

Shilpa Shetty and kids to move out of Raj Kundra's house; to live separately from husband?



Shilpa Shetty's husband, Raj Kundra, was arrested on 19 July 2021 on the allegations of producing and distributing pornographic content through application programs. He has been in judicial custody ever since his arrest. Shilpa Shetty had kept away from the limelight for some time and refused to comment on the ongoing controversy requesting privacy. She recently returned on the judge's panel of Super Dancer Chapter 4. The actress reportedly put forth a condition saying that she would not be answering any controversial questions. And now, new report has surfaced. As per a report in Bollywood Hungama, Shilpa Shetty is allegedly planning to live separately with her kids.

A friend of Shilpa said that Raj Kundra's trouble seems to be adding up. The friend revealed that the Hungama 2 actress is in a huge shock after the huge revelation. "She had no clue that the diamonds and duplex were coming from nefarious resources," Bollywood Hungama quoted the friend saying. Furthermore, the report stated the friend saying that Shilpa doesn't want to touch a penny from Raj's assets. The friend reportedly added that Shilpa Shetty is working and is independent enough to take care of her children. The actress has also informed the industry folks that she is open to more films after Hungama 2 and Nikamma. And if reports are anything to go by, Anurag Basu and Priyadarshan have already offered her roles.

Meanwhile, Shilpa's posts on her Instagram handle have been grabbing headlines of late. The actress has been sharing posts about committing mistakes but being okay with it and promising herself to live every moment fully and more. The actress talked about women empowerment in one of her posts.

How to run faster: This facial trick will help you increase your speed



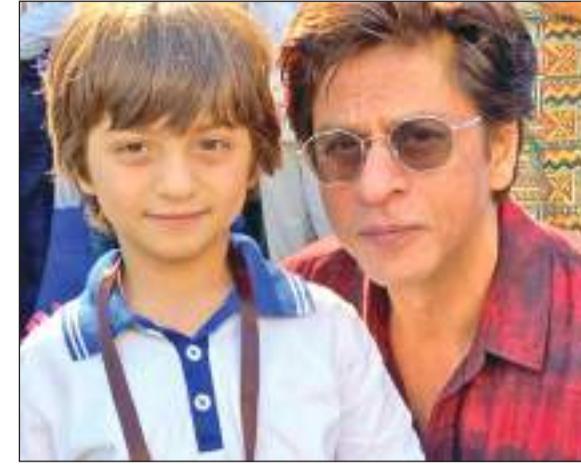
Have you ever noticed the expression on your face while running? Next time when you hit the pavement, do it because that is what determines your speed. Yes, you read it right! Studies suggest that your facial expression has a critical role to play when it comes to increasing your running speed and stamina. Furrowed brows, clenched jaws, pursed lips- the intense look on your face can actually sabotage your performance.

Running is a high-impact activity, where you have to give your maximum output to cover the distance at minimum time. Your body needs more oxygen supply to produce energy and reach your goal. But for that, you also need to stay relaxed. A relaxed mind helps to

When Shah Rukh Khan revealed why his son AbRam didn't like Kajol

When we list down some of the most amazing and popular pairs of Bollywood, Shah Rukh Khan and Kajol would probably top it. They have worked in several films like Dilwale Dulhania Le Jayenge, Baazigar, Kuch Kuch Hota Hai and Kabhi Khushi Kabhi Gham. When they were about to be seen together in the 2015 film Dilwala after a long gap, many were excited. However, SRK's son AbRam wasn't looking forward to it.

At the trailer launch of the film, SRK was asked about his son's reaction to the jodi. The actor had an interesting story to share. He revealed that whenever, whatever they shot, the director of the film, Rohit Shetty used to show them what they shot that day. He added that there was a scene in which he got hurt and AbRam felt it was because of Kajol. "He was very disturbed by her. He looked at Kajol, saying 'papa tuth gaya'. Toh uska mujhe malum hai, usko humara yeh jo milan hai, usko theek nahi lag raha hai," said SRK.

