

Alia Bhatt reveals how being Raha Kapoor's mother has taken over her life over everything else



Alia Bhatt, a dedicated working mom, has been actively involved in promoting her upcoming romantic comedy Rocky Aur Rani Kii Prem Kahaani. Despite her busy schedule, she remains committed to spending time with her daughter Raha Kapoor. The actress herself revealed the same in a recent video by Vogue India. Just like any other working mom, Alia makes sure she gets and spends enough time with her daughter Raha.

Alia tied the knot with Ranbir Kapoor in April last year. They welcomed their daughter, Raha Kapoor, in November. Since then, Alia Bhatt has taken a break from acting, except for shooting the song 'Tum Kya Mile' for Karan Johar's Rocky Aur Rani Kii Prem Kahaani, which is set to hit theaters this Friday, July 28.

Alia shares insights into her handbag, which now revolves around her eight-month-old daughter. She mentions, "I realized when I was travelling from Mumbai to London, my bag had nothing to do with me. It just had my passport. But otherwise, it was her pacifier, her napkins, a burp cloth, her mittens, an extra pair of socks, a little toy, and a little book. And I said, 'Okay, okay, my bag has now become Raha's bag. It's no longer my bag.'"

Apart from baby essentials, Alia's bag contains other accessories, including a Bluetooth dongle, her favourite sunglasses, moisturizer, sunscreen, spare hair ties, several lip balms, lipstick, eye drops, a bracelet gifted by Ranbir, a Kindle, and an eye mask. With a candid admission, Alia describes herself as a forgetful and messy person. To avoid any mishaps during travel, she carries everything she might need, effectively bringing her home along on her journeys.

Double iSmart: Sanjay Dutt is menacing in first-look poster, fans call him 'pan Indian villain'

Film director Puri Jagannadh's 2019 action romance iSmart Shankar, starring Ram Pothineni was declared a hit upon its release. Now, after almost 4 years, Puri Jagannadh is back with the film's sequel, titled Double iSmart, eyeing a release on March 8, 2024. But the upcoming sequel has a special twist. Besides Ram Pothineni reprising his role in Double iSmart, a Bollywood actor has been roped in as well. Any guesses? It is Sanjay Dutt. Yes, the good news comes with the makers dropping Dutt's first look poster today, July 29. And needless to say, fans are gripped with excitement about his role in the film.

Sanjay Dutt's poster for Double iSmart was unveiled on the occasion of his birthday, making it even more special. Sharing his "Big Bull" avatar from the film, the actor tweeted, "It takes me immense pride to be working with the director of the masses Puri Jagannadh ji and the young energetic Ustaad Ram Pothineni. Glad to be Playing the BIG BULL in this sci-fi mass entertainer

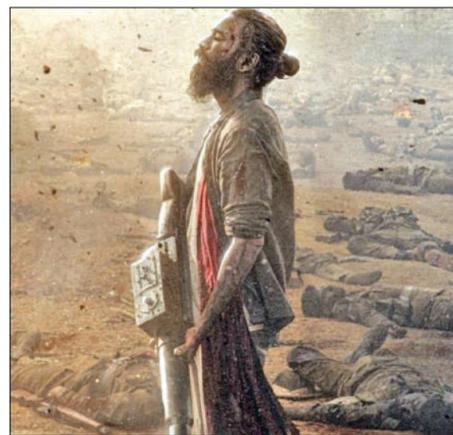


DoubleiSMART. Excited to be teaming up with this super-talented team and looking forward to the film hitting the screens on MARCH 8th, 2024."

Captain Miller teaser: Dhanush in a never seen before avatar raises expectations on the movie

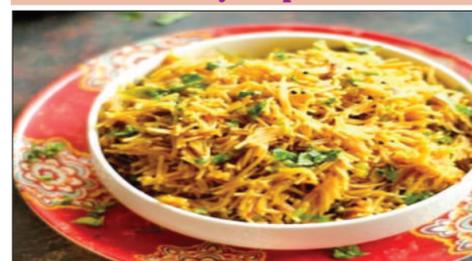
Dhanush's highly anticipated film, Captain Miller, has generated immense excitement among the audience. The period drama is written and directed by Arun Matheswaran, known for his work in films like Rocky and Saani Kaayidham. The movie is set in the pre-Independence era and promises to be an action-adventure extravaganza. To celebrate Dhanush's 40th birthday on July 28, the makers unveiled the teaser of Captain Miller at the stroke of midnight. The teaser showcases Dhanush in an action-packed avatar, donning a rugged look.

