

Alia Bhatt reveals how she handles work along with raising Raha Kapoor; has a solid advice for new moms



Parenting is a certainly not an easy job and many new parents show no qualms in taking tips and tricks wherever they can get them from. Alia Bhatt is the recent celebrity to offer her advice to new moms on striking a balance between professional and personal life. During her recent 'Ask Me Anything' session on Instagram, Alia explained how she manages work and baby Raha Kapoor simultaneously. "Parenting is a lifelong role. I don't think you can ever have all the answers or be perfect. All I strive to do is live each day with love and only love. Because there's no such thing as too much love," Alia said.

In a recent interview with Harper's Bazaar Arabia, Alia revealed the best moment she has shared with daughter Raha. "My daughter started touching my face. I think that's the best thing that's happened to me this past week. Because now when I'm feeding her, she just takes a minute, looks up at me and starts touching my face. It's like a romantic moment between the two of us. And it's literally the best thing that's ever happened to me in my life."

In Alia's words, the experience of having a baby has instilled a sense of calm in her, and turned her into a patient person. "Every day is a new day with my daughter, and every day is a new day experiencing a new gesture or a new expression. I keep saying the most important thing I've learned is patience. I've always been a very impatient person, and if it's possible, I became even more impatient over time. But I think having a baby and motherhood definitely gives you a sense of stillness, a sense of calm. I mean, it's so highly demanding from the very beginning. It can be extremely overwhelming. But if you just go through it with patience, it really gives you a lot of inner strength," Alia shared.

Tiger 3: Salman Khan's actioner has a Christopher Nolan connection; all you need to know

The hype around Salman Khan and Katrina Kaif's much-anticipated film Tiger 3 seem to be getting stronger by the day. While the makers are yet to put out any official teaser or trailer for the high-octane actioner, fans have been going ga-ga about Salman returning to his Tiger avatar after a gap of 6 years. Director Maneesh Sharma and producer Aditya Chopra are reportedly leaving no stone unturned to make sure that the film gives fans the blockbuster experience they are expecting.

Latest reports indicate that Tiger 3 now has a Christopher Nolan connection. Aditya Chopra is keen to deliver one-of-kind experience to the audiences with YRF-spyverse, and thus has roped in Hollywood action director Mark Seizak. Notably, Mark has worked with Nolan in visual spectacles like Dunkirk and The Dark Knight Rises.

"If you look at the line-up of action directors in Tiger 3, you will realize that producer Aditya Chopra and director Maneesh Sharma mean business. They want to give audiences a pulsating action spectacle as the best of the best names from Hollywood are now part of this film. Mark Seizak, who has previously worked with Christopher



Nolan, is part of this film too. The scale of this film will be epic," a source close to the development revealed.

Shah Rukh Khan's Raees co-star Mahira Khan to get married for the second time?

Pakistani actor Mahira Khan, who is one of the top actresses in her industry and also starred alongside Shah Rukh Khan in his romantic-action film Raees (2017) is reportedly all set to get married next month. The actor has been in a long time relationship with beau Salim Karim and the duo have decided to make their relationship official. Reports suggest that the duo will be getting married next month.

While Mahira has never publicly spoken about her love life, she recently spoke about finding love again in her life. "There's a line in Humsafar which I thought was beautiful, where Ashar says to Khirad, 'Pata nahi tum mujhe kis naiki kay badlay main miley ho (I don't know what I did right to deserve you.) I think the same about him,'" the actress said during an interview. Mahira was previously married to Ali Askar. While not much is known about him, it has been reported that the couple met Ali Askari at the Indus Studios during her vacation in Los Angeles in 2006.



The couple soon fell in love and decided to get married. Mahira was just 23 when she got married to Ali in 2007.

Recipes

Red Kidney Beans Wrap



- Ingredients**
- 1 tortillas
  - 200 ml mint syrup
  - 120 gm red kidney beans
  - 200 gm baby lettuce
  - 20 ml butter
  - 200 ml salsa sauce
  - 60 gm mozzarella
  - 200 gm onion
  - 30 ml sour cream
  - 1 cup tomato puree
  - Chilly flakes

**Method:**  
To begin with this easy recipe, boil the kidney beans and cook with tomato puree add some mozzarella cheese.  
In the meantime, Make juliennes of iceberg lettuce and onion  
Apply half of salsa and mint sauce on the base of Cornitos Wheat Flour Tortilla Wrap and spread evenly.  
Place the red kidney beans on the center, top it up with iceberg and onion and remaining of salsa.  
Put mozzarella cheese on the edges of the wrap.  
Fold the edges of the wrap and roll it over  
Apply some butter and put in the griller and grill it. Cut into two half's and place one piece over the other.  
Serve with sour cream and salsa.  
Enjoy!