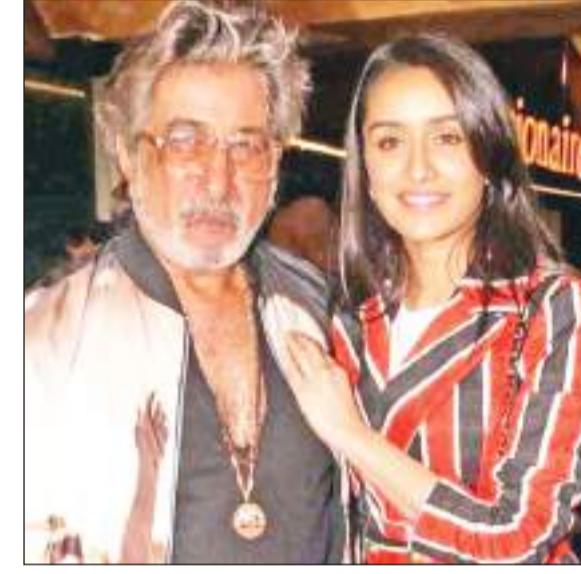


Shakti Kapoor finally opens up on Shraddha Kapoor and Rohan Shrestha's wedding rumours

Reports of Shraddha Kapoor and Rohan Shrestha's wedding have been doing the rounds of the industry for a while now. The two have been spotted together on various occasions which made their fans wonder if they are going to take their rumoured relationship a notch higher. While the rumours continue to spread like wildfire, Shakti Kapoor has set the records straight about his daughter Shraddha's marriage with her childhood friend.

"Rohan is a family friend, I have known his father for many, many years. Rohan visits us often, but he has not asked for Shraddha's hand in marriage. And besides, today children decide these things on their own. If Shraddha tells me that she has chosen a life partner for herself or even if Siddhant does, I will readily agree. Why will I refuse? But at this point, they are focused on their careers. Marriage is an important decision and the way people are breaking up, it bothers me sometimes. One has to be sure before making a decision like that," Shakti Kapoor.

The veteran actor further added that he has 'never stopped Shraddha or Siddhant (son) from following their dreams.' "Many people ask me if I stopped Shraddha from becoming an actress, but that is not true. I want her to shine and do well- she is such a hard-working and talented girl. I call her my 'golden girl'. She has made it on her own



in Bollywood," he added.

relax your body, so you can put maximum effort and run faster.

When your face muscles are tight, your entire body is affected due to it. Stiff face muscles can often translate down into the shoulders, upper back and arms. With this, even the swing of your arms with each leg stride decrease. This would restrict you to put in your maximum effort and run faster. Not only this, but it would also increase the risk of injury and fall.

How to relax your facial muscles

It might be difficult in the beginning to keep your face neutral when you are in action, but with practice, you will succeed. First of all, focus on your form and then pay attention to your face. If your muscles are tight here are some things that you can do.

After every mile, scan your body from head to toes. If you feel your face tense, drop your shoulders.

To neutralise your facial expression, flex your jaw, soften your eyes.

Keep your body perpendicular to the running surface- spine erect, shoulders neutral and buttock forward.

Make sure your hands are not clenched and you swing them with each stride.

Always keep your head straight and look forward.

Breathing is also important

Another factor that determines your running speed is how well you are breathing. Holding your breath can strain your muscles and you may feel tired easily. So, synchronise your breath with your stride.

Breathe in through your nose and breathe out from your mouth. If you are feeling out of breath then breathe in through your mouth. The best way to do this is to alternate your exhale and inhale between your right and left foot strikes. Inhale for three strikes and exhale for two.

in Bollywoold," he added.

Eat this berry for a glowing skin



When it comes to achieving skin goals, relying solely on topical application of skincare items is not enough. Just like any organ of the body, skin requires the right amount of nutrients to be healthy and nourished. A popular superfood, goji berry has been creating quite a buzz in the skincare space due to its impressive skin-friendly benefits. Enriched with essential nutrients, goji berry keeps the skin glowing, youthful, and rejuvenated, hence the superfood is being widely incorporated in skincare formulations. Here are the five ultimate benefits of goji berries for the skin, courtesy Nikhil Jain, Founder, Navah Skincare.

