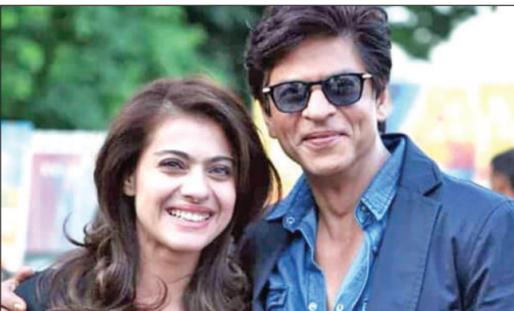


Kajol reveals the most annoying thing about her that can make Shah Rukh Khan want to kill her



During a chat with Mashable India, Kajol opened up about her friendship with Shah Rukh Khan and why she refrains from bombarding him with 'good morning' messages. While Kajol considers Shah Rukh a very good friend, she jokingly admitted that she would never risk sending him such messages, fearing his reaction. Describing their bond, Kajol revealed that if she ever called Shah Rukh in the middle of the night, he would always pick up her call, and vice versa. However, she clarified that she doesn't engage in daily messaging, like sending him 'good morning' wishes along with flower photographs, as she playfully fears he might respond by "stabbing her with a nice fork."

The duo, known for their iconic on-screen chemistry, has appeared in several blockbuster films together, including Dilwale Dulhania Le Jayenge, Baazigar, Karan Arjun, My Name Is Khan, and Kabhi Khushi Kabhie Gham. They reunited on-screen in Rohit Shetty's Dilwale in 2015.

Speaking about their friendship, Shah Rukh had previously expressed his excitement about working with Kajol again, considering her his warmest and closest friend. They cherish the exceptional cinema they have created together and hoped to recreate the magic with Dilwale.

As one of Bollywood's most beloved on-screen pairs and genuine friends, Kajol and Shah Rukh continue to share a special bond that has delighted fans for years. Their camaraderie both on and off-screen has left a lasting impression on audiences and solidified their place as an iconic duo in Indian cinema. On the work front, Kajol was recently seen in The Trial, a web series on Disney Plus Hotstar which marked her OTT debut. She was seen playing a lawyer and was a perfect fit for the character.

Bawaal: Varun Dhawan, Janhvi Kapoor film leaves Israeli embassy 'disturbed' by trivialization

While Varun Dhawan, Janhvi Kapoor and Nitesh Tiwari have defended Bawaal, it looks like some are truly not impressed. As we know, the couple travel to all the World War II spots in Europe and their trip ends at the Nazi death camp in Anshwitz. There, they imagine the plight of the Jews who were exterminated by Hitler and decide to change their outlook towards life and marriage. Janhvi Kapoor tells Varun Dhawan that every relationship goes through its Auschwitz. The dialogue has made people see red. Many felt it was tone deaf to compare issues in a marriage to what is perhaps the worst crime against humanity.

Rabbi Abraham Cooper of SWC has written a letter to Prime Video to take down the film. Now, the Israeli Embassy has put out a tweet that is disturbed by the trivialization of the Holocaust in Bawaal. They have said that though it might be a well-intentioned movie, the use of terminology was not really appropriate. They urged Indians to educate themselves about the horrors of the Nazi regime and how lakhs of Jews were massacred.



Aditya Roy Kapur in no hurry to tie the knot with rumoured ladylove Ananya Panday?

Aditya Roy Kapur and Ananya Panday are one of the hottest current couples of Bollywood. People have not stopped talking about them after the pics from Portugal and Spain went viral. The two were clicked in Lisbon where they attended the concert of the Arctic Monkeys. She was in a maxi dress and he had his arms around her. Now, there is a big age difference between the two. Aditya Roy Kapur's friends like Ranbir Kapoor are all settled now. Aditya Roy Kapur did not confirm or deny anything to ETimes. He said as long as the matter was being discussed it was good going. He said that guesswork was work, and things should flow organically. He was quoted as saying, "I think we should let it remain a topic of discussion. As long as it is being discussed it is a good thing. Conjecture is good, let things flow naturally." The first rumours surfaced around seven to eight months back. It was said that Ananya Panday was seen at the building where Aditya Roy Kapur resides. Ishaan Khatter and she ended their relationship more than a year back as they could not see a future together.