Dengue Spread: Foods that can protect you against mosquito bites



Mosquitoes are carriers of diseases such as malaria, dengue, and chikungunya, which collectively affect millions of people worldwide. While using insect repellents and mosquito nets are essential preventive measures, paying heed to our diet and consuming nutrient-dense foods can also play a significant role in strengthening our immune system against these illnesses. Here are some nutrient-rich foods that can bolster our immunity and provide protection against these illnesses.

**Vitamin C-Rich Foods:** Vitamin C is renowned for its immune-boosting properties. Foods such as citrus fruits (oranges, lemons, grapefruits), strawberries, kiwi, and bell peppers are excellent sources of vitamin C. This powerful antioxidant helps neutralize harmful free radicals, reduce inflammation, and enhance the body's ability to fight infections."

**Zinc-Containing Foods:** Zinc is crucial for a robust immune system. Foods like lean meats, poultry, legumes, nuts, and seeds are abundant in zinc. This mineral supports the production of immune cells and antibodies, enabling the body to mount an effective defense against mosquito-borne pathogens.

**Omega-3 Fatty Acids:** Found in fatty fish (salmon, mackerel, sardines), flaxseeds, and walnuts, omega-3 fatty acids possess anti-inflammatory properties that aid in reducing the severity of immune responses. They also contribute to the overall health of

cell membranes, improving immune cell function.

**Antioxidant-Rich Foods:** Antioxidants, found in fruits (berries, grapes) and vegetables (spinach, kale, broccoli), help protect cells from damage caused by oxidative stress. By supporting the body's immune cells, antioxidants play a critical role in defending against infections transmitted by mosquitoes.

**Garlic and Turmeric:** Garlic and turmeric are natural immune-boosting foods. Garlic has antiviral and antibacterial properties, while turmeric contains curcumin, a compound with potent anti-inflammatory and antioxidant effects. Incorporating these spices into our meals can provide added protection against mosquito-borne illnesses.

**Hydration:** Staying hydrated is essential for maintaining optimal immune function. Adequate water intake, along with replenishing electrolytes through foods like bananas, coconut water, and yogurt, helps support the body's immune responses and maintain overall health.

**Vitamin D Sources:** Vitamin D plays a key role in modulating the immune system's response to infections. While sunlight is a natural source of vitamin D, fatty fish, fortified dairy products, and egg yolks are dietary sources that can contribute to maintaining adequate levels.

**B Vitamins:** B vitamins, including B6, B9 (folate), and B12, are essential for immune cell development and function. Whole grains, leafy greens, beans, and lean meats are good dietary sources of these important nutrients.

By incorporating foods abundant in vitamin C, zinc, omega-3 fatty acids, antioxidants, and immune-boosting spices like garlic and turmeric, we can build a vigorous defense mechanism that guards against infections. With proper hydration and the inclusion of vitamin D and B vitamins, we can equip our bodies with the resources needed to repel the threats posed by mosquitoes. Making informed food choices and prioritizing our health can aid to reduce the burden of mosquito-borne illnesses on a global scale.

Ways to have a silk-smooth skin

Achieving silk-smooth skin involves a combination of skincare practices, healthy habits, and consistent routines. Here are effective ways to help you attain and maintain smooth and radiant skin:

**Cleanse Gently:** Use a mild, sulfate-free cleanser to remove dirt, oil, and makeup without stripping your skin's natural oils. Avoid over-cleansing, as it can lead to dryness and irritation.

**Exfoliation:** Regular exfoliation helps remove dead skin cells and promotes cell turnover. Use a gentle exfoliant (chemical or physical) 1-3 times a week to reveal smoother skin.

**Hydration:** Keep your skin hydrated by drinking plenty of water and using a good moisturizer. Hydrated skin looks plump and radiant, reducing the appearance of roughness.

