

Alia Bhatt won't sacrifice her family time with Raha and Ranbir Kapoor; shares not being with parents, sister in initial years of her career



Alia Bhatt and Ranbir Kapoor welcomed a baby girl last year in November. They have named her Raha Kapoor. The dotting parents make sure either one of them is with Raha at all times. They even took their little one on a trip just a couple of days ago. Both Ranbir and Alia have been doing their work and going back home to Raha as soon as possible. And now, in a recent chat, the Rocky Aur Rani Kii Prem Kahaani actress openly shares that she will not sacrifice her family time anymore.

Alia Bhatt opens up on her priorities shifting and evolving over the years of working in the industry. In an interview with an entertainment portal, Alia shares that after a decade of working in the film industry, her life has also changed a lot. Alia says that there was a time when she would willingly sacrifice her time with her family. She would even sacrifice her sleep. Alia would continuously shoot and work. But now, she has a family. She has a daughter Raha Kapoor and a husband, Ranbir Kapoor.

The actress worked in these films and more in a decade. And hence, she did not spend time with her parents, sister and friends either. And hence, she wants to be able to do all of that too. However, that does not mean she will sacrifice her work. She will try to find a balance between them both. "So, yes, that is the decision that I've consciously taken and it includes being present." Alia feels that sometimes she is on the phone talking and figuring things out and at that time too, she tries to find balance by keeping away from it. Sometimes she fails and sometimes she succeeds.

Alia Bhatt has Heart of Stone with Gal Gadot and Jamie Dornan and Rocky Aur Rani Kii Prem Kahaani with Ranveer Singh and more. The Karan Johar directorial is releasing on 29th July 2023.

Project K: New poster of Prabhas starrer released, KaalChakra to be the new title?

Prabhas' Adipurush might have stooped below expectations at the box office. But he has the opportunity to erase Adipurush's failure from people's minds, with his upcoming films, Salaar and Project K. Big names like Kamal Haasan, Amitabh Bachchan, and Deepika Padukone are associated with Project K, a Nag Ashwin directorial. Amidst the buzz surrounding the film, the makers have dropped an intriguing poster of the Prabhas-starrer, piquing the interest of fans further. The poster came with the revelation that Project K's title and trailer will be launched at the San Diego Comic-Con (SDCC) 2023 convention in San Diego, California.

Speculations are rife that Prabhas' Project K might be titled Project KaalChakra. Suggestions surrounding the "K" in the film include Kalki, and Krishna as well. But these are just rumours, as the film team has not confirmed the title yet. Media reports claim that the official title announcement of Project K will be released on July 19 at SDCC 2023. Project K also stars Disha Patani, Dulquer Salmaan, Rana Daggubati, and Gaurav Chopra in important roles.



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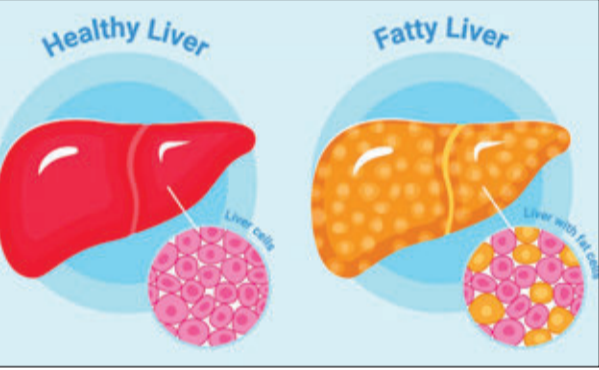
Shanaya Kapoor to star with Mohanlal in her first South film; to be a big budget Pan India project

Bollywood diva Shanaya Kapoor is all set to star in pan India film Vrushabha starring South superstar Mohanlal. The film will be a big-budget project with Shanaya playing a central role. The movie is set to go on floors this month and Shanaya is super excited to be part of this project which will release in Hindi, Kannada, Malayalam and Telugu. Shanaya landed in a pivotal role in this much-anticipated film and she will be sharing the screen with the renowned South Superstar Mohanlal. Vrushabha is an eagerly awaited film and a grand-scale venture boasting an impressive budget.

With Shanaya Kapoor bagging her opportunity to play a pivotal role in this upcoming magnum opus, her fans and industry enthusiasts have every reason to be excited about her performance. The film is slated to commence filming later this month, marking a significant milestone in Shanaya Kapoor's acting journey. Being cast alongside the illustrious Mohanlal is an incredible opportunity for Shanaya to learn from one of the industry's finest and showcase her acting prowess on a grand stage.



