

Sidharth Malhotra-Kiara Advani wedding: Simple shaadi or a Big fat Bollywood do for the Shershaah couple?



Sidharth Malhotra and Kiara Advani's wedding is being widely discussed right now as both the stars spoke about their affair on Koffee With Karan 7. Though they did not confirm their relationship it was Shahid Kapoor who hinted at their wedding coming up by the end of the year. Kiara Advani and Sidharth Malhotra have been together for a long time now and it seems that both the stars have reached the stage where they are ready to settle in matrimony. Since it is almost confirmed that SidKiara is going to marry this year thanks to Shahid Kapoor, one wonders what kind of a wedding they would choose. An insider tells us that Sidharth Malhotra and Kiara Advani are brainstorming over their wedding as both of them have different opinions over the same. A source tells us that Kiara Advani wants a big-fat-Indian Bollywood-style wedding while Sidharth Malhotra wants the opposite. The Shershaah actor believes that a wedding is an intimate affair and it should be celebrated with near and dear ones. Now it remains to be seen if Sidharth Malhotra and Kiara Advani are able to come to a middle ground over this. Kiara Advani who hails from a business family is related to Ashok Kumar. Sidharth Malhotra, on the other hand, belongs to a family who has served in Merchant Navy. Both the stars have come a long in the industry. Kiara has successfully made a place for herself in the industry with films like Good Newwz, JugJugg Jeeyo and more. Sidharth Malhotra who started off with Student of The Year appeared in many films like Jabariya Jodi, Baar Baar Dekho, Kapoor & Sons and more. Both the stars together appeared in Shershaah.

The Kashmir Files director Vivek Agnihotri reveals how Bollywood actors get addicted to drugs; says 'they fall in the dark hole'

The Kashmir Files director Vivek Agnihotri recently spoke his heart out about how Bollywood is full of humiliation and exploitation. He even shared that little success leads to drug addiction. The filmmaker Vivek shared an 'inside story' about Bollywood and said that it's not just a hub of talent but also a cemetery of talent. He added saying that celebs who do not get the expected level of success get entangled in the vicious circle of the industry without income and power. These actors than are forced to fake it, despite not having it. The Kashmir Files director tweeted a long post about the dark secrets of Bollywood and said that 'real Bollywood is found in its dark alleys.' He even said that in these dark alleys one can easily find shattered dreams, trampled dreams, buried dreams, and much more. Vivek Agnihotri then spoke about how the unsuccessful celebs end up in a never-ending battle. He wrote, 'Those who find some success but not the real one, get into drugs, alcohol and all kind of life-damaging stuff. Now they need money. So, they get introduced to all kinds of funny money.'



Did you know Alia Bhatt replaced Bollywood actress in Dear Zindagi on Shah Rukh Khan, Karan Johar's request?

Alia Bhatt garnered immense praises and critical acclaim for her powerful performance in the Gauri Shinde directorial Dear Zindagi. But did you know that Alia was not the first choice for the film? Apparently, she replaced another Bollywood actress after Karan Johar and Shah Rukh Khan convinced Gauri Shinde to take Alia as the main lead in her film. During an old interview with former film critic Rajeev Masand, Alia was told about the fact how another Bollywood actress was supposed to star opposite Shah Rukh Khan in Dear Zindagi. He also told her that it was SRK and KJo who persuaded Gauri Shinde to cast Alia for the main role. While Alia admitted to the fact that she knew some other Bollywood actress was to star in Dear Zindagi but she denied knowing about SRK and KJo requesting Gauri to take her in the film. "I know that there was someone else on board earlier. And then there was a conversation about the film maybe going to me. That's all I know. And the next thing I know that Gauri came to me and we were on board. Now, I don't know whether she got convinced... Maybe



because I was young, but it's okay because sometimes your director has to see things a little differently," Alia had said.

Recipes

Dhaniya Laddoo



Ingredients

- 1 cup coriander powder
- 1 cup sugar
- 2 tablespoon almonds
- 2 tablespoon pistachios
- 1 cup coconut powder
- 2 tablespoon ghee
- 2 tablespoon cashews

Method:

Heat ghee in a pan. Roughly chop the nuts and fry them for just a few minutes. Once fried, take out the nuts in a bowl. In the same heated ghee, add coriander powder and mix. Keep mixing and roast for 3-4 minutes. Once aromatic, take out the powder in a bowl. In the same pan, add coconut powder and dry roast for just a minute. In a pan, add sugar along with 1/2 cup of water. Mix and let it come to a boil. Once the sugar melts completely, cook for 1-2 minutes more. Add roasted coriander powder, fried nuts, coconut powder, and sugar syrup to a large mixing bowl. Use your hands to mix everything together. Take a small portion from the mixture and roll it between your palms to give a shape of a laddoo. Make more such lad- doos with the leftover mixture. Your Dhaniya Laddoos are now ready to be served. Enjoy!

