

When Asha Bhosle recalled a music director mistaking her for Lata Mangeshkar: 'That day, I thought I needed to do something...'



Veteran singer Asha Bhosle turns 90 today. The singer, who has crooned over 11,000 songs is one of the most popular and sought after singers in the Hindi film industry. In a career spanning over eight decades, Asha has received several awards and recognitions, including the Dadasaheb Phalke Award and was also honoured by the Government of India with the Padma Vibhushan, the second-highest civilian honour in the country in 2008. In a throwback interview, Asha had spoken about how she tries to bring a 'twist' to all her songs and also recalled an interesting incident when a music director mistook her for cousin and legendary singer Lata Mangeshkar.

In an old interview, Asha had spoken about having a 'healthy competition' with cousin and singer Lata Mangeshkar. Asha and Lata were both one of the top singers in the country during the 80's and 90's and crooned the majority of the Hindi film songs. While both the singers had a stellar voice, a music director once mistook Lata's voice as Asha's and called the latter to sing for his film.

In an interview, Asha Bhosle revealed that she clarified to the music director that the song wasn't sung by her, but Lata Mangeshkar. "That day, I thought that I need to do something different, otherwise, I would not be able to make a mark for myself because Lata didi is already there," the singer added.

The veteran singer also spoke about the times when she had to sing with Lata Mangeshkar for a song and said that she would anticipate how Lata would sing. "It was both our habits to incorporate a 'twist' into the song. So, I had to think what twist she could add and prepare myself for my twist. It was always a healthy competition," the singer added.

Raghav Chadha calls Parineeti Chopra a blessing, recalls their first meeting

Lovebirds Parineeti Chopra and Raghav Chadha are all set to tie the knot this month. The duo, who first sparked dating rumours in April this year, got engaged in May in the presence of close family members and friends. According to reports, Parineeti and Raghav will be tying the knot on September 23-24 in Udaipur. Amidst their wedding news, Raghav recently spoke about how Parineeti came into his life as a blessing and recalled their first meeting. While the duo first sparked dating rumours when they were spotted exiting a restaurant together in Mumbai early this year, Raghav and Parineeti have known each other for much longer. In a recent interview with YouTuber Ranveer Allahabadi, Raghav said that however they met, it was sheer magic and very organic. "It is something that I thank god every day for, for giving me Parineeti in my life. It's a huge blessing, and I am extremely happy that I have her as my partner. As I said, I thank god every single day for giving her to me," the politician added.



Salman Khan to make a smashing comeback in Vishnuvardhan's film?

Salman Khan fans are now waiting for Tiger 3 to come on Diwali. Fans want the superstar to set screens ablaze as Tiger/Avinash Singh Rathore once again. The actor's last film Kisi Ka Bhai Kisi Ki Jaan did not do very well. In fact, die-hard fans of the actor were upset seeing him in the remake film. The director Farhad Sanji also got brutally trolled on social media. It seems Salman Khan is now choosing scripts very carefully. We have seen that the pandemic has made audiences very discerning. They are quick to reject sub par content and entertainment. His next movie is with Vishnuvardhan.

Salman Khan is reportedly losing some weight for his movie with Vishnuvardhan. He is going to play the role of a paramilitary officer. The superstar feels he is in good shape. We know that he always has a good physique due to his passion for fitness and workouts, but it seems he will monitor his diet as well. Fans want to see him look his best, like what he did in films like Ek Tha Tiger and Kick. Salman Khan does not need too much effort to swing back into shape anyways. The Vishnuvardhan movie is going to be bankrolled by Dharma Productions. He has already done Shershaah with the same production house. It was a critically acclaimed



movie starring Sidharth Malhotra and Kiara Advani.

Recipes

Besan Peda



Ingredients
1 cup gram flour (besan), 1/4 cup milk powder
1 cup milk, 1/2 cup ghee
1/2 cup grated coconut
3/4 cup powdered sugar

Method:
Heat 1/4 cup ghee in a pan. Once the ghee melts, add besan to it. Stir and roast the besan on low flame. Keep stirring to prevent it from burning. After 15 minutes, the mixture will turn aromatic and crumbly. Add 1 tsp ghee and again give a good mix. Within the next 2-3 minutes, the mixture will release ghee and become smoother and golden brown in colour.