Swelling in these 5 body parts can be a 'severe' fatty liver disease sign



The liver is responsible for more than 500 essential bodily processes. Food processing, fighting diseases, and removing poisons from the blood are a few of these. Therefore, if the liver is harmed in any manner, it could result in serious problems. When the liver has too much fat, which is frequently caused by a bad diet, being overweight, and/or not exercising, fatty liver disease develops.

Cirrhosis is the name of the last stage of fatty liver disease. This happens after years of liver injury, which causes the organ to become scarred, lumpy, and shrink. Liver cirrhosis can cause swelling in five different parts of the body. They are:

- Legs**
When the liver isn't functioning properly, pressure accumulates in its veins, resulting in this enlargement. The pressure restricts blood flow in the liver; and as a result, the kidneys are unable to excrete too much salt from the body. Swollen veins in the feet should be considered seriously.

Ankles



Oedema, often known as swelling in the legs, foot, or ankles is one such symptom of liver disease. Swollen ankles can cause issues in motor abilities and cause discomfort.

Feet
In some patients, the swelling can spread from ankles to feet too. Swollen feet are often considered as a side effect of a rough day at work but there might be underlying issues to regular swelling in the feet.

Tummy
Frequently, fatty liver disease symptoms don't appear until a later stage. Swelling in the tummy can be mistaken for bloating. If left untreated, a swollen tummy may possibly develop into cancer or liver failure.

Fingertips
Clubbing of the fingers, in which the fingertips spread out and become rounder than usual, is a symptom of liver cirrhosis. One must immediately consult a doctor and get timely treatment if the condition persists.

How to smoothen frizzy hair



Dealing with frizzy hair can be frustrating, but there are several methods you can try to help smoothen and manage it. Here are some tips to help you smooth frizzy hair:

Shampoo and Conditioner: Use a shampoo and conditioner specifically designed for frizzy hair or ones that offer smoothing properties.

Avoid shampoos with harsh sulfates that can strip the hair of its natural oils, which can contribute to frizz.

Deep Conditioning: Regularly use a deep conditioning treatment or hair mask to moisturize and nourish your hair.

Look for products containing ingredients like argan oil, shea butter, or coconut oil, which can help smooth the hair cuticle.

Towel Drying: After washing your hair, gently pat it dry with a microfiber towel or an old t-shirt.

Avoid rubbing your hair vigorously with a towel, as this can create friction and lead to more frizz.

Heat Styling Precautions: Minimize the use of heat styling tools like flat irons and curling irons, as they can cause damage and exacerbate frizz.

When using heat styling tools, always apply a heat protectant spray or serum to your hair beforehand.

Avoid Overwashing: Washing your hair too frequently can strip it of natural oils, making it more prone to frizz.

Aim to wash your hair every other day or every few days to maintain its natural moisture balance.

Use Anti-Frizz Products: Look for serums, creams, or sprays specifically formulated to combat frizz.

Apply a small amount of the product to your palms, rub them together, and distribute it evenly through damp or dry hair.

Comb Properly: Use a wide-toothed comb or a brush with natural bristles to detangle your hair gently. Avoid brushing your hair when it's dry, as it can lead to frizz and breakage.

Protective Hairstyles: Opt for hairstyles that protect your hair and minimize frizz, such as braids, buns, or updos.

These styles can help keep your hair contained and reduce exposure to humidity.

Humidity Control: In humid weather, use products with humidity-resistant properties or consider wearing a hat or scarf to protect your hair from excess moisture.

Regular Trimming: Split ends can contribute to frizz, so schedule regular trims to keep your hair healthy and prevent further damage.

Remember that everyone's hair is unique, so you may need to experiment with different products and techniques to find what works best for you. Patience and consistency are key in managing frizzy hair effectively.

General Knowledge Question Answers

1. Who was awarded the Nobel Peace Prize in 2020?

- a) Greta Thunberg
- b) Malala Yousafzai
- c) World Food Programme
- d) United Nations

2. Who was awarded the Nobel Prize in Literature in 2020?

- a) Olga Tokareczuk
- b) Louise Glück
- c) Bob Dylan
- d) Kazuo Ishiguro

3. Who was awarded the Padma Vibhushan, the second-highest civilian award in India, in 2021?

- a) SP Balasubrahmanyam
- b) Shinzo Abe
- c) Narinder Singh Kapany
- d) Mohammed Yusuf Khan (Dilip Kumar)

4. Who was awarded the Bharat Ratna, India's highest civilian award, in 2019?

- a) Atal Bihari Vajpayee
- b) Pranab Mukherjee
- c) Nanaji Deshmukh
- d) Bhupen Hazarika