**Sun Protection:** Protect your skin from the sun's harmful UV rays by applying a broad-spectrum sunscreen with at least SPF 30 every morning, even on cloudy days.

**Balanced Diet:** A diet rich in antioxidants, vitamins, and essential fatty acids can support healthy skin. Include fruits, vegetables, whole grains, lean proteins, and healthy fats in your meals.

**Omega-3 Fatty Acids:** Foods like fatty fish, flaxseeds,



and walnuts that are high in omega-3 fatty acids can help maintain skin's elasticity and hydration.

**Regular Exercise:** Physical activity improves blood circulation, which can help nourish your skin cells. Just be sure to shower after exercising to remove sweat and prevent clogged pores.

**Adequate Sleep:** Aim for 7-9 hours of quality sleep each night. During sleep, your body repairs and rejuvenates your skin, leading to a smoother complexion.

**Stress Management:** Chronic stress can negatively affect your skin's health. Practice relaxation techniques like meditation, deep breathing, or yoga to keep stress levels in check.

**Skincare Routine:** Establish a consistent skincare routine that includes cleansing, toning, moisturizing, and protecting your skin with sunscreen. You can also incorporate targeted products like serums and masks based on your skin's needs.

Achieving smooth skin is a gradual process, and results may take time to become noticeable. Be patient and consistent with your skincare efforts, and consider consulting a dermatologist for personalized advice and recommendations based on your skin type and concerns.

General Knowledge Question Answers

1. Which article of the Indian Constitution deals with the establishment of the Parliament of India?

- a) Article 76
- b) Article 80
- c) Article 83
- d) Article 87

d) Neither Lok Sabha nor Rajya Sabha

6. What is the term of a member of the Rajya Sabha?

- a) 4 years
- b) 5 years
- c) 6 years
- d) 7 years

2. The Parliament of India consists of how many houses?

- a) One
- b) Two
- c) Three
- d) Four

7. Who is the ex-officio Chairman of the Rajya Sabha?

- a) Vice President of India
- b) Prime Minister of India
- c) President of India
- d) Speaker of the Lok Sabha

3. The maximum strength of the Lok Sabha is how many members?

- a) 530
- b) 545
- c) 550
- d) 560

8. Who is the ex-officio Chairman of the Lok Sabha?

- a) Vice President of India
- b) Prime Minister of India
- c) President of India
- d) Speaker of the Lok Sabha

4. What is the term of the Lok Sabha?

- a) 4 years
- b) 5 years
- c) 6 years
- d) 7 years

9. Who can preside over the joint sitting of both houses of the Parliament?

- a) President of India
- b) Vice President of India
- c) Speaker of the Lok Sabha
- d) Chairman of the Rajya Sabha

5. Which house of the Parliament represents the states of India?

- a) Lok Sabha
- b) Rajya Sabha
- c) Both Lok Sabha and Rajya Sabha

10. What is the quorum required for conducting business in the Lok Sabha?

a) One-third of the total number of members  
b) One-fourth of the total number of members  
c) One-fifth of the total number of members  
d) One-sixth of the total number of members

11. Which house of the Parliament has the power to initiate money bills?

- a) Lok Sabha
- b) Rajya Sabha
- c) Parliament
- d) None of the above

12. The President of India can nominate how many members to the Rajya Sabha?

- a) 6
- b) 10
- c) 12
- d) 14

13. What is the minimum age required to be a member of the Lok Sabha?

- a) 21 years
- b) 25 years
- c) 30 years
- d) 35 years

14. Which amendment to the Indian Constitution introduced the anti-defection law?

- a) 52nd Amendment
- b) 62nd Amendment
- c) 72nd Amendment
- d) 84th Amendment

ASTRO SPEAK

ARIES



MAR 21 - APR 20

You may be asked to put your interests before your own as the Virgo moon forms an unbalanced connection with Chiron. Mercury steps in to highlight the value of teamwork, making it easier to accept personal sacrifices to gain a little more for everyone. Good vibes flow this afternoon when Luna shares exchange with Uranus, and you'll want to keep your eyes peeled for small moments of beauty and material blessings.

LIBRA



SEP 24 - OCT 22

You'll be deep in conversation with yourself as the Virgo moon cozies up with Mercury. This celestial union is great for sorting through your thoughts and ideas, creating the perfect ambiance for a brainstorming session in solitude. You may be asked to change your behaviors or opinions when Luna aligns with Uranus later today, urging you to revolutionize the way you think and feel.