Reduces skin inflammation

Packed with high amounts of antioxidants, goji berries

combat inflammation in the skin by reducing the formation of inflammatory chemicals. Besides, the skin-beneficial fatty acids present in the goji berry strengthen the skin barrier and enhance complexion.

Diminishes appearance of fine lines and wrinkles

The rich concentration of amino acids and other essential minerals in goji berry protects skin cells from free radicals responsible for premature aging. Additionally, goji berries tighten up and plump the skin's appearance by promoting collagen and elastin production in the skin cells.

Minimises scars

Goji berries improve melanin content within the skin that helps to minimize the appearance of scars left behind by acne. Moreover, goji berries increase blood flow underneath the scar tissue, which helps in accelerating the recovery of atrophic or deep-tissue scars. Thus, consuming goji berries brightens and smoothens the skin by promoting new skin cell growth.

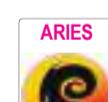
Protects skin from UV damage

Exposing skin to the sun for long hours without using adequate sun protection often results in age spots, sun spots, tanning, and other skin issues. Consuming goji berries or their topical application can heal damaged skin as the high levels of beta carotene in the superfood repair and rejuvenate skin tissues.

Boosts skin hydration

Goji berries contain amino acids that work to improve hydration in the skin and reduce the appearance of dehydrated and dull-looking skin. Besides, plump and moisturized skin tends to age slower thus, the superfood promotes anti-aging benefits, and improves skin tone and color.

ASTRO SPEAK



As an Aries, you're programmed to tirelessly push yourself towards your goals. Wednesday's skies remind you to pump the brakes and quietly replenish your energy on the home front as the moon wades through Cancer. Luna's square with Mercury may bring some rattling relationship conversations, but fortunately, the moon's sweet link with the sun later restores equilibrium.



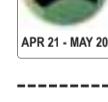
Give your ambitions everything you've got today, Libra. The moon's presence in deep-thinking Cancer signals the time of the month where you're at peak visibility in career matters. Devote your energy towards getting ahead, but know that Luna's square with messenger Mercury suggests that it's easy to burn yourself out if you're not tuned into your personal needs. Later, the moon's link with the sun imbues a deeper sense of understanding and tranquility.



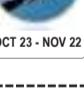
Speak your truth today, Taurus. Wednesday's skies push you to engage with your communication skills and get your story out. The moon floats through poetic Cancer, encouraging you to engage with your deeper feelings in a vulnerable, expressive way. Luna's square with Mercury may stir up some tension on the job front, but her sweet connection with the sun brings a sweet boost to personal creative projects.



The universe is challenging you to think outside the box today, Scorpio. The moon's presence in sentimental Cancer has you stepping back to examine the big picture view of your life thus far. Luna's square with expressive Mercury highlights what ingrained mental and communication patterns need adjusting to move forward. Later, the moon's sweet connection with the sun helps you feel capable of goal achievement.



Wednesday's skies point your focus towards your feelings of self-worth. The sensitive Cancer moon squares off with your ruling planet, expressive Mercury, prompting a strong need for emotional release. Tensions are likely to rise around romantic relations or creative projects. Fortunately, the moon's supportive connection with the sun restores a balance between head and heart.



As a Sagittarius, you usually prefer not to roll around in your messier feelings. Rather than aim your arrow high overhead, aim to glance down at your roots below. Wednesday's skies



reminds you to take care of yourself and prioritize the validity of your feelings as the moon wades through your sign. Luna's square with Mercury may stir up some tension on the job front. Later, the moon's supportive link with the sun makes it easy to express yourself and stay grounded.



What's the current story in your closest relationships, Capricorn? Wednesday's skies work to help you tap back into that narrative as the moon floats through the nurturing sign of Cancer. Devote your focus towards a love interest or partner to feel best. Luna's square with messenger Mercury may activate unsettling conversations on the job front, but fortunately, her smooth connection with the sun later helps settle the dust and restore peace.



The moon wades into emotionally rich Cancer today, directing your attention towards what needs releasing and renewing within. Let yourself pull away to recharge in peace and prioritize solitude. Luna's square with Mercury may prompt mental storm clouds that can be alleviated with honest conversation or journaling. Luna's smooth connection with the sun later helps restore a firm sense of inner security.