5. Who was awarded the Nobel Prize in Physics in 2020?

- a) Roger Penrose, Reinhard Genzel, Andrea Ghez

- b) James Peebles, Michel Mayor, Didier Queloz
- c) Isamu Akasaki, Hiroshi Amano, Shuji Nakamura
- d) Takaaki Kajita, Arthur B. McDonald

6. Who was awarded the Man Booker Prize in 2020?

- a) Tsitsi Dangarembga
- b) Douglas Stuart
- c) Hilary Mantel
- d) Richard Flanagan

7. Who was awarded the Nobel Prize in Chemistry in 2020?

- a) Emmanuelle Charpentier, Jennifer Doudna
- b) John B. Goodenough, M. Stanley Whittingham, Akira Yoshino
- c) Frances H. Arnold, George P. Smith, Sir Gregory P. Winter
- d) Jacques Dubochet, Joachim Frank, Richard Henderson

8. Who was awarded the Nobel Prize in Medicine or Physiology in 2020?

- a) Harvey J. Alter, Michael Houghton, Charles M. Rice
- b) James P. Allison, Tasaku Honjo
- c) Yoshinori Ohsumi
- d) William G. Kaelin Jr., Sir Peter J. Ratcliffe, Gregg L. Semenza

9. Who was awarded the Booker Prize in 2019?

- a) Margaret Atwood, Bernardine Evaristo

- b) Richard Flanagan
- c) Anna Burns
- d) Paul Beatty

10. Who was awarded the Pulitzer Prize for Fiction in 2020?

- a) Colson Whitehead
- b) Richard Powers
- c) Donna Tartt
- d) Jennifer Egan

11. Who was awarded the Nobel Prize in Economics in 2020?

- a) Paul R. Milgrom, Robert B. Wilson
- b) Esther Duflo, Abhijit Banerjee, Michael Kremer
- c) Richard H. Thaler
- d) Angus Deaton

12. Who was awarded the Abel Prize in Mathematics in 2021?

- a) Karen Uhlenbeck
- b) László Lovász
- c) Yves Meyer
- d) John Tate

13. Who was awarded the Nobel Prize in Literature in 2019?

- a) Olga Tokareczuk
- b) Louise Glück
- c) Bob Dylan
- d) Kazuo Ishiguro

-Answers:

- 1. World Food Programme
- 2. Louise Glück
- 3. Mohammed Yusuf Khan (Dilip Kumar)
- 4. Atal Bihari Vajpayee

- 5. Roger Penrose, Reinhard Genzel, Andrea Ghez
- 6. Douglas Stuart
- 7. Emmanuelle Charpentier, Jennifer Doudna
- 8. Harvey J. Alter, Michael Houghton, Charles M. Rice

- 9. Margaret Atwood, Bernardine Evaristo
- 10. Colson Whitehead
- 11. Paul R. Milgrom, Robert B. Wilson
- 12. László Lovász
- 13. Olga Tokareczuk



Ragi Malpua



Ingredients

- 60 gm ragi flour
- 30 gm wheat flour
- 1 pinch salt
- 3 tablespoon refined oil
- mixed fruits as required
- 15 gm oats powder
- 170 ml milk
- 80 gm powdered sugar
- 2 teaspoon honey

Method:

To prepare this delicious recipe, start by crushing the pistachios into small pieces. Then, take a large bowl and add the grated coconut along with green cardamom powder, crushed pistachios and honey. Mix it well and keep aside.

Now, take another bowl and add the ragi flour, oats flour and wheat flour in it along with a pinch of salt and the powdered sugar. Mix them well and then, gradually, add milk to form a smooth batter with the consistency of dosa batter.

Next, take a tawa over medium flame and heat it. With a ladle, pour some batter on the tawa and spread it to make a circle. Then, drizzle some oil on the edges to avoid sticking and cook for a minute.

Flip the Malpua and cook it for another minute. Don't overcook them to a crisp, they should be soft. Repeat the process with the remaining batter.

Now, transfer the Ragi Malpuas to a plate, top it with honey and the prepared filling. Garnish with fresh fruits of your choice and enjoy!

ASTRO SPEAK

ARIES



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.

LIBRA



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.

TAURUS



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.

SCORPIO



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.

GEMINI



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.

SAGITTARIUS



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.

CANCER



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.

CAPRICORN



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.

LEO



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.

AQUARIUS



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 reinvigorate 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.

VIRGO



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.

PISCES



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.