

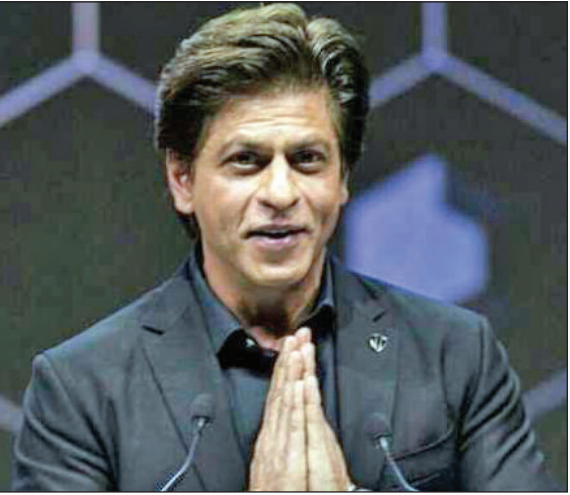
Vicky Kaushal reveals how his friends REACTED when they learnt he is getting married to Katrina Kaif



Vicky Kaushal is happily married to Katrina Kaif and it's almost 6 months since the couple has been hitched. However when the reports of them getting married were out, not many believed that this is happening for real. Many thought it is a prank unless the wedding pictures of the couple surfaced on the internet. Vicky who proved his prowess as an actor also won the heart of the most loved and beautiful actress Katrina Kaif. Well, it was not easy for his friends to believe that he is getting married to the diva.

In his recent video interaction, Vicky finally opened up about how his friends reacted when they learned about him getting married to Ms. Kaif. He laughed and said, "They were at the wedding and hung around with Katrina for a long time. So they are cool about it. They had a great time together." Talking about how his marriage is going with Katrina, he said, "It's going good. I feel settled. I think that's the appropriate word. God has been kind, be it my personal or professional life." Well, it looked like Vicky and Kat are made for each other and this is how TRUE love looks. Vicky and Katrina were dating for a year reportedly and the couple didn't want to waste much time, so that's why they decided to get hitched in the presence of their loved ones. They didn't even host a reception party owing to the Omicron threat. Vicky's parents are also very happy and content that Katrina Kaif is their bahu. Sunny Kaushal who is Kats's brother-in-law spoke about how adorable Bhabhi she is. Katrina's pregnancy rumours have been going around for quite a time now, however, the couple denied claiming that these are false reports. On the professional front, Katrina is waiting for the release of Tiger 3 along with Salman Khan and it is reported that she will be adding the Kaushal surname in the credits of the film.

Brahmastra: Did Shah Rukh Khan refuse to promote Ranbir Kapoor-Alia Bhatt's movie for this reason?



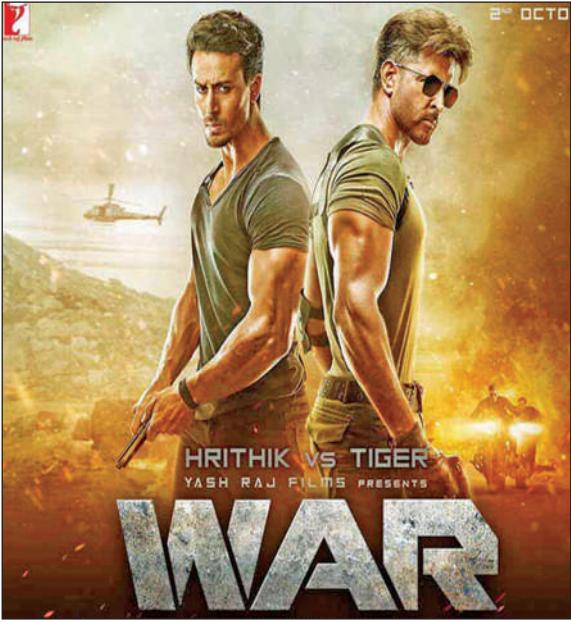
Ranbir Kapoor and Alia Bhatt's Brahmastra has made a lot of noise. The trailer of the movie was unveiled on June 15, 2022. The film is coming on September 9, 2022. The film is made on a huge budget, and the promotional activities are also being discussed in detail by Karan Johar, Ayan Mukerji and co. As we know, Shah Rukh Khan also has a cameo in Brahmastra. It seems his character plays a huge role in taking the narrative ahead. As per a report in Bollywood Hungama, the makers had toyed with the idea of involving Shah Rukh Khan in the promotions of the film. It seems a slew of activities have been planned around the sci-fi cum mythological film. The makers' team were wondering if Shah Rukh Khan could attend one of the promotional events of the movie. Shah Rukh Khan has been missing from such events for a long time. Being one of the biggest stars in India, his presence would boost like the promotions like none other. But it seems Shah Rukh Khan refused the offer politely.