It hints at an engaging storyline filled with entertainment and thrilling action sequences. The teaser begins with a wanted poster offering a handsome reward for capturing a person named Miller, also known as Eesa and Analeesan, played by Dhanush. The subsequent scenes feature him in a fierce and intense role, adding to the anticipation of the film. Captain Miller is a period action flick set in the 1980s, featuring an ensemble cast including Dhanush, Shiva Rajkumar, Priyanka Mohan, Nivedhitha Sathish, John Kokken, and Moor in pivotal roles.



Recipes

Semiya Upma



Ingredients

- 1/2 cup vermicelli
- 1 medium capsicum (green pepper)
- 10 green beans, 2 stalks curry leaves
- 1 dry red chili
- 1/4 tablespoon powdered black pepper
- 2 tablespoon raw peanuts
- 1 large onion
- 1 medium carrot
- 1 green chilli
- 1 teaspoon mustard seeds
- salt as required
- 2 tablespoon virgin olive oil
- 2 tablespoon cashews

Method:

Heat 1 tsp oil in a pan. Add mustard seeds, dry red chilli, curry leaves and finely chopped green chillies. Let the ingredients crackle for a minute. Now add chopped onions and saute them for two minutes. Also add chopped carrot, green beans and capsicum. Saute for a minute and season with salt as per taste. Add semiya along with 1 cup of water. Cover the pan with a lid and let it cook on medium flame. Meanwhile, heat 1 tsp oil in a separate pan. Add peanuts and cashews. Fry them till they turn golden brown in colour. Once the vermicelli absorbs all the water, it is ready to be served. Add peanuts, cashews and black pepper powder. Give a final mix. Your delicious Semiya Upma is now ready to be served.

6 foods to include in kids' diet for a sharp brain



As a parent, everyone tries their best to ensure that their child has an all-round development and is fully prepared to face the challenges of life, be it physical or mental. For growing children, as much as the development of the body is necessary, the growth of the mind is equally important. In this, along with the surrounding environment, the right food can play a very important role. Here is a list of such food items, which must be included in the diet of your growing children that can help speed up kids' mental development and strengthen their memory.

Berries: Fruits like blueberries, strawberries, and blackberries are not only delicious but also packed with antioxidants and essential vitamins. These antioxidants, especially flavonoids, have been linked to improved memory. Berries help protect brain cells from oxidative stress and inflammation, promoting better memory.

Eggs: Eggs are a nutritional powerhouse, containing choline. It is a nutrient that helps in boosting memory. Choline is a neurotransmitter, which plays an important role in memory and learning processes. Eggs are also a good source of other essential nutrients like protein and vitamin B12.

Whole grains: Whole grains, such as oats, quinoa and brown rice, are excellent sources of carbohydrates, which help boost the brain.



This increases a child's ability to focus and supports memory function throughout the day. In addition, whole grains contain essential nutrients like vitamin E.

Nuts and seeds: Nuts, including walnuts, almonds, chia seeds and flax seeds, are rich in healthy fats, antioxidants and vitamin E. These nutrients play an important role in protecting brain cells from damage. Walnuts contain high levels of DHA omega-3 fatty acids, which promote brain health.

Green vegetables: Green vegetables like spinach, fenugreek, bitter melon and broccoli are packed with nutrients like folate, vitamin K and antioxidants, which may contribute to better memory and promote brain health. Folate is essential for brain development and function. If your child does not want to eat green vegetables, then get them used to eating these vegetables in the form of smoothies, soups, salads.

Yoghurt: Yoghurt is a great source of probiotics, which promote a healthy gut. The probiotics in yoghurt help balance the gut microbiome, which improves brain health. Choose plain, unsweetened yoghurt and top it with fresh fruit or a dash of honey for a delicious and nutritious breakfast.

DIY blow dry tips to boost your party hair



Call us traditional, but to us nothing quite says party hair like a bouncy blowout. But the issue still stands: How can you blow-dry your hair properly with a hair dryer when seated in your pajamas in front of the bedroom mirror? Do not worry, we have this handled. We have insider tips for you if your hair is fine and needs volume, curly and frizz-prone, or simply too long or thick to blow-dry without breaking a sweat.

