

**Parineeti Chopra and Raghav Chadha to get married on THIS date?**



Parineeti Chopra and AAP leader Raghav Chadha have been in the news since a long time. They got engaged in Delhi earlier this year. Their engagement pictures set the internet on fire. Parineeti and Raghav were twinning in white outfits for their engagement. Priyanka Chopra had also attended the engagement ceremony in Delhi. Parineeti and Raghav had also shared some amazing pictures from their special day on Instagram. Now, fans were eagerly waiting to know their wedding date.

Parineeti has been spotted by the paparazzi many times but she never spoke about her wedding. Now, the news about their wedding is out. As per reports in The Times Of India, the couple has finalized their wedding date and venue.

Parineeti Chopra and Raghav Chadha are all set to get married on September 25. Their wedding will take place in Rajasthan. It will be a grand wedding with just close friends and families.

Parineeti's team has begun working on the actor's wedding preparations. The source close to the portal said that it will be a grand wedding and Parineeti is extremely tight-lipped about the festivities that will be held by the families.

The source added that Parineeti will start preparing for the wedding in full swing in the first week of September. Reports also suggest that there will be a reception in Gurugram following the wedding.

Earlier, there were reports that the wedding will happen in Udaipur in a 5 star hotel. The Oberoi Udaivilas in Udaipur will be their venue for the wedding. Talking about their relationship, Parineeti and Raghav have known each other for several years but never spoke about it in open until they got engaged on May 13 at Kapurthala House in New Delhi.

**Ghoomer: Abhishek Bachchan reveals how wife Aishwarya Rai Bachchan handles his anger**

Ghoomer actor Abhishek Bachchan is making headlines for his new movie and his performance. Known for his roles in successful movies like Dhoom, Dasvi, Dhoom 2, Guru, Bunty Aur Babli, Raavan, Kabhi Alvida Na Kehna, and Run, he is back on the big screen with a bang. His recent film, Ghoomer has garnered praise from audiences as well as critics. Abhishek has been out and about promoting his film and in addition to discussing his new movie, Abhishek also opened up about his wife, Aishwarya Rai Bachchan.

During a podcast conversation, Abhishek recounted how Aishwarya helps him maintain his anger. He shared, "After a draining day, minor annoyances can get to you, such as the frustrating traffic in Mumbai. However, Aishwarya has a way of reminding me to stay calm and composed. Abhishek reveals how Aishwarya calms him. He reveals that she says, "Why let anger consume you? Just take a deep breath. You have returned home to a serene and joyful family environment."



**Have Malaika Arora and Arjun Kapoor really broken up?**

Arjun Kapoor and Malaika Arora's separation news has been making headlines once again after the actor dropped his solo vacation pictures, and there is a strong buzz that AK has parted ways with his ladylove. There are many who are wondering if Arjun and Malaika have decided to call it quits. But it is quite bizarre that these rumours have started, as the actor also leads an independent life and has the liberty to travel alone as well. As the rumours of Arjun and Malaika breakup news has been spreading like wildfire on the internet, an insider reveals exclusively to BollywoodLife, "Arjun and Malaika are having a good laugh at these constant rumours, and he doesn't know how to react to such speculations as people are extremely quick to jump to conclusions and pass their judgements, and so they both have decided to not pay attention to unnecessary chatter around their relationship".

While Arjun dropped the pictures of enjoying the weekend alone, that started the rumours that all is not well between them. And even Malaika was spotted making a solo appearance at AP Dhillon's party, and that only added



fuel to the fire, but the couple are very much together and their relationship is intact. Arjun and Malaika are one of the bravest couples in the industry, as they came out and spoke about their relationship in public despite all the judgements.

**Recipes**

**Gobhi Pepper Fry**



**Ingredients**  
 1 cup chopped cauliflower; 1/4 cup corn flour  
 1 teaspoon black pepper; 1/4 teaspoon fennel seeds  
 1 capsicum (green pepper); 4 cloves chopped garlic  
 1/4 teaspoon dry mango powder; salt as required  
 1/2 cup refined flour; 1/2 teaspoon turmeric  
 1/4 teaspoon cumin seeds, 1 onion  
 1 inch chopped ginger; 1/2 teaspoon coriander powder  
 2 tablespoon tomato ketchup, chopped spring onions

**Method:**  
 Boil water in a pot, add cauliflower florets to it along with some salt and blanch them for 3-4 minutes. Now strain the water and pour cold water on the florets. Drain the excess water. Add refined flour; corn flour; 1/2 tsp pepper; 1/4 tsp turmeric and salt in a bowl. Add 1/2 cup water firstly and mix well to prepare a slurry. The slurry should be neither too thick, nor too thin. Add 2-3 tbsps more water, if needed.  
 Add the blanched florets to the batter and mix well to coat them properly in the batter. Now heat oil in a kadhai and drop the florets one by one in it. Deep fry the florets until crispy and golden brown in colour. Heat 2 tablespoons of oil in a pan. Add cumin seeds, fennel seeds and let them splutter for a minute. Now add chopped onion to the pan and mix well. Add chopped ginger, garlic and capsicum. Sauté the ingredients on a high flame for 3-4 minutes. Now add coriander powder; dry mango powder; 1/4 tsp turmeric; 1/2 tsp black pepper powder and salt as per taste. Add tomato ketchup and mix well to prepare a masala. Now add the fried florets to the prepared masala. Stir fry on high heat for two minutes. Garnish with chopped spring onions and serve.