Recipes

Banana Oats Pancakes



Ingredients

- 1 cup oats
- 1 egg
- 1 teaspoon baking powder
- 2 tablespoon vegetable oil
- 2 banana
- 1/2 cup milk
- 1 teaspoon vanilla essence
- For Toppings
- 3 tablespoon maple syrup
- 2 tablespoon milk chocolate
- 1 tablespoon walnuts

Method:

Put the peeled bananas, milk, egg, oats, vanilla essence and maple syrup in a blender. Blend for about a minute to make a smooth batter. Take the batter out in a bowl and add baking powder. Mix well. Heat a non-stick pan with a dash of oil.

Pour 1/4 cup of the batter into the pan, cook on one side for about 1 minute, then turn and cook on the other side until golden brown.

Repeat the same process for making pancakes with the rest of the batter.

Put the chocolate chips or chopped milk chocolate in a microwavable bowl. Heat in the microwave for 15 seconds. Stir well till the entire chocolate has melted and looks smooth.

Sprinkle the chopped walnuts on the pancakes and drizzle the melted chocolate. Serve immediately with maple syrup or honey.

Enjoy!

7 indications you need to visit a cardiologist immediately?



Many people dread visiting a doctor, and more so when it is a cardiologist! There is a fear that once the heart requires medical help, that is the end of it. However, experts say that timely diagnosis helps in a bigger way to save a heart from potential damage. Therefore, people are urged to get their heart checked annually or twice a year. If you are someone who pays less attention to regular body checks up, here are a few reasons why you should be taking care of one of the largest organs of the body.

Your family has a history of a heart ailment

If you come from a family, where your immediate relatives are having heart complications, it is imperative for you to get yourself tested regularly. Health experts have always warned about a particular pattern of heart disease that runs within the family. Only identifying the early signs and getting diagnosed on time can save you from a big mishap.

You either have diabetes or are prediabetic or are in the high-risk group

Diabetes affects the heart seriously and not many are aware

of it. If your blood sugar level is erratic, it is important that you take care of your heart as well. Do not skip your heart checkups. Excessive blood sugar level damage the blood vessels and hence the heart. Even if you are in the high-risk group like having a family history of the metabolic disorder get your heart checked regularly.

Your physician has referred you to a cardiologist

If your regular physician has referred you to a cardiologist, do not ignore it. A doctor who has been treating you for years can notice the red flags and if he/she is suggesting you visit a doctor that can also mean that a potential complication is likely to begin if the signs are ignored.

You experience shortness of breath more often

If you are experiencing shortness of breath, which is medically as dyspnea, more often than before then do not delay further and visit a doctor. Breathing problems associated with the heart is often triggered by low physical activities like doing household chores and even taking staircases.

You have frequent episodes of chest pain

Chest pain is a key indicator that your heart needs more attention than before. Do not ignore repeated chest pains and do not try to suppress it with over-the-counter medicines.

You have a high cholesterol level

For people whose cholesterol level is above the threshold, the heart is subjected to potential damage if nothing is done about it. The day you find that your cholesterol level is higher than normal, get heart checkups done on a regular basis.

You sit for longer hours at desk

Yes! It may surprise you, but sitting for longer hours makes you physically inactive and that is detrimental for the heart. If you have an inactive lifestyle, you should get your heart check up done on a regular basis and try to include a fixed exercise plan in your daily routine.

Beauty benefits of limestone powder or chuna

Limestone powder is a natural and versatile substance that has been used for various beauty purposes for centuries. It is derived from crushed limestone rocks and is rich in minerals, particularly calcium carbonate. Here are some of the beauty benefits of limestone powder:

Exfoliation: Limestone powder can be used as a gentle exfoliant to remove dead skin cells and unclog pores. It helps in promoting smoother and softer skin texture, leaving the skin looking fresh and revitalized.

Skin Brightening: The high calcium content in limestone powder can help brighten the skin and even out the complexion. It may assist in reducing the appearance of dark spots and hyperpigmentation, giving the skin a radiant and youthful glow.

Oil Absorption: Limestone powder has natural oil-absorbing properties. It can be used as a natural alternative to commercial oil-absorbing sheets or blotting papers to control excess oil on the skin, especially in the T-zone.