Now add milk powder and grated coconut to the pan. Mix to combine the ingredients in the besan mixture. Stir continuously and roast for two more minutes. The mixture will again turn a bit crumbly.

Now pour milk into the pan and give a whisk. Break all the lumps to make a smooth mixture. Stir continuously and roast for 2-3 minutes more. By now the mixture will absorb the milk and leave the sides of the pan. The mixture will also hold shape at this point.

Now add powdered sugar to the pan and mix till it dissolves completely. Add 1-2 tsp ghee as well. Mash and cook for 4-5 minutes more. The mixture will now be super soft and glossy. Now switch off the flame. Let the mixture cool down a bit. Now pinch out small balls from the mixture and roll them between your hands to make balls. Flatten them just a bit to give the perfect shape of pedas. Use all the mixture to make such pedas.

Your delicious Besan Pedas are now ready to be served.

Ways to stay fit and toned without going to the gym



As we all are aware, regular exercise has numerous health benefits backed by science. It prevents the development of cardiovascular illnesses, diabetes, enhances immune function, reduces signs of aging, and lowers the chances of mental conditions like depression, anxiety, dementia, and Alzheimer's.

Despite all these benefits, exercising can be intimidating at times, especially for someone new to it or returning after a long break. Exercise is avoided by people for a variety of reasons, including difficulty, work-related stress, sweating, fatigue, boredom, cost, and more. Therefore, one should consider experimenting with unconventional fitness trends that combine physical activity with pleasure and entertainment for those seeking a new and exciting way to approach fitness. Azhar Ali Sayed, Holistic Health coach and author of "Eat your cake, lose your weight" says that the following exercises are as effective as

gymming.

Swimming: Swimming is a great full-body workout that's easy on the joints. It can be done year-round in indoor and outdoor pools.

Dance: A fun and exciting method to get fit is by doing dance-based workouts, which have become incredibly popular in recent years. Dancing enhances cardiovascular fitness, coordination, and flexibility. You can participate in different forms like Zumba, hip-hop, or ballet.

Aerial Yoga: Aerial yoga is a type of yoga that enables practitioners to execute different yoga positions while floating in the air by incorporating a soft fabric hammock suspended from the ceiling. As the hammock supports and pushes your body in various ways, this type of yoga improves strength, flexibility, and balance.

Trampoline Workouts: Trampoline workouts combine cardio, strength training, and balance work. Bouncing on a trampoline is a low-impact exercise that stimulates muscles all over the body while also putting less strain on the joints. Additionally, the sensation of weightlessness and the rush of jumping add some enjoyment to your exercise regimen.

Aquatic Workouts: Aquatic workouts like aqua cycling, aqua Zumba, and other similar exercises are challenging yet low-impact workouts that are easy on the joints. Exercising in water provides resistance to your motions, which helps strengthen muscles and enhances cardiovascular fitness.

Parkour: Free running and parkour are two activities that require participants to use coordination, balance, and agility to navigate obstacles. These activities offer a full-body workout while encouraging mental focus and creativity. They can be done in urban as well as natural settings.

It's essential to find exercise activities that you enjoy to maintain a long-term fitness routine. Mixing and matching different activities can keep your workouts interesting and help you stay committed to regular exercise.

How to take care of your nails if you don't have time for a manicure



If you don't have time for a professional manicure, you can still take care of your nails at home with these tips:

Keep them clean: Regularly clean your nails and cuticles with mild soap and water. Use a soft nail brush to gently scrub away any dirt or grime.

Trim and shape: Trim your nails regularly to maintain a neat appearance. Use a nail clipper or file to shape them to your desired length and style. Remember to file in one direction to prevent nail splitting.

Moisturize your cuticles: Apply a cuticle oil or a moisturizing hand cream to your cuticles to keep them hydrated and prevent dryness and hangnails. Gently push back your cuticles with a cuticle pusher or a soft towel after applying the moisturizer.

Protect your nails: Wear gloves while doing household chores or any activities that involve prolonged exposure to water or harsh chemicals. This will help protect your nails from damage and maintain their

strength.

Avoid excessive nail polish: Give your nails a break from nail polish occasionally to let them breathe and prevent discoloration. If you do apply nail polish, use a base coat to protect your nails and a top coat for added durability.

Moisturize your hands: Apply a moisturizing hand cream regularly to keep your hands and nails hydrated. Massaging the cream into your cuticles and nails will also promote healthy growth.