**Ways you can include ghee in the diet in a healthy way**

Ghee is a popular ingredient found in almost every Indian kitchen. It offers a range of health benefits. Ayurveda also recognizes the advantages of this superfood. Compared to saturated fats, trans fats, and hydrogenated fats that can lead to various health problems like high blood pressure and cholesterol, ghee is a healthier alternative. With the rising number of diseases which are triggered by lifestyle habits mostly, it is important to take care of the diet. Here are different ways to add this wonder food to your diet in the healthiest way possible.



**Adding garlic to ghee cures chronic fever:**  
 Garlic is a common herb found in your kitchen. But did you know when mixed with ghee it's also an effective cure for chronic fever. This can be of use for those who believe in traditional medicines. But, do consult your doctor if the disease persists for days.  
**Add triphala mixture to this for added benefits:**  
 Mixing ghee with specific ingredients like Triphala decoction and sugar can boost the effectiveness of the remedy, as seen in the case of addressing anemia. Ghee aids in better absorption of nutrients and compounds, aiding in the treatment of various conditions  
**Add it to your breakfast:**  
 When making breakfast, consider using ghee instead of butter or oil. You can spread it on toast or use it in traditional

dishes like paranthas or poha. Ghee not only adds a rich flavor, but it also provides essential fatty acids for a healthy start to your day.  
**Ghee is a boon for those who are lactose intolerant:**  
 Ghee can be a valuable addition to diets that exclude grains or those followed by individuals who are lactose intolerant. As ghee has the milk solids removed, it becomes a more tolerable option for those sensitive to dairy while offering a source of healthy fats  
**Use ghee instead of oil:**  
 Utilize ghee as your cooking medium, especially for high-heat methods such as sautéing, frying, and roasting. Its high smoke point ensures that it remains stable at elevated temperatures, preventing the release of harmful compounds and maintaining the nutritional integrity of your dishes.

**Everything you should know about hair extensions**

In the world of beauty and fashion, hair extensions have become an increasingly popular trend. These magical hair enhancers have the power to transform one's look, add volume, length, and even provide versatility to hairstyling options. For those curious about hair extensions, understanding the different types, methods, maintenance, and overall benefits is essential to achieve the desired gorgeous mane.



**Types of Hair Extensions:**  
 There are various types of hair extensions available, each with its own set of characteristics and application techniques. The most common types include:  
**Clip-In Extensions:** Ideal for temporary use, clip-in extensions are the easiest to apply and remove. They come in wefts with clips attached, allowing users to add volume and length instantly without any commitment.  
**Tap-In Extensions:** These extensions involve applying pre-taped wefts to the natural hair using heat. They are semi-permanent and can last up to 6-8 weeks with proper care.  
**Sew-In (Weave) Extensions:** Hair wefts are sewn into small braids or cornrows close to the scalp. This method offers a longer-lasting solution but requires professional application and removal.  
**Micro-Link (Micro-Bead) Extensions:** Tiny metal or silicone beads are used to attach the extensions to small sections of natural hair. Micro-link extensions are less damaging and can last several months.  
**Fusion (Pre-Bonded) Extensions:** Individual extensions with keratin tips are fused to natural hair using a heat connector tool. This method is durable but should be done by a skilled

stylist.  
**Halo Extensions:** A single weft of hair is attached to a wire, creating a "halo" that sits on the head. This option is temporary and easily adjustable.  
**Application and Maintenance:** Proper application and maintenance are crucial to ensure the longevity and health of hair extensions. Here are some essential tips:  
**Professional Application:** While clip-in extensions can be applied at home, other methods require a skilled hairstylist to ensure a seamless and natural look.  
**Regular Maintenance:** Depending on the type, hair extensions may require maintenance every 4-8 weeks. Follow the stylist's advice for touch-ups and adjustments.  
**Gentle Care:** Treat extensions like natural hair, but with extra care. Use sulfate-free and extension-friendly hair products. Brush gently from the tips, working your way up.  
**Heat Styling Caution:** Limit the use of heat styling tools to prevent damage. If using heat, apply a heat protectant and avoid high temperatures near the bonds or clips.

