Economic Commission for Africa)
C. ECWA (Economic Commission for Western Asia) and ECLA
D. All of the above</p> | <p>7. The National Convention framed the new Republican constitution of France in 1795, according to which</p> <p>A. the executive authority of the state was vested in a committee of five directors, called the Directory
B. a bicameral legislature was established
C. both (a) and (b)
D. None of the above</p> | <p>11. The number of principal organs of the United Nation is</p> <p>A. 3
B. 4
C. 5
D. 6</p> |
| <p>4. The playground of baseball is known as</p> <p>A. court
B. diamond
C. ring
D. pitch</p> | <p>8. The Sports Authority of India is registered as a society in</p> <p>A. 1982
B. 1983
C. 1984
D. 1985</p> | <p>12. The Reliance Cup was earlier known by the name of</p> <p>A. Benson and Hedges Cup
B. McDowell's Challenge Cup
C. Prudential Cup
D. Rothmans Cup</p> |
| | <p>9. The playground of lawn tennis is called</p> <p>A. court</p> | <p>13. The Rh factor refers to</p> <p>A. a protein substance found in the blood of some people
B. a hormone carried by the blood
C. the ratio of red corpuscles to white corpuscles in the blood
D. a process that speeds up the clothing of blood</p> |

10. April 4, 1949
11. 6
12. Prudential Cup
13. a protein substance found in the blood of some people

5. The Analects
6. Uttar Pradesh
7. both (a) and (b)
8. 1984
9. court

1. electric current
2. July 22, 1947
3. All of the above
4. diamond

ASTRO SPEAK

ARIES
MAR 21 - APR 20

Give yourself permission to take a break from your social media pages this morning, dear Aries, when the Aquarius moon forms a harsh square to Venus. Though these wonky vibes could put you in an anti-social mood as you awaken from your slumber, you'll begin to feel more social in time for brunch with your besies, thanks to a helping hand from the Gemini sun as afternoon rolls in.

TAURUS
APR 21 - MAY 20

Professional issues could disrupt what should otherwise be a peaceful as the Aquarius moon squares off with Venus. Though waking up to a message from your boss isn't the best way to start the weekend, you should be on track for fun by the time afternoon rolls around, and Luna blows a kiss to the Gemini sun. You'll notice a shift this evening when the moon enters Pisces, putting you in a social mood.

GEMINI
MAY 21 - JUN 20

Don't feel guilty about sleeping in today, as the Aquarius moon forms a harsh connection to Venus in the morning. Though these wonky vibes could leave you feeling unmotivated to get out of bed, a sweet alliance between the sun and moon will have you moving and shaking before afternoon rolls in. Use this energy to follow your heart as the universe encourages you to nurture your adventurous spirit.

CANCER
JUN 22 - JUL 23

Prepare to wash your hands of any situations or people that have been holding you back or causing excessive grief today, dear Cancer, as the Aquarius moon pushes you to transform your life. These same sentiments apply to self-destructive behavioral patterns, so you may need to get real with yourself as well. Use this energy to tap into your hopes and dreams for the future, so you can finally close the door to your past.

LEO
JUL 24 - AUG 23

The moon continues its journey through Aquarius today, sweet Lion, asking you to open your heart and lead with kindness. This cosmic climate will also bring out your quirky side, helping you embrace your most authentic self. Luckily, your eccentricities will only allow you to attract the affections of your friends and loved ones, which can be particularly helpful if you're looking for a new love interest.

VIRGO
AUG 24 - SEP 23

Look for ways to nurture your mental wellbeing today, dear Virgo, as the Aquarius moon travels through the sector of your chart that governs health and wellness. Taking time for meditation can help reconnect you with your mind/body awareness, giving you a chance to release any physical symptoms of stress that may be causing you discomfort.

LIBRA
SEP 24 - OCT 22

Creative inspiration will find you throughout the day, dear Libra, as the moon makes its way through Aquarius and the sector of your chart that governs self-expression. Unfortunately, you could lose track of any brilliant ideas that flood your psyche, making it important that you write them down as they come through. These vibes can bring major healing to your heart, but you'll need to take a proactive approach toward connecting with the people who love you the most.

SCORPIO
OCT 23 - NOV 22

Look for ways to mix up the vibe at home today, as the Aquarius moon brings a unique and fun-loving energy to the sector of your chart that governs domestic bliss. These vibes are perfect for elevating your space with a bit of cleaning and accessorizing, which means you don't have to feel guilty about hitting your favorite home goods store on the way home from work.

SAGITTARIUS
NOV 23 - DEC 22

You'll have a unique way of seeing the world today, dear Archer, as the Aquarius moon illuminates your solar third house. These vibes are perfect for journaling, problem-solving, and communicating your thoughts or emotions, though you should avoid getting too wrapped up in other people's issues. This cosmic climate will also help you reach new levels within your creativity.

CAPRICORN
DEC 23 - JUL 20

Targeted ads, sales, and browsing your favorite online stores could have you opening your wallet today, dear Sea-Goat, as the impulsive Aquarius moon activates your solar second house. Though you're typically one of the more financially responsible members of the zodiac, this cosmic climate will give you full permission to embrace luxury and treat yourself — as long as you do so within reason.

AQUARIUS
JAN 21 - FEB 23

You'll be in your element today, dear Aquarius, as the moon continues its journey through your sign and elevates your aura. This cosmic climate will inspire you to take charge of your life, especially if you're hoping to gain recognition or carve out a name for yourself. Others will be drawn to your sparkling demeanor, though you should avoid anyone who might try to ruin your good mood or drain you energetically.

PISCES
FEB 20 - MAR 20

Slightly restless energy will find you today, as the Aquarius moon illuminates the sector of your chart that governs the subconscious. These vibes could leave you feeling bored with your current situation, inspiring you to break free from any tasks or activities that are causing you to feel restricted. You'll still need to tend to your responsibilities before embracing excitement of this cosmic climate.