Skin Soothing: Limestone powder possesses anti-inflammatory properties, making it beneficial for soothing irritated or inflamed skin conditions like acne, rashes, and sunburns.

Detoxification: When used in face masks or body scrubs, limestone powder can help draw out impurities and toxins



from the skin, aiding in detoxification and promoting a clearer complexion.

Hair Care: Limestone powder can be incorporated into hair masks or hair cleansers to help remove product buildup, excess oil, and dirt from the scalp and hair. This can lead to cleaner, healthier-looking hair.

Natural Deodorant: Due to its ability to absorb moisture and odor, limestone powder can be used as a natural deodorant substitute. It can help keep the underarms dry and odor-free.

Foot Care: Limestone powder can be added to foot soaks or scrubs to soften rough skin, especially on the heels. It assists in removing dead skin cells and calluses, leaving the feet feeling smoother and more comfortable.

Bath Additive: Adding limestone powder to bathwater can create a soothing and mineral-rich bathing experience. It may help relax muscles, soften the skin, and promote overall well-being.

When using limestone powder for beauty purposes, it should be mixed with other suitable ingredients to create safe and effective skincare and haircare products. As with any new beauty product, it's recommended to perform a patch test before applying limestone powder to a larger area to check for any allergic reactions or sensitivities.

General Knowledge Question Answers

1. Who is the current Governor of the Reserve Bank of India?

- a) Shaktikanta Das
- b) Raghuram Rajan
- c) Urjit Patel
- d) Duvvuri Subbarao

6. What is the current inflation rate in India?

- a) 2.5%
- b) 4.5%
- c) 6.5%
- d) 8.5%

11. Which Indian state is the largest producer of rice?

- a) Uttar Pradesh
- b) West Bengal
- c) Punjab
- d) Andhra Pradesh

2. What is the current GDP growth rate of India?

- a) 4.5%
- b) 6.5%
- c) 8.5%
- d) 10.5%

7. What is the name of the largest stock exchange in India?

- a) Bombay Stock Exchange (BSE)
- b) National Stock Exchange (NSE)
- c) Calcutta Stock Exchange (CSE)
- d) Madras Stock Exchange (MSE)

12. What is the name of India's national income accounting system?

- a) GDP (Gross Domestic Product)
- b) GNP (Gross National Product)
- c) NDP (Net Domestic Product)
- d) NNP (Net National Product)

3. What is the currency of India?

- a) Dollar
- b) Euro
- c) Rupee
- d) Yen

8. What is the name of India's largest bank by assets?

- a) State Bank of India (SBI)
- b) ICICI Bank
- c) HDFC Bank
- d) Axis Bank

13. What is the name of India's first indigenous built supercomputer?

- a) Param
- b) SAGA-220
- c) Anupam
- d) FLOPS

4. Which sector contributes the most to the GDP of India?

- a) Agriculture
- b) Manufacturing
- c) Services
- d) Mining

9. What is the current repo rate in India?

- a) 3.25%
- b) 4.00%
- c) 4.25%
- d) 4.50%

14. What is the name of India's first satellite?

- a) Aryabhata
- b) Bhaskara
- c) Rohini
- d) INSAT-1B

5. Who is the current Finance Minister of India?

- a) Piyush Goyal
- b) Nirmala Sitharaman
- c) Arun Jaitley
- d) Pranab Mukherjee

10. What is the name of India's largest tax reform that was introduced in 2017?

- a) GST (Goods and Services Tax)
- b) VAT (Value Added Tax)
- c) Income Tax
- d) Excise Tax

15. Which Indian state has the highest per capita income?

- a) Maharashtra
- b) Gujarat
- c) Haryana
- d) Punjab

ASTRO SPEAK

ARIES

You should wake up feeling optimistic and energetically restored thanks to a sweet connection between the Sagittarius moon and Chiron. However, a passionate yet confusing energy could cause you to feel slightly out of sorts later in the day when Luna aligns with Neptune and Venus retrograde. Try to remember that even good vibes can be deceptive ones, so be sure to keep your wits about you.

MAR 21 - APR 20

LIBRA

Try not to blurt out everything you think this morning, dear Libra, as the Sagittarius moon aligns with Uranus. Your words could reach much further than you'd think, which could change how others view you if you don't keep a positive message. You'll sense a shift tonight when the moon migrates into sensible Capricorn, putting you in a protective yet nurturing mood that's perfect for embracing the comforts of home.