**Congress protests against smart meter installation, accuses BJP of misusing power**



JKPCC Working President Raman Bhalla and other leaders leading protest rally at Jammu.

**STATE TIMES NEWS**  
 JAMMU: The Jammu and Kashmir Pradesh Congress Committee (JKPCC) held a protest against the installation of smart meters, alleging that the Bharatiya Janata Party (BJP) is leveraging its authority to suppress the genuine concerns of the public.  
 Led by JKPC Working President Raman Bhalla, the protest march began at Bhour Camp, traversed Jammu Airport Road and Rani Bagh, and returned to Bhour Camp.  
 Organized by JKPC

Refugees Cell Chairman Amrit Bali, the protest expressed apprehensions about the financial strain posed by increased tariffs based on smart meter readings.  
 Participants, including notable figures like Sarpanch Ravinder Singh, Yogesh Sawhney, Manmohan Singh, and Pawan Bhagat, carried placards and national flags while chanting slogans against what they see as the government's failure to address legitimate public concerns.  
 Bhalla, addressing the

exacerbating the challenges faced by an already burdened population. He stressed the importance of the authorities recognizing the plight of the working class and responding to their concerns. Yogesh Sawhney, another key voice in the protest, criticized the government for consistently imposing measures detrimental to the public. He warned that such actions are testing the patience of the people and could lead to significant resistance.  
 Protesters decried the recent trend of receiving unexpectedly high bills since the introduction of smart meters. The installation of prepaid smart meters, they argued, unfairly burdens households, especially those already grappling with rising living costs. Against the backdrop of escalating prices for essential goods, the installation of smart meters has ignited widespread discontent. Many believe that this decision further strains families already grappling with the soaring cost of living.  
 Bhalla condemned the situation as an injustice and criticized the government for

**Traffic Police City Jammu conducts plantation drive**

**STATE TIMES NEWS**  
 JAMMU: A plantation drive was launched on Thursday by Traffic Police City Jammu at newly established Traffic Police Line Bhagwati Nagar under the aegis of "Azadi Ka Amrit Mahotsav with the theme "Meri Maati Mera Desh Mitti ko Naman Veero ko Vandan".  
 Shridhar Patil, DIG Traffic



Shridhar Patil, DIG Traffic Range Jammu planting a sapling.

Range Jammu, M.F. Qureshi, SSP Traffic City Jammu, Raj Paul Singh, Addl. SP Traffic Jammu, All Dy SPs of Traffic City Jammu and other officers/officials participated in the drive. Plants of different fruits and other varieties were planted at the venue.  
 It is pertinent to mention here that Traffic Police City has organized a series of activities such as Tiranga Bike Rally, Lightening of Diyas, wreath laying ceremony and other events to commemorate the Meri Matti Mera Desh Programme on the 77th Independence Day. The plantation drive organised today was the last and concluding event.  
 On the occasion, the DIG Traffic Range, Jammu lauded the role of Traffic City Jammu for carrying out the Green Jammu drive. SSP Traffic City Jammu thanked the DIG for gracing the occasion.

**Dharmarth Trust commemorates Mata Chintpurni Sawan Mela with religious fervour**



President JKDT, Brig (Retd) RS Langeh performing Puja.

**STATE TIMES NEWS**  
 JAMMU: Jammu and Kashmir Dharmarth Trust on Thursday celebrated the Mata Chintpurni Sawan Mela with great enthusiasm and devotion at the ancient Mata Chintpurni Temple, located on Circular Road in Jammu. The festivities commenced with a sacred Hawan Yagya followed by Bhajan Kirtan by the devotees.  
 The Mata Chintpurni Sawan Mela, a cherished tradition, resonated with deep spiritual significance as devotees gathered to offer prayers and seek blessings at the sacred temple. The event was graced by the presence of Brigadier (Retd) RS Langeh, President of the J&K Dharmarth Trust, who wholeheartedly participated in the celebrations. The Mata Chintpurni Temple holds a special place in the hearts of devotees. Constructed by the visionary Maharaja Gulab Singh Ji, the temple stands as a testament to the rich cultural heritage and spiritual legacy of the region. The temple priest shed light on the revered significance of the Mata Chintpurni Sawan Mela, emphasizing its role in fostering unity, devotion, and a sense of togetherness among the devotees. Trust's President offered Puraan Aahuties during the Hawan Yagya and performed the ceremonial Aarti of Maa Chintpurni, beseeching for the peace and prosperity of Jammu and Kashmir. He said the celebration of Mata Chintpurni Sawan Mela not only brings people together in a spirit of devotion but also reaffirms the timeless connection between faith and culture. The event serves as a reminder of the harmonious blend of tradition and modernity that forms the essence of Jammu and Kashmir; he added.