

Raghav Juyal finally addresses rumours of dating Shehnaaz Gill



Raghav Juyal and Shehnaaz Gill's rumoured relationship has been in the limelight for a long time. The two met on the sets of Salman Khan's Kisi Ka Bhai Kisi Ki Jaan. Their relationship speculations sparked during the promotions of the film when Salman Khan revealed that he saw "a chemistry being built on the sets of the film". Though social media was flooded with rumours of their relationship, the duo remained tight-lipped. In a recent interview, Raghav Juyal has finally opened up on the dating rumours.

Putting an end to all the baseless relationship rumours, Raghav stated that because he has three films releasing in the next few months, he is currently married to his work. "Shehnaaz and I have acted in the film together; that's it. It is natural for people to ask questions about one's co-stars, but no, we are not dating, and I am single. I have three films releasing in a few months, and let's just say that I am married to my work. I want to stay single as of now and have no plans or time to be in a relationship," Raghav told ETimes. He also clarified that Salman Khan had just cracked a joke during the promotions and that there is nothing between the two co-stars.

On the work front, Raghav Juyal is a popular name in the television world due to his exceptional dancing and hosting skills. The actor has also worked in a bunch of Bollywood films. He has an exciting line-up of films, including Wedlock, Hasal, and Yudhra, to name a few.

Even Shehnaaz Gill clarified that the relationship rumours are "not true." "Salman bhai cracked a joke during the promotions of the film, and that led to these rumours," she added.

Shehnaaz Gill made her acting debut in 2019 with Kala Shah Kala. Kisi Ka Bhai Kisi Ki Jaan marked her entry in Bollywood.

Pushpa 2: Allu Arjun LEAKS a dialogue from the film and it's as powerful as it can get

Pushpa 2 is one of the highly-awaited films. In fact, Pushpa 2: The Rule starring Allu Arjun is at the top of the Most-awaited Hindi films list by Ormax Media. Allu Arjun has managed to beat Salman Khan, Prabhas and more to be at the top. Fans are eagerly waiting for their Pushparaj to return to the big screen with some kickass one-liners and raw action scenes. But much before its release, Allu Arjun teased fans by leaking a dialogue from Pushpa 2: The Rule.

Allu Arjun was among the guests who attended the success meet of the film Baby starring Anand Deverakonda in the leading role. He was in the best of his moods and as he took to the stage, fans simply could not stop cheering for Pushpa 2. Fans also demanded a one-liner from Pushpa 2 and Allu Arjun happily obliged. He mouthed the dialogue, 'Eedantha jarigedi okate rule meeda jarugitaanadadi, Pushpa gadi rule'. It means, 'everything here will be dictated by one rule, and that is Pushpa's rule.' Guess, the movie is going to stay true to its name. Pushpa is coming to rule and he shall do it by all means. In no time the video went



viral on social media and the anticipation for Pushpa 2 reached its highest peak.

Vivek Oberoi files fraud case against business partners, cheated of Rs 1.55 crore

Vivek Oberoi has landed in financial fraud. The actor along with his wife Priyanka Alva Oberoi has lodged a police complaint against three of Vivek's business partners, alleging that they have defrauded the actor of Rs 1.55 crore. Reportedly, the three accused promised Vivek lucrative profits, which made the actor make an investment in an event and film production company. The alleged fraudsters used the money for their own benefit, wrongfully. Presently, the police have started their investigation into the matter, probing to find further details on the fraud case.

Vivek Oberoi's company Oberoi Mega Entertainment LLP appointed Deven Bafna, an authorised chartered accountant, to file the police complaint on his behalf. The accused business partners include event organisers and film producers, Nandita Saha, her son Sanjay Saha and Radhika Nanda, who are members of Anandita Entertainment LLP. Deven Bafna told the police authorities that his client Vivek Oberoi and the other party involved were supposed to launch a firm, to organise events pertaining to film production and business related to films.