War 2: Is Tiger Shroff teaming up with Hrithik Roshan again?

Tiger Shroff and Hrithik Roshan's unique combination in Siddharth Anand's 2019 action-spy drama War had created a massive rage among the fans. The movie became one of the top grossers and broke several records. While Hrithik's character kills Tiger's character in war, it seems like the second installment is on the cards, going by Tiger's cryptic post.

Tiger shared a collage image of two half faces, including him and Hrithik. He shared the post and made his fans to reply with Yes or No in a poll where he asked, "Part -2 Anyone?" Almost 90 per cent of the fans have voted for Yes and it has now left them restless hoping to get an official announcement soon regarding War 2. Previously, the makers had said that they will turn War into a franchise with Hrithik Roshan reprising his role of an agent named Kabir who turns rogue. Fan were left in awe of Kabir and Khalid's chemistry.

During a press meet, War director Siddharth Anand had earlier shared his idea on making the sequel, "We had an idea of turning it into a franchise provided we get love of audience. It seems audience's demand is more than our desire. This is how it should be. We all will sit together soon and decide on it."



Moong sprouts: An impressive food item to add in your weight loss diet



Moong sprouts are very low in calories but high in quality nutrients. These sprouted beans are fibre- and protein-rich, low-fat, and cholesterol-free. They carry just 30 calories per 100 grams. The dietary fibre in it helps in digestion and reduces cholesterol levels. It is a good source of food for patients suffering from celiac disease as sprouts are gluten-free. Sprouts carry a good number of B-complex vitamins, especially folates and thiamin. 100 grams of moong sprouts contain a good amount of copper, iron, manganese, phosphorus, calcium and zinc. They are also a very good source of potassium.

How to sprout moong dal
Rinse the beans thoroughly with clean water. Run water through the beans until it runs clear; remove any dust or debris if visible.

Now soak the beans in a jar for 8 to 12 hours at room temperature until they swell. Cover the mouth of the jar with a cloth so that the beans can breathe. The next day strain the beans and store them in an empty, dry container for sprouting, making sure to keep the

beans away from direct sunlight.
Repeat the rinsing and draining process once a day until the beans begin to sprout white tails. If stored in a wet cloth just make sure that the cloth is damp. On day four the beans will reach the desired length, giving them a final rinse. Sprouted moong is ready to eat in different forms.

Recipes
Sprouted moong salad: Boil the sprouted moong. Cut tomato, onion, cucumber, carrots, red and green capsicum and mint leaves. Now mix the freshly cut vegetables with sprouts, drizzle a few drops of lime juice and add a pinch of salt and pepper. Delicious salad is ready to serve.

Sprouted-moong cheela: It's a savoury Indian style pancake which is slightly thicker than dosa. Grind the sprouted beans well in a blender add some water if needed to make a smooth batter. Now add ginger garlic paste, salt and freshly chopped veggies to the batter. Now place the batter aside for 30 minutes. Brush some oil on a non-stick pan and heat the pan for a minute. Pour a ladle full of batter in the pan and spread it evenly. Cook cheela on medium heat for 2 to 3 minutes until the bottom is golden, now flip over and cook for another minute or two. Serve cheela with green chutney.