As an Aquarius, you tend to feel suffocated when you're locked into tedious obligations and repetitive workflows. Let yourself cultivate a new approach to your work-life balance today as the moon roams through nurturing Cancer. Luna's harsh square with Mercury may stir up mental storm clouds or unsettle travel plans, but fortunately, her sweet link with the sun later helps you regain emotional equilibrium.



The universe is working to help you break through some emotional blockages as the highly-sensitive Cancer moon squares off with your ruling planet, expressive Mercury. This contact is likely to bring clashes of head vs. heart to the forefront of your awareness. Later, Luna's sweet meeting with the sun helps restore equilibrium.



Don't let yourself get sucked into another mundane routine as the sensual Cancer moon turns your focus towards creative activities, romantic interludes, and ignites a playful mood. Luna's square with mental Mercury may dig up intense emotional conversations on the partnership front. Fortunately, the moon's sweet link with the sun later helps settle kicked-up dust and promote compromise.



Chocolate cheesecake



Ingredients

1 cup crushed oreo cookies, 3 tablespoon melted butter 460 gm cream cheese, 2 tablespoon all purpose flour raspberry as required, chopped pistachios as required 2 beaten egg, 2 1/2 tablespoon powdered sugar 1 3/4 cup melted chocolate chips, 3/4 cup powdered sugar 1 teaspoon vanilla extract 1 cup chocolate ganache mint leaves as required

Method:

To begin with this easy recipe, separate the filling and the cookie and keep it into two different bowls. Next, in a bowl, add crushed oreo cookies (make sure you crush only the chocolate part of the oreo and not the milk filling inside), sugar, and butter. Mix everything well. On a greased springform pan, add this prepared layer. Press it gently so that it gets settled well at the bottom of the pan.

Now, in a bowl, add oreo filling, cream cheese, flour and sugar. Beat them until the mixture gets smooth. Add eggs and beat gently. Finally, add vanilla extract and melted chocolate chips. Mix to combine everything well. Make sure the filling has a smooth consistency. Pour this filling on the base layer prepared in Step 1.

Preheat the oven to 180C. Bake the cheesecake for about 40-45 mins. Once done, let it cool on a wire rack for 10 mins. Now pour the chocolate ganache over the cheesecake. The top layer of the ganache should be thin. Let it refrigerate for at least 5 hours. Finally, garnish the cheesecake with chopped pistachios, raspberries, and mint leaf.

General Knowledge Question

1. The Olympic Flame, was, for the first time, ceremonially lighted and burnt in a giant torch at the entrance of the stadium at
A. 206 B. 212 C. 218 D. 218

2. The Olympic Flame symbolises
A. unity among various nations of the world B. speed, perfection and strength C. sports as a means for securing harmony among nations D. continuity between the ancient and modern games

3. The reaction which converts sugar solution into alcohol is an example of
A. saponification B. hydrogenation C. fermentation D. hydrolysis

4. The Scottish bacteriologist who discovered penicillin was
A. Alexander Fleming B. Albert Einstein C. Archimedes D. Aryabhata

5. The number of already named bones in the human skeleton is
A. 200 B. 201 C. 202 D. 203

6. The purpose of United Nations Fund for Population Activities (UNFPA) is
A. studying population dynamics B. collecting population data C. evolving population policies, family planning and related programmes D. All of the above

7. The National Sports Festival for women was, for the first time, organized in
A. 1970 B. 1975 C. 1980 D. 1985

8. The official working languages recognised by the UNO are
A. Chinese and English B. French and Russian C. Spanish and Arabic D. All of the above

9. The ozone layer restricts
A. visible light B. infrared radiation C. x-rays and gamma rays D. ultraviolet radiation

10. The Secretary-General is required to submit an annual report on the work of the UN to
A. Alexander Fleming B. United Nations General Assembly C. International Federation of Red Cross and Red Crescent Societies D. All of the above

ANSWERS:
1. Amsterdam Games (1928) 2. 206 3. 202 4. Alexander Fleming 5. 200 6. All of the above 7. 1975 8. All of the above 9. International Olympic Committee 10. United Nations General Assembly

14. UK