Recipes

Boondi Kadhi



Ingredients
 1/2 cup gram flour (besan)
 4 cup water, 1 teaspoon ginger paste
 1 onion, 1/4 teaspoon cumin seeds
 1/2 teaspoon turmeric, 2 dry red chili
 2 stalks curry leaves, 1/2 cup boondi
 1/2 tablespoon dry mango powder, 2 cup thick sour curd
 2 tablespoon vegetable oil, 1 teaspoon garlic paste
 1/4 teaspoon asafoetida, 1/2 teaspoon fenugreek seeds
 2 tablespoon ghee, 1 teaspoon mustard seeds
 1 teaspoon red chilli powder, salt as required

Method:
 Add besan along with curd in a blender. Blend to form a smooth paste. Now add 4 cups of water to the paste and mix well to form a smooth mixture. Mix very well. Put a kadhai on heat. Add 2 tsp oil to it. Add asafoetida, fenugreek seeds, cumin seeds, ginger-garlic paste and chopped onion. Saute the ingredients for a few seconds.

Now add the besan mixture to the kadhai and keep the flame full. Keep stirring until it comes to a boil. Make sure you stir the mixture continuously otherwise it might curdle. Once a boil comes, you can stop the continuous stirring.

Add turmeric, dry mango powder and salt as per taste. Keep the flame medium and let the kadhi cook for 10-15 minutes. Stir once every two minutes to prevent the kadhi from sticking to the bottom. After switching off the flame, add boondi and mix well. Take a pan. Add dry red chilli, mustard seeds, curry leaves and let them splutter for a minute. Now add red chilli powder and give a quick mix. Now add this tempering to the kadhi and quickly cover the lid to let the kadhi absorb the flavours and aroma. Serve kadhi hot with rice or roti. Enjoy!

Yoga poses for relief from sinusitis and nasal congestion



Sinusitis, a common ailment during the monsoon and winter seasons, is characterized by inflammation of the sinus cavities. It can be caused by allergies, infections, nasal polyps, or swelling of the sinus lining. Symptoms include nasal congestion, difficulty breathing through the nose, pain and swelling around the eyes, cheeks, nose, or forehead, as well as cough, headache, fever, and sore throat.

Yoga to ease sinusitis
 Himalayan Siddhaa Akshar, yoga and spiritual leader, founder, Yoga Institutions says, "While painkillers and antibiotics are often prescribed to treat sinusitis, practicing yoga can provide relief. Yoga can help stimulate white blood cell production, improve blood circulation, and release endorphins. Certain yoga asanas specifically target sinusitis by opening up the air passages in the nose."
 Here are some yoga techniques that can help alleviate sinusitis:

Cobra Pose (Bhujangasana)

Start by lying flat on your stomach with palms under your shoulders. Keep your feet together with toes on the ground. Inhale deeply, hold your breath, and lift your head, shoulders, and torso to a 30-degree angle. Maintain the posture for 10 seconds, ensuring your navel remains on the floor and your shoulders are broad. Exhale as you slowly lower your torso back down.

Ustrasana (Camel Pose)

Begin by kneeling on a yoga mat and placing your hands on your hips. Arch your back and slide your palms over your feet until your arms are straight. Keep your neck in a neutral position and hold the posture for a few breaths. Exhale and slowly return to the starting position, withdrawing your hands and bringing them back to your hips as you straighten up.

KapalBhati Pranayama

Sit comfortably in a pose such as Sukhasana, Ardha Padmasana, or Padmasana. Straighten your back, close your eyes, and place your palms facing up on your knees. Inhale normally and focus on forcefully exhaling with short, rhythmic breaths. Use your stomach to expel air from the diaphragm and lungs, compressing it. Inhalation should occur naturally as you decompress your stomach.

Bhastrika Pranayama

Sit comfortably in a pose such as Sukhasana, Ardha Padmasana, or Padmasana. Straighten your back, close your eyes, and place your palms facing up on your knees. Inhale deeply, filling your lungs with air, and then exhale completely. Maintain a 1:1 ratio of inhalation and exhalation. For example, if you breathe in for 6 counts, exhale for 6 counts.

Start by practicing these breathing techniques for five minutes a day and gradually increase the duration over time.

Beauty hacks for women above 40



Skincare is important after the age of 40 because the skin undergoes various changes as a part of the natural aging process. Here are some reasons why skincare becomes especially crucial during this stage:

Skincare Routine: Invest in a good skincare routine that includes cleansing, toning, and moisturizing. Use products that target specific concerns like fine lines, wrinkles, and age spots. Incorporate serums and face oils to boost hydration and nourishment.

Sun Protection: Protect your skin from the sun's harmful rays by wearing sunscreen with a high SPF on a daily basis. This will prevent further damage and reduce the appearance of age spots and wrinkles.