Avoid nail biting and picking: Breaking the habit of nail biting and picking will help prevent damage and keep your nails looking neat. Consider using bitter-tasting nail polishes or explore techniques like nail-biting deterrent products to discourage the habit.

Maintain a balanced diet: Proper nutrition plays a significant role in nail health. Ensure your diet includes foods rich in vitamins and minerals like biotin, vitamin E, and iron. These nutrients support strong and healthy nails.

Use a buffer: Invest in a nail buffer to smooth the surface of your nails and bring out their natural shine. This can give your nails a polished look even without nail polish.

Avoid using nails as tools: Try not to use your nails to open packages, scrape off labels, or perform other tasks that can cause them to chip or break. Use appropriate tools instead to protect the strength and integrity of your nails.

By incorporating these simple practices into your routine, you can maintain healthy, well-groomed nails even without the time for a professional manicure.

General Knowledge Question Answers

1. Who was awarded the Nobel Peace Prize in 2020?

- a) Greta Thunberg
- b) Malala Yousafzai
- c) World Food Programme
- d) United Nations

2. Who was awarded the Nobel Prize in Literature in 2020?

- a) Olga Tokarczuk
- b) Louise Glück
- c) Bob Dylan
- d) Kazuo Ishiguro

3. Who was awarded the Padma Vibhushan, the second-highest civilian award in India, in 2021?

- a) SP Balasubrahmanyam
- b) Shinzo Abe
- c) Narinder Singh Kapany
- d) Mohammed Yusuf Khan (Dilip Kumar)

4. Who was awarded the Bharat Ratna, India's highest civilian award, in 2019?

- a) Atal Bihari Vajpayee
- b) Pranab Mukherjee
- c) Nanaji Deshmukh
- d) Bhupen Hazarika

5. Who was awarded the Nobel Prize in Physics in 2020?

- a) Roger Penrose, Reinhard Genzel, Andrea Ghez

6. Who was awarded the Man Booker Prize in 2020?

- a) James Peables, Michel Mayor, Didier Queloz
- b) Richard Flanagan
- c) Isamu Akasaki, Hiroshi Amano, Shuji Nakamura
- d) Takaaki Kajita, Arthur B. McDonald

7. Who was awarded the Nobel Prize in Chemistry in 2020?

- a) Tsitsi Dangarembga
- b) Douglas Stuart
- c) Hilary Mantel
- d) Richard Flanagan

8. Who was awarded the Nobel Prize in Medicine or Physiology in 2020?

- a) Emmanuelle Charpentier, Jennifer Doudna
- b) John B. Goodenough, M. Stanley Whittingham, Akira Yoshino
- c) Frances H. Arnold, George P. Smith, Sir Gregory P. Winter
- d) Jacques Dubochet, Joachim Frank, Richard Henderson

9. Who was awarded the Booker Prize in 2019?

- a) Harvey J. Alter, Michael Houghton, Charles M. Rice
- b) James P. Allison, Tasuku Honjo
- c) Yoshinori Ohsumi
- d) William G. Kaelin Jr., Sir Peter J. Ratcliffe, Gregg L. Semenza

10. Who was awarded the Nobel Prize in Literature in 2019?

- a) Olga Tokarczuk
- b) Louise Glück
- c) Bob Dylan
- d) Kazuo Ishiguro

11. Who was awarded the Pulitzer Prize for Fiction in 2020?

- a) Colson Whitehead
- b) Richard Powers
- c) Donna Tartt
- d) Jennifer Egan

12. Who was awarded the Abel Prize in Mathematics in 2021?

- a) Karen Uhlenbeck
- b) László Lovász
- c) Yves Meyer
- d) John Tate

13. Who was awarded the Nobel Prize in Literature in 2019?

- a) Paul R. Milgrom, Robert B. Wilson
- b) Esther Duflo, Abhijit Banerjee, Michael Kremer
- c) Richard H. Thaler
- d) Angus Deaton

14. Who was awarded the Nobel Prize in Literature in 2020?

- a) Olga Tokarczuk
- b) Louise Glück
- c) Bob Dylan
- d) Kazuo Ishiguro

ASTRO SPEAK

ARIES



Lean into your most stable relationships today, dear Aries, as the Cancer moon aligns with Jupiter and the Virgo sun. This cosmic climate is also great for promoting teamwork at home, marking the perfect occasion to rally your housemates for some pre-fall cleaning. However, you may need to take a rest when Luna squares off with Chiron this afternoon, especially if you start to feel irritable.