Blow-dry hacks: Thick hair

Never style hair without first prepping it. To smooth and prime the hair and to protect it from heat and humidity, use a blow-dry lotion. Not only will this make blow-drying your hair simpler, but it will also help your style last longer. Blowing out just the top of your hair with the hair dryer is a terrific way to cheat. You'll save time and avoid seeming overly polished. Consider the top part of your hair as forming a horseshoe shape around your head.

Blow-dry hacks: Fine hair

The dampness in the air tends to weigh down fine hair, making it appear flat and floppy. You must, if at all possible, block off humidity, just like you would with other hair types. For a smooth and long-lasting finish, use a light

leave-in conditioner on your hair in humid conditions and seal the ends with a serum after blow-drying.

You want to truly maximize body and thickness for fine hair. Use a volumizing product through the ends to start. At the roots, a mousse and thickening cream are used. Use your hair dryer to dry the hair at the roots in the opposite way from how it would normally sit, and then use a soft hair brush to smooth out the ends.

If you have fine hair, a simple trick to imitate a perfect blow-dry is to just use heated rollers. While getting dressed, slightly dry your hair, add a volumizing spray, and then insert the rollers. It's best to leave them in for as long as you can.

Blow-dry hacks: Curly Hair

When using a diffuser, blow-drying curly hair is just as simple as blow-drying straight hair. Tip towel-dried hair upside down, add the blow-dry cream, and gently scrunch into the diffuser on medium heat. This will help thick or unruly hair get natural volume and dry more evenly. A decent leave-in conditioner and oil can provide similar results if you don't have a balm. To avoid the hair slipping into an odd or uneven parting, blow-dry the front area of the hair forward.

Blow-dry hacks: Long hair

Start your blow-dry with the best hair dryer at the nape and dry in a circular motion to quickly dry extremely long hair. Since heat rises, by concentrating solely on one location, you'll ensure that the entire back of your hair is dry. This will give you more time to add your own touches with a curling tong or hair brush to the remaining portions of your blow-dry. Blow-drying your hair before night and placing it in a loose bun on top of your head is a terrific hack. Your hair will seem somewhat undone and have all-day movement if you sleep with it in a bun.

General Knowledge Question Answers

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|---|---|---|
| 1. Which river is the longest river in the world?
a) Amazon River
b) Nile River
c) Yangtze River
d) Mississippi River | Lisa?''
a) Leonardo da Vinci
b) Michelangelo
c) Pablo Picasso
d) Vincent van Gogh | Midnight Sun?
a) Norway
b) Sweden
c) Finland
d) Denmark |
| 2. Who was the first Indian astronaut in space?
a) Rakesh Sharma
b) Kalpana Chawla
c) Sunita Williams
d) Abdul Kalam | 7. What is the capital of Australia?
a) Sydney
b) Melbourne
c) Brisbane
d) Canberra | 12. Which is the largest bird in the world?
a) Penguin
b) Ostrich
c) Eagle
d) Albatross |
| 3. Who invented the telephone?
a) Alexander Graham Bell
b) Thomas Edison
c) Benjamin Franklin
d) James Watt | 8. Who is known as the Iron Lady of India?
a) Indira Gandhi
b) Sonia Gandhi
c) Mamata Banerjee
d) Margaret Thatcher | 13. What is the capital of South Africa?
a) Johannesburg
b) Cape Town
c) Pretoria
d) Durban |
| 4. What is the currency of Japan?
a) Yen
b) Yuan
c) Euro
d) Pound | 9. What is the national animal of India?
a) Lion
b) Elephant
c) Tiger
d) Panther | 14. Who is the author of the Harry Potter series of books?
a) J.K. Rowling
b) Stephenie Meyer
c) Suzanne Collins
d) Dan Brown |
| 5. Which is the largest desert in the world?
a) Sahara Desert
b) Gobi Desert
c) Arabian Desert
d) Australian Desert | 10. Who wrote the famous play "Hamlet"?
a) William Shakespeare
b) Samuel Beckett
c) Tennessee Williams
d) Oscar Wilde | 15. What is the currency of Switzerland?
a) Euro
b) Swiss Franc
c) Pound
d) Dollar |
| 6. Who painted the famous painting "Mona Lisa"?
a) Leonardo da Vinci
b) Michelangelo
c) Pablo Picasso
d) Vincent van Gogh | | |