Sprouted moong bean cutlets: These delicious, healthy, and filling cutlets can be eaten for breakfast and evening snacks. Roast peanuts and oats on a medium flame. Once cooled, grind them well into a powder-like consistency. Take 2 boiled potatoes and mash them well, crush sprouted moong dal and mix it well with potatoes and oats powder. Add red chilli powder, salt, freshly chopped green coriander and ginger paste to the mixture. A non-sticky doe is formed. Make small sized balls from the doe and shape them into cutlets. Heat a pan and brush it with olive oil. Cook cutlets on the pan until golden brown and crisp. Serve them with green chutney.

Feng Shui tips to attract wealth in your home



Feng Shui is the ancient Chinese system that is all about the philosophical flow of energies and 'chi' into our surroundings to attract fortune, prosperity and wealth. It is widely practiced by people who believe in nurturing and letting nature's energy flow into their lives. Practicing Feng Shui brings good luck, love, and wealth into your life. Here listed are some ways to attract wealth into your home.

Declutter your home
If you're willing to bring good luck and wealth into your home, don't hesitate to throw out the things that are no longer needed in your home. Declutter your space as much as possible and keep only the things that you really think are important. A decluttered space allows good energy to flow through.

Keep images or things where water is flowing
Having a small fountain in your home, where the water keeps flowing is a very positive sign. If you can't afford



to have a fountain, putting up a picture of flowing water will also work. This initiates an abundance of wealth in your life.

Make your front door beautiful
Be certain to have a beautiful front door that looks pleasing to the eyes. Keep the colour of the door bright. Regularly clean it. You can also add pots of plants to beautify the entrance of your home.

Place crystals in your home
Citrine crystals attract wealth into your home. Keeping crystals in your home ensures the flow of wealth in your home. You can keep crystal stones or a crystal tree, whichever suits you best. You can keep these at a place where your money is kept or where you work.

Keep your kitchen clean
Never keep your kitchen dirty. A clean kitchen attracts money into your house. Clean the utensils, this will keep the space decluttered and tidy as well.

General Knowledge Question

1. The first batch of women pilots was commissioned on
- A. August 30, 1992
B. December 17, 1994
C. January 11, 1987
D. None of the above

2. The five permanent members of the Security Council are
- A. China, France, Russia, UK, USA
B. China, UK, Belgium, France, USA
C. India, UK, USA, China, Germany
D. None of the above

3. The frequency of which of the following is the highest?
- A. Gamma rays
B. Light waves
C. Micro waves
D. Radio waves

4. The first Olympics in the city of Olympia in Greece took place in
- A. 1000 BC
B. 850 BC
C. 776 BC
D. 753 BC

5. The clear sky looks blue because
- A. reflection of light
B. refraction of light
C. diffraction of light

- D. dispersion of light
6. The common terms used in shooting are
- A. hunting, show-jump, dressage
B. bed, ballsage, marksmanship, plug
C. bou, bucket, low, feather, paddle, regatta
D. None of the above

7. The buoyancy depends on
- A. the shape of the body
B. the mass of the body
C. the mass of the liquid displaced
D. the depth to which the body is immersed

8. The first chairman of the Africa fund committee was
- A. Late Rajiv Gandhi
B. Late Indira Gandhi
C. Late Pt. Jawaharlal Nehru
D. None of the above

9. The award instituted to honor outstanding agricultural scientists is
- A. Bhatnagar Award
B. Dadabhai Naoroji Award
C. Borlaug Award
D. Arjuna Award

10. The battle tanks designed and developed by the Defence Research and Development Organization in collaboration with Heavy Vehicles Factory and Bharat Heavy Electricals Limited are

- A. Vijayanta
B. T-55 and T-72
C. Arjun
D. All of the above

11. The chief administrative office of the UNO, which co-ordinates and supervises the activities of the UNO, is
- A. the International court of justice
B. the General Assembly
C. the secretariat
D. the Trusteeship council

12. The first women to climb Mt. Everest was
- A. Junko Taibei
B. Karoline Mikkelson
C. Valentina Tereshkova
D. None of the above

13. The first Indian and Asian to receive the Noble Prize in Physics was
- A. C.V. Raman
B. Mother Teresa
C. Rabindranath Tagore
D. S. Chandrasekhar

14. The first Dada Saheb Phalke Award, given in 1969, was received by
- A. Devika Rani
B. Pankaj Mullick
C. Kanan Devi
D. Sohrab Modi