Everyday foods and drinks that act as natural appetite suppressants

Do you feel hungry all the time and end up eating chips or biscuits, only to regret it later? If the answer is yes, you're not alone. Munching between meals is a common habit, especially if you are working and do not eat big meals during the day. But, munching on junk food can easily up your calorie intake and inches on your waist. Don't worry, this does not mean you have to stay hungry till you eat your next big meal. All you need to do is become mindful of your snacking and stock some healthy foods that are low in calories and high on nutrients. What's more, there are some everyday foods and drinks that can help to suppress your appetite and prevent you from eating that burger or pastry. Almonds Almonds are a rich source of fibre, antioxidants, vitamin E, and magnesium and just a handful of almonds can naturally suppress your appetite for a good period of time. According to a 2006 study, almonds have been shown to increase feelings of fullness and help people with weight management. You can also eat some almonds mixed with honey or prepare a mix of almonds along with other nuts like walnuts and seeds like pumpkin seeds. Coffee Caffeine and antioxidants from the coffee beans can also help to suppress your appetite. A cup of coffee can be great for post-meal cravings. Try to drink black coffee as it also helps in calorie burn, fat breakdown and boosting your metabolism. Note that you may not benefit if you drink too much coffee or opt for those high on sugar or cream. Ginger Ginger is widely consumed in Indian households for its digestive powers and strong flavour. It can be used in your daily cup of tea or while preparing dals and subzis. Including ginger in your meals adds to your energy and also naturally suppresses your appetite. A small 2012 study found that men who consumed ginger at breakfast felt fuller for at least 3 hours after their meal. Due to its medicinal properties, ginger also helps to ease nausea. Apples Fruits are the perfect food to eat in between meals. They are natural, full of nutrients and delicious flavours. One such great fruit to bite into are apples. All varieties of apples are packed with soluble fibre, pectin and water content, which help you feel full for a longer period of time. Since these require some chewing time, it gives your body more time to realise that you're no longer hungry, preventing you from overeating. Eating lots of chips can increase your weight but eating lots of apples means lots of benefits, provided you are not eating unnecessarily. Apples regulate your glucose, boost your energy level and avoid absorption of additional calories. Water Sometimes, you may feel hungry soon after eating a big meal. It doesn't quite make sense, since you just ate enough a while back. So why could you be feeling hungry so soon? It could be a sign that your body needs water. Increasing your water intake will help to naturally suppress your appetite and improve your digestive system as well.



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Rujuta Diwekar shares top 3 foods to prevent hair loss

Monsoon season and hair, share a love-hate relationship. While most of us love getting drenched in the rain, with water dripping from our hair, the result that rain water has on our hair is not so pleasant! As hair tends to get wet during the monsoon, the hair gets frizzy and tends to break too. If you are wondering how to tackle hair loss this monsoon, it's time to follow some useful tips by celeb nutritionist Rujuta Diwekar, who has shared insights on some food items that can stop monsoon hair loss.



1. Methi dana is the first food that Rujuta suggests. - Add it to some warm coconut oil, let it cool, then massage your scalp and leave overnight. - Can also be added to kadhi and had with khichdi for dinner. - Alternately, use it in tadka for veggies like pumpkin or to flavour your raita. - The methi dana is especially useful if its a hormonal issue related hair loss (PCOD, etc) as it helps improve insulin response.
2. Aliv seeds (garden cress, halim) are the second food Rujuta suggests. - Soak them and have them with milk in the night. - Or roll these iron rich seeds into ladoos with coconut and ghee for even better results. - They also help with hair loss that comes with chemo treatment.
3. Last but not the least, use Nutmeg says the nutritionist. - Add a small pinch to milk (along with Aliv) and have it as a nightcap. - The Vit B6, folic acid and Magnesium help prevent hair loss and destress. Other ingredients that are useful - Ghee - for its essential fats Haldi - for its immuno-boosting properties Dahi - for the minerals and probiotic bacteria.

General Knowledge Question

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| 1. In which of the following organs of human body does maximum absorption of food take place?

A. Gullet
B. Large intestine
C. Small intestine
D. Stomach | C. specific gravity of liquid
D. None of the above | A. the year would be longer
B. the winters would be longer
C. there would be no change of seasons
D. the summers would be warmer |
| 2. Human Rights Day is on

A. 24 February
B. 10 December
C. 15 May
D. 21 July | 6. India became a member of the United Nations in

A. 1945
B. 1947
C. 1959
D. 1960 | 11. India played its first cricket Test Match in

A. 1922
B. 1932
C. 1942
D. 1952 |
| 3. In the last World Cup Hockey Finals in 2002, Germany beat ____

A. Pakistan
B. Australia
C. India
D. Spain | 7. India has

A. largest turmeric production
B. largest tea production
C. largest ginger production
D. All of the above | 12. India has been represented as a non-permanent member of the Security Council (UNO) during

A. 1972-73
B. 1984-85
C. 1991-92
D. All of the above |
| 4. How much of blood does the normal human heart on each of its contraction pump into the arteries?