12. Ostrich
13. Pretoria
14. J.K. Rowling
15. Swiss Franc

6. Leonardo da Vinci
7. Canberra
8. Indira Gandhi
9. Tiger
10. William Shakespeare
11. Norway

1. Nile River
2. Rakesh Sharma
3. Alexander Graham Bell
4. Yen
5. Sahara Desert

ASTRO SPEAK

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| ARIES
MAR 21 - APR 20
Do all that you can to support your sense of balance today, dearest Aries, as the moon continues its journey through harmony-oriented Libra. Unfortunately, a harsh T-square between Pluto and the Nodes of Fate could bring tension your way, especially where professional and romantic relationships are concerned. Good vibes flow just, bringing a playful and creative energy to the table. | LIBRA
SEP 24 - OCT 22
You may feel uncertain about the future and Pluto squares off with the Nodes of Fate, darling Libra, especially where matters of the heart are concerned. Changes within your home may cause you to feel more reserved or uncertain, but try to keep a positive attitude, especially if others rely on you for support. Good vibes flow when Mercury becomes active tonight bringing harmony to you and your community. |
| TAURUS
APR 21 - MAY 20
Listen to your intuition as Pluto squares off with the Nodes of Fate. This cosmic climate can help propel you toward the future of your dreams, though you'll need to be organized and strategic when it comes to the next steps. Luckily, the Libra moon continues its journey through your solar sixth house, helping you stay on track. | SCORPIO
OCT 23 - NOV 22
The vibes may feel a bit harsh today, dearest Scorpio, as your planetary ruler, Pluto, squares off with the Nodes of Fate. Skeletons from the past may resurface within your psyche, causing you to feel agitated and disorganized. You may also be forced to face your own habits and how they've been contributing to or taking away from certain goals. |
| GEMINI
MAY 21 - JUN 20
The Nodes of Fate and Pluto form a harsh T-square threatening to heighten tension within your social sphere and community. Rather than holding on tightly to dynamics that aren't healthy, use this energy as an excuse to finally move away from toxic relationships that cannot be prepared. You should feel confident and aware of who your true friends are as Luna continues to journey. | SAGITTARIUS
NOV 23 - DEC 22
Foolish financial habits could bring lasting damage today, dear Archer, as Pluto squares off with the Nodes of Fate. Avoid spending unnecessarily, especially if this desire is fueled by materialism or a need to stand out amongst your peers. Watch out for competitive behaviors when Luna faces off with Chiron in the afternoon, or you could trigger a few new enemies within your field. |
| CANCER
JUN 22 - JUL 23
You may be required to set boundaries with friends and loved ones as brooding Pluto squares off with the Nodes of Fate. Unfortunately, your compassionate nature could make it difficult to draw lines where they're needed, making it important that you find support if you need it. Libra mood faces off with Chiron, threatening to disrupt the harmony within yourself, your home. | CAPRICORN
DEC 23 - JUL 20
Business and personal negotiations should land in your favor this morning, as the Libra moon connects with Venus retrograde. Watch out for tension and roadblocks when a harsh T-square forms overhead, taking care to stand in your power while remaining composed. You'll sense a shift mid-morning when the moon enters Scorpio, activating your altruistic and social side. |
| LEO
JUL 24 - AUG 23
Tension brews in the skies today, dear Lion, as brooding Pluto squares off with the Nodes of Fate. Mental blocks and disorganization may cause you to feel stuck, though meditation and spiritual practices can help you reclaim optimism for the future. Flashes of insight may find you this afternoon when Luna faces off with Chiron, though not every epiphany will be a welcome one. | AQUARIUS
JAN 21 - FEB 23
Be mindful of your words as brooding Pluto squares off with the Nodes of Fate. Though this cosmic climate may bring forth personal epiphanies, it may be best to meditate on these a-ha moments before sharing them. Luckily, you should feel tranquil within your own mind as the Libra moon travels through your solar ninth house, though you may need to invest more focus toward mindfulness and meditation. |
| VIRGO
AUG 24 - SEP 23
The universe may deliver an ego bruise or two as brooding Pluto squares off with Nodes of Fate. You'll be in a unique position to outgrow insecurities that held you back historically, though you may need to access your philosophical side in order to find harmony. Watch out for overspending and power struggles when the Libra moon faces off with Chiron. | PISCES
FEB 20 - MAR 20
The universe will ask you to examine who you've been spending your time with, dear Pisces, as Pluto squares off with the Nodes of Fate. Tensions will brew when it comes to unsupportive relationships, and you may feel called to move on from dynamics that aren't rooted in positivity. The Libra moon faces off with Chiron this afternoon, pushing you to evolve and transform. |