Hydration: Hydrate your skin from the inside out by drinking plenty of water throughout the day. This helps maintain

skin elasticity and a youthful glow.

Eye Care: Pay special attention to the delicate skin around the eyes. Use a hydrating eye cream to reduce puffiness, dark circles, and fine lines. Applying cold cucumber slices or chilled tea bags can also help soothe and refresh tired eyes.

Makeup Techniques: Adjust your makeup techniques to enhance your features and create a youthful appearance. Use lightweight, moisturizing foundations or tinted moisturizers for a natural look. Avoid heavy powders that can settle into fine lines. Focus on defining your eyes and brows to frame your face.

Hair Care: As you age, your hair may become thinner and more brittle. Use volumizing shampoos and conditioners to add body and texture. Consider a shorter haircut or layers to give the illusion of fuller hair. Regular trims can help keep your hair looking healthy and vibrant.

Teeth Whitening: Brighten your smile by using teeth-whitening toothpaste or seeking professional teeth whitening treatments. This can instantly freshen your appearance and make you look younger.

Healthy Lifestyle: Maintain a healthy lifestyle by eating a balanced diet rich in fruits, vegetables, and lean proteins. Regular exercise and sufficient sleep also contribute to a youthful appearance by boosting circulation and reducing stress.

Posture and Confidence: Stand tall with good posture, as it can instantly take years off your appearance. Additionally, exude confidence and embrace your age gracefully. A positive mindset can greatly impact how you look and feel.

Remember, everyone's skin and needs are different, so it's important to find what works best for you. Consulting with a dermatologist or skincare professional can provide personalized advice tailored to your specific concerns and skin type.

General Knowledge Question Answers

- | | | |
|--|--|---|
| 1. Who is the author of "To Kill a Mockingbird"?
A) F. Scott Fitzgerald
B) Ernest Hemingway
C) Harper Lee
D) Jane Austen | 6. Who is the author of "1984"?
A) George Orwell
B) Aldous Huxley
C) Ray Bradbury
D) Margaret Atwood | 11. Who is the author of "One Hundred Years of Solitude"?
A) Gabriel Garcia Marquez
B) Pablo Neruda
C) Jorge Luis Borges
D) Octavio Paz |
| 2. Which author wrote the Harry Potter series?
A) J.K. Rowling
B) Stephen King
C) George R.R. Martin
D) J.R.R. Tolkien | 7. Who wrote "The Diary of a Young Girl"?
A) Anne Frank
B) Elie Wiesel
C) Primo Levi
D) Viktor Frankl | 12. Who is the author of the novel "The God of Small Things"?
a) Arundhati Roy
b) Salman Rushdie
c) Vikram Seth
d) Kiran Desai |
| 3. Who wrote the novel "The Great Gatsby"?
A) F. Scott Fitzgerald
B) Ernest Hemingway
C) Harper Lee
D) Jane Austen | 8. Which author wrote "Pride and Prejudice"?
A) F. Scott Fitzgerald
B) Ernest Hemingway
C) Jane Austen
D) Virginia Woolf | 13. Who is the author of the novel "Wuthering Heights"?
a) Charlotte Bronte
b) Emily Bronte
c) Jane Austen
d) Virginia Woolf |
| 4. Who is the author of "The Catcher in the Rye"?
A) J.D. Salinger
B) Ernest Hemingway
C) Harper Lee
D) Jane Austen | 9. Who is the author of "The Hobbit"?
A) J.K. Rowling
B) J.R.R. Tolkien
C) C.S. Lewis
D) Roald Dahl | 14. Who is the author of "The Color Purple"?
a) Toni Morrison
b) Alice Walker
c) Maya Angelou
d) Zora Neale Hurston |
| 5. Which author wrote "The Chronicles of Narnia"?
A) J.K. Rowling
B) J.R.R. Tolkien
C) C.S. Lewis (Answer)
D) Roald Dahl | 10. Which author wrote "The Picture of Dorian Gray"?
A) Oscar Wilde
B) Virginia Woolf
C) James Joyce
D) T.S. Eliot | 15. Who is the author of "The Lord of the Rings" trilogy?
a) J.K. Rowling
b) J.R.R. Tolkien (Answer)
c) C.S. Lewis
d) Roald Dahl |