A. 30 cm3
B. 60 cm3
C. 30 cm5
D. 60 cm5 | 8. India's first indigenously built submarine was

A. INS Savitri
B. INS Shalki
C. INS Delhi
D. INS Vibhuti | 13. How many Lok Sabha seats does Goa have?

A. 16
B. 2
C. 11
D. 15 |
| 5. Hygrometer is used to measure

A. relative humidity
B. purity of milk | 9. How many medals came into the account of India during the last Commonwealth Games in 2002 at Manchester?

A. 32
B. 24
C. 69
D. 16 | 14. In Air Force, Air Commodore has one rank higher than

A. Squadron Leader
B. Air Vice-Marshall
C. Group Captain
D. Air Marshal |

ASTRO SPEAK

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| ARIES

MAR 21 - APR 20
You may get the sense that something is amiss when you awaken this morning, dear Aries, as the Gemini moon forms a harsh t-square with Mercury and Neptune. Try to be cautious of what or who you trust right now, as deception may hang in the air. Luckily, clarity will find you later in the afternoon when Luna blows a kiss to the Leo sun, illuminating the truth while restoring warmth to your heart. | LIBRA

SEP 24 - OCT 22
Though your spirituality can help carry you through some difficult times, dear Libra, finding a balance between logic and intuition may become a struggle this morning when the Gemini moon enters a harsh t-square with Mercury and Neptune. These sentiments will become exacerbated if you've been putting unreasonable expectations on yourself recently, making it a good time to devote yourself to a bit of self-care and relaxation. |
| TAURUS

APR 21 - MAY 20
Do your best to stay clear of petty drama and mean-spirited gossip this morning, dear Gemini, as the moon continues its journey through your sign while forming a harsh t-square with Mercury and Neptune. Don't feel guilty about shutting down emotionally in order to regroup your heart and mind, but try not to lash out at anyone who seeks your advice or attention. | SCORPIO

OCT 23 - NOV 22
You won't be in the mood for petty behaviors or jealous gossip today, dear Scorpio, as the Gemini moon forms a t-square with Mercury and Neptune. While this cosmic climate could rile you up enough to confront anyone who has been throwing shade in your direction, you may want to pause to make sure you have the facts straight before saying your piece. |
| GEMINI

MAY 21 - JUN 20
There's a risk you could wake up on the wrong side of the bed this morning, dear Gemini, as the moon continues its journey through your sign while forming a harsh t-square with Mercury and Neptune. Unfortunately, not everyone will be in the mood to hear your thoughts and opinions, making it important that you choose your audience wisely and try to avoid online debates. Later in the afternoon when Luna blows a kiss to the sun, helping you feel more at home and accepted. | SAGITTARIUS

NOV 23 - DEC 22
Tensions may brew within your closest relationships this morning, dear Archer, as the Gemini moon forms a harsh t-square with Mercury and Neptune. However, miscommunication could be at the root of any hurt feelings you're experiencing, so it may be wise to take a short breather before confronting any issues at play. The energy will intensify later tonight when the moon enters Cancer, opening the door for meaningful interactions. |
| CANCER

JUN 22 - JUL 23
You may feel a bit overstimulated by the people around you this morning, dear Cancer, as the Gemini moon forms a harsh t-square with Mercury and Neptune. This cosmic climate could also curse you with some temporary brain fog, so you may want to start the day with a grounding meditation session. Luckily, you'll return to your senses later in the afternoon when Luna blows a kiss to Leo. | CAPRICORN

DEC 23 - JUL 20
Though you can be one of the more hard-headed members of the zodiac, you may want to consider how you've been closing yourself off to new opinions this morning, when the Gemini moon enters a harsh t-square with Mercury and Neptune. Refusing to change your mind could cause serious issues under this cosmic climate, making it important that you check in with your priorities before burning down bridges. |
| LEO

JUL 24 - AUG 23
You'll feel tempted to dish out some blunt comments or tough love this morning, as the Gemini moon enters Mercury and Neptune. Unfortunately, not everyone will be in the mood to hear your thoughts and opinions, making it important that you choose your audience wisely and try to avoid online debates. Later in the afternoon when Luna blows a kiss to the sun, helping you feel more at home and accepted. | AQUARIUS

JAN 21 - FEB 23
Your sense of self could temporarily get shaken up this morning, as the Gemini moon forms a harsh connection in the sky with Mercury and Neptune. These vibes will be particularly problematic if you haven't been dedicating enough time to self-care and self-love, making it a good time to prioritize your needs while sorting through your feelings. |
| VIRGO

AUG 24 - SEP 23
You may struggle with people not respecting your boundaries this morning, dear Virgo, as the Gemini moon enters a harsh t-square with Mercury and Neptune. This cosmic climate could be particularly challenging for your romantic life, especially if you haven't felt entitled to privacy recently. You'll be in the mood for meaningful connections. | PISCES

FEB 20 - MAR 20
Controlling your emotions may feel like a tall order this morning, dear Pisces, as the Gemini moon forms a harsh t-square with Mercury and Neptune. These vibes will be particularly problematic if you haven't been dedicating enough time to self-care and self-love, making it a good time to prioritize your needs while sorting through your feelings. |