SEP 24 - OCT 22

TAURUS

The Sagittarius moon blows a kiss to Chiron in the very early hours, dear Taurus, ushering in healing dreams from beyond the veil. Luna aligns with Neptune and Venus retrograde just before evening rolls in, encouraging you to step away from your screens in order to enjoy your home and the people that fill it. Use this energy to catch up on chores, cook a delicious meal, or have a game night with your family.

APR 21 - MAY 20

SCORPIO

The vibe may feel a little unstable when the Sagittarius moon aligns with rebellious Uranus this morning, dear Scorpio, especially when it comes to finances and love. Luckily, you'll have a chance to reclaim order when Venus retrograde becomes active this evening, though you'll want to take care to stay grounded in each moment.

OCT 23 - NOV 22

GEMINI

It may be difficult to focus on one thing at a time as the Sagittarius moon aligns with Uranus. Though you're known for your excellent multi-tasking skills, try not to do too much at once. A fiery energy takes hold just before evening sets in and Luna connects with Venus retrograde and Neptune, helping you escape from everyday stress when you embrace love and release control.

MAY 21 - JUN 20

SAGITTARIUS

The moon takes its final journey through your sign today, dear Archer, connecting with Chiron in the very early hours to elevate your confidence. However, you'll want to be on guard for disruptions to your schedule this morning when Uranus threatens to shake up your plans. The Nodes of Fate become active this evening, bringing forth new creative ideas that can help reshape your identity.

NOV 23 - DEC 22

CANCER

Your electronic devices could be more distracting than usual this morning, dear Cancer, as the Sagittarius moon forms an unbalanced connection with Uranus. Luna aligns with Neptune and Venus retrograde just before evening rolls in, putting you in generous spirits, though you should avoid overspending. Meanwhile, the Nodes of Fate become active overhead, asking you to clean your space to bring in order.

JUN 22 - JUL 23

CAPRICORN

The universe will zap your heart with some healing vibes in the very early morning, dear Capricorn, thanks to a sweet exchange between the Sagittarius moon and Chiron. Unfortunately, things may not seem so simple as evening rolls in and Luna connects with Neptune and Venus retrograde, threatening to trigger manipulative tendencies within yourself and others.

DEC 23 - JUL 20

LEO

The Sagittarius moon forms an unbalanced connection with Uranus this morning, dear Leo, reminding you to be careful what you wish for. A desire to achieve great things motivates you to constantly take on more, though these vibes suggest your workload could become unmanageable if you don't create stable personal structures. You'll sense a shift when Luna enters grounded Capricorn.

JUL 24 - AUG 23

AQUARIUS

The Sagittarius moon forms an unbalanced connection with Uranus this morning, dear Aquarius, threatening to trigger unpredictable behaviors and moods within your social sphere. Don't feel responsible to play peacekeeper if you're not up to the task, as others may turn you on in the process. Try not to disconnect from your surroundings as evening settles in and Neptune becomes active.

JAN 21 - FEB 23

VIRGO

You may feel as though the universe is acting strangely or playing tricks on you as the Sagittarius moon forms an unbalanced connection with unpredictable Uranus. Consider carving out some alone time in the name of self-care when evening rolls in and Luna aligns with Venus retrograde and Neptune. Nodes of Fate become active.

AUG 24 - SEP 23

PISCES

The Sagittarius moon connects with Chiron and Uranus this morning, dear Fishy, asking you to set healthy boundaries that will support your mental health. A hazy yet fanciful energy will take hold as evening washes in and Luna aligns with Neptune and Venus retrograde, though you may need to find focus within to appreciate what's happening around you.

FEB 20 - MAR 20

Answers:

- 1. Shaktikanta Das
- 2. 6.5%
- 3. Rupee
- 4. Services
- 5. Nirmala Sitharaman
- 6. 4.5%
- 7. National Stock Exchange (NSE)
- 8. State Bank of India (SBI)
- 9. 4.25%
- 10. GST (Goods and Services Tax)
- 11. Andhra Pradesh
- 12. GDP (Gross Domestic Product)
- 13. Arun Jaitley
- 14. Aryabhata
- 15. Maharashtra