TAURUS



APR 21 - MAY 20

Vow to be your most authentic and outspoken self as the Virgo moon cozies up with Mercury in your house of self-expression. This cosmic climate can also help you gain new friendships, especially when Luna aligns with Uranus later today, triggering chance encounters that may lead to lasting bonds. Do something creative and fun as Mars becomes active, nudging you to embrace the activities.

SCORPIO



OCT 23 - NOV 22

Your social media feeds will be abuzz as the Virgo moon cozies up with chatty Mercury. Though this cosmic climate will encourage you to become part of the conversation, avoid triggering topics that could leave a sour taste in your mouth. Consider performing random acts of kindness later today when Luna aligns with Uranus, encouraging you to spread love in unpredictable ways.

GEMINI



MAY 21 - JUN 20

It'll be easy to articulate your emotions in a way that makes sense, thanks to a celestial union between the Virgo moon and Mercury. Honor your truth under this cosmic climate, but be mindful to consider what others may be going through as well. A jolt of creative energy will find you when Luna aligns with Uranus later in the day, giving you an artistic lens from which you can process your feelings.

SAGITTARIUS



NOV 23 - DEC 22

The Virgo moon cozies up with sharp-witted Mercury asking you to get organized with your professional goals and personal aspirations. You may also want to seek advice from more seasoned colleagues, taking an opportunity to learn and improve. Consider shaking up your routine later today when Uranus activates your solar sixth house, nudging you to improve the systems you've implemented on yourself.

CANCER



JUN 22 - JUL 23

Your heart and mind will work in tandem thanks to a celestial union between the Virgo moon and Mercury. This cosmic climate will also accentuate your natural intelligence and organizational skills, helping you wrap up the workweek efficiently. Chance encounters could lead to conversations later today when Luna aligns with Uranus, so don't be afraid to chat with any interesting individuals.

CAPRICORN



DEC 23 - JUL 20

Keep your eyes peeled for signs, synchronicities, and messages from the universe as the Virgo moon cozies up with Mercury in house of spirituality. This celestial union is poised to supercharge your intuition, giving you an edge when it comes to receiving guidance and support from beyond. Follow your creative whims when Uranus becomes active later today, promising to revolutionize how you think and feel.

LEO



JUL 24 - AUG 23

The Virgo moon cozies up with Mercury bringing a grounding and intellectual energy to the table. Learning will be easier with a hands-on approach, so be sure to throw yourself into the mix when it comes to acquiring new knowledge or skills. You may see some unexpected career movement when Uranus becomes active later in the day, though staying present will give you an opportunity to prove your worth around the office.

AQUARIUS



JAN 21 - FEB 23

Don't shy away from serious or intimate conversations as the Virgo moon cozies up with chatty Mercury. This celestial union will bring a transformative energy to the table as well, helping you reshape the way you think and feel. Good vibes flow later in the day when Luna and Uranus share a supportive aspect, promising to fill your heart and private life with excitement.

VIRGO



AUG 24 - SEP 23

The stars will ask you to step up and use your voice as the moon and Mercury join forces in your sign. This cosmic climate can help you leave a strong impression, though you should be mindful to keep positive messages. Keep your eyes peeled for signs that you're not alone when Uranus is activated later today, supercharging your intuition and spirituality.

PISCES



FEB 20 - MAR 20

A light-hearted and flirtatious energy takes center stage as the Virgo moon cozies up with Mercury in the sector of your chart that governs love. Lean into these vibes by moving with grace and embracing sweetness, offering a kind word to the people you encounter. Unexpected news could land on your ears when Luna aligns with Uranus later today, and there may be cause for celebration.

Answers: 1. b) Article 80, 2. b) Two, 3. c) 550, 4. b) 5 years, 5. b) Rajya Sabha, 6. c) 6 years, 7. a) Vice President of India, 8. d) Speaker of the Lok Sabha, 9. c) Speaker of the Lok Sabha, 10. c) One-fourth of the total number of members

Answers: 1. Article 87, 2. Two, 3. 545, 4. 5 years, 5. Rajya Sabha, 6. 6 years, 7. Vice President of India, 8. Speaker of the Lok Sabha