TAURUS



Pay attention to the thoughts that flood in early this morning, dearest Taurus, as the Cancer moon aligns with Jupiter and the sun. This cosmic climate is sure to unveil moments of enlightenment, marking the perfect occasion for meditation, journaling, and quiet reflection. A social element also comes into play, putting you in the mood to connect.

GEMINI



You'll feel the love within your community thanks to a sweet exchange between the Sagittarius moon and Chiron. Lean into this cosmic climate by amplifying the vibe within your social sphere, taking care to amp up and support the people you cherish. However, you may want to pull back later today when Luna squares off with Mercury retrograde, bringing moody and unharmonious energy to the table.

CANCER



The moon continues its journey through your sign this morning, dearest Crab, forming sweet connections with Jupiter and the Virgo sun. This cosmic climate will place your attention in high demand, though you should be mindful of directing your focus toward the relationships and goals you hold dear as the universe brings some extra luck your way.

LEO



Boundaries will be your friend as the Cancer moon connects with Jupiter and the Virgo sun. You'll have much to sort through below the surface, and social distractions could prevent you from doing the important soul work the universe is asking you to perform. Just remember that taking space from loved ones doesn't mean you are alone, especially when Luna squares off with Chiron this afternoon.

VIRGO



You'll gravitate toward soul bonds as the sun, Cancer moon, and Jupiter align overhead. This cosmic climate brings a supportive and social energy your way, inspiring you to invest in a sense of community and camaraderie. Watch out for ruffled feathers as afternoon rolls in and Luna squares off with Chiron, taking care to avoid petty squabbles and power struggles.

LIBRA



Themes around sacrifice and commitment will come into play as the Cancer moon aligns with Jupiter and the Virgo sun. Use this energy to take a practical look at your situation and most intimate relationships, taking care to acknowledge what you wish to grow and what must be cut free. You'll have a chance to break free from unhealthy patterns later this evening when Uranus activates.

SCORPIO



The Cancer moon blows a kiss to Jupiter early this morning, dear Scorpio, bringing a spiritual and loving energy to the table. Allow your heart to expand beyond your most intimate relationships and into the community when the sun and moon align, inspiring you to give back to society. The good you put into the world will score some major karma points right now while helping you find harmony within.

SAGITTARIUS



The universe will ask you to get your affairs in order before embracing weekend fun, as the Cancer moon connects with Jupiter. These vibes are perfect for recommitting to personal responsibilities, professional ambitions, household, and stars align to cut your work out for you. Frustrations could emerge if you don't bring a touch of fun into your agenda, especially when Chiron becomes agitated.

CAPRICORN



Cancer moon connects with Jupiter and the Virgo sun elevating the ambiance and your social life. This cosmic climate is all about loving the ones you're with, so be sure to raise the vibration by spreading joy and promoting togetherness. Watch out for disharmony at home when Luna squares off with Chiron this afternoon, bringing a moody energy to the table that will cause others to agitate easily.

AQUARIUS



The Cancer moon aligns with Jupiter and the sun putting you in the mood for home, family, and deep bonds. Lean into these vibes by organizing breakfast with your nearest and dearest, creating new memories around the kitchen table. However, you may feel frustrated if others don't carry their weight when Luna and Chiron square off this afternoon, making it important to watch your words if tensions rise.

PISCES



Good vibes flood the atmosphere as the Cancer moon connects with glimmering Jupiter and the Virgo sun. Lean into this cosmic climate by getting an early start on your weekend plans and pulling loved ones close for laughter and fun. You should be mindful of grounding in the present just before afternoon rolls in and Luna squares off with Chiron.

- 13. Olga Tokarczuk
- 12. László Lovász
- 11. Paul R. Milgrom, Robert B. Wilson
- 10. Colson Whitehead
- 9. Margaret Atwood, Bernardine Evaristo

- 5. Roger Penrose, Reinhard Genzel, Andrea Ghez
- 6. Douglas Stuart
- 7. Emmanuelle Charpentier, Jennifer Doudna
- 8. Harvey J. Alter, Michael Houghton, Charles M. Rice

- 1. World Food Programme
- 2. Louise Glück
- 3. Mohammed Yusuf Khan (Dilip Kumar)
- 4. Atal Bihari Vajpayee