ASTRO SPEAK

- | | |
|---|--|
| ARIES
MAR 21 - APR 20
The Virgo moon connects with Uranus this morning, dearest Aries, nudging you to connect with your surroundings while breaking free from typical Saturday routines. These vibes pair well with hikes, picnics, and exploration, so be sure to focus your energy accordingly. Watch out for hazy vibes this evening when Luna faces off with Neptune, and consider taking a few moments for solitude. | LIBRA
SEP 24 - OCT 22
You may reach a breaking point of sorts as the Virgo moon connects with Uranus this morning, dear Libra, offering to revolutionize the way you think and feel. If you've been carrying around bad habits or vibes that you'd rather be rid of, now is the perfect time to finally cut ties. Meanwhile, the sun makes its debut into Leo, implying you to support your community throughout the coming weeks. |
| TAURUS
APR 21 - MAY 20
The creative genius that lives within will stir from its slumber this morning, dear Taurus, marking the perfect excuse to kick off your weekend with some crafting. Impromptu hangouts could also come into play, so be sure to answer if your bestie calls. You may feel a bit emotional this evening when Venus enters her retrograde motion, making it a good time to stay cozy at home. | SCORPIO
OCT 23 - NOV 22
You should feel loved by your community this morning, dearest Scorpio, as the Virgo moon connects with Uranus. These vibes are also great for an impromptu date or gathering of friends, so don't hold back if you feel inspired to leave the house. Career insecurities may bubble to the surface throughout the coming weeks as Venus retrograde kicks off this evening. |
| GEMINI
MAY 21 - JUN 20
The Virgo moon connects with Uranus this morning, dear Gemini, paving the way for self-discovery and emotional breakthroughs. Don't be afraid to swim in the depths of your soul, doing so with a revolutionary and playful disposition. Old love interests may resurface throughout the coming weeks as Venus enters her retrograde motion this evening. | SAGITTARIUS
NOV 23 - DEC 22
Your inventive side will shine through around the office today, dear Archer, thanks to a sweet exchange between the Virgo moon and Uranus. Embrace unconventional techniques under this cosmic climate, as doing so will help you gain the respect of your peers. Venus kicks off her retrograde journey through Leo this evening, asking you to reconnect to your spirituality and a consistent self-care routine. |
| CANCER
JUN 22 - JUL 23
Surprising news may find you as the Virgo moon aligns with Uranus, so be sure to keep your phone nearby. These vibes will also bring a certain level of genius your way, so don't be afraid to speak up if you have something interesting to say. Venus kicks off this evening, asking you to make peace with any insecurities you may be harboring. Leo season kicks off later tonight, bringing warm energy to the table. | CAPRICORN
DEC 23 - JUL 20
Flashes of insight could crawl into your psyche this morning, dear Capricorn, as the Virgo moon aligns with Uranus. This celestial exchange is poised to supercharge your intuition and connection with the universe, which means moments of brilliance may have divine origins. Sudden breakthroughs are also poised to elevate your confidence, so be sure to celebrate every victory properly. |
| LEO
JUL 24 - AUG 23
Shocking developments could manifest within your field today, dear Leo, as the Virgo moon connects with Uranus. Don't be surprised if foundations are rocked, using any chaos that ensues as an opportunity to showcase reliability. Venus begins her retrograde journey this evening, which may have you reevaluating your image throughout the coming weeks. | AQUARIUS
JAN 21 - FEB 23
You'll crave genuine intimacy as the Virgo moon aligns with Uranus this morning, dear Aquarius, inspiring you to scratch below the surface. Luckily, people will be eager to break free from tradition, helping you see loved ones in a new light. Your love life may be tested throughout the coming weeks as Venus enters her retrograde journey later this evening. |
| VIRGO
AUG 24 - SEP 23
The moon continues its journey through your sign forming a supportive connection with revolutionary Uranus. These vibes will put you in an unconventional mood, encouraging you to fully embrace what makes you independently unique. You may be forced to reckon with unresolved heartache throughout the coming weeks as Venus kicks off her motion this evening. | PISCES
FEB 20 - MAR 20
All signs point to an exciting start to the weekend, as the Virgo moon connects with unpredictable Uranus. Use this energy as an excuse to be as wild and weird as you please, bringing your closest companions along for the ride. The stars will ask you to reevaluate your habits as Venus enters her retrograde motion this evening, especially if you've adopted unhealthy behaviors recently. |

