

Aditi Rao Hydari Aces Traditional Look In A Red Bandhani Silk Saree

Nishad Thaivalappil

Aditi Rao Hydari's love for traditional ensembles is well known. The actress never fails to captivate fashion enthusiasts with her sartorial choices. Recently, she graced the engagement ceremony of costume designer Eka Lakhani and producer Ravi Bagchandka in Mumbai, where she turned heads in an ethnic silk saree. The diva opted for a vibrant red bandhani saree from the fashion label Raw Mango. The outfit featured golden peacock motifs in aari embroidery and delicate golden patti work on the borders. She paired the drape with a complementary neon green blouse. The high-neck blouse featured half-sleeves and golden patterns all over it. Can you guess the price of Aditi's six-yard spectacle? According to Raw Mango's official website, the ensemble comes with a price tag of Rs 59,800.

On the glam front, Aditi Rao Hydari went for a minimalistic approach with soft eyeshadow, mascara-coated lashes, subtle blush on the cheekbones and a matte pink lip shade. Her tresses were kept open with a middle partition. To elevate her outfit, Aditi accessorised her look with statement gold chaandbalis and matching gold rings.

Aditi Rao Hydari has always been an icon among fashion enthusiasts. Previously, the actress exuded royal princess vibes in a beige and green hand-painted off-shoulder voluminous gown from designer Anita Dongre's collection.



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The figure-hugging bodice accentuated Aditi's well-toned physique. It transitioned into a pleated, floor-length skirt. mirror and sequin work added a touch of bling to the star's look.

For this look, Aditi Rao Hydari styled her locks in a centre-parted messy bun with tiny ringlets framing her face beautifully. For makeup, she opted for arched brows, a dewy base, a hint of blush, highlighter on her cheeks and a rose-toned tint on her lips.

Meet Thulasimathi Murugesan, a Veterinary Science Student Turned Shuttle Who Started at 5 and Made Paralympic History with Silver

Onam Gupta



Indian para-badminton athlete made history by securing a silver medal at the Paris Paralympics on September 2. She reached the Women's Singles on SU5 final but was defeated by China's Yang Qiuxia, who won the match 21-17, 21-10 in just 30 minutes. Despite her valiant effort, she ultimately secured the silver medal and made India proud. Murugesan scripted history by becoming the first Indian woman to reach summit clash in badminton at the Paralympics.

Who is Thulasimathi Murugesan?

Thulasimathi Murugesan hails from Kancheepuram, Tamil Nadu. At the age of 22, she was born with a congenital deformity in her left hand, resulting in the loss of her thumb. An unfortunate life-threatening accident worsened the situation, impacting her left hand's mobility even more. Despite these significant challenges, Murugesan's father, who is an avid sports lover motivated her to take up badminton and even encouraged her to play alongside able-bodied players. She got into badminton at seven and never look back since then. She has also studied Veterinary Science at Tamil Nadu Veterinary and Animal Sciences University, Chennai. Her sister, Kiruttigaha, is also a badminton player and has won several district-level games.

Throughout her career, Murugesan has achieved several accolades. She notably secured a gold medal in women's doubles at the 5th Fazza Dubai Para-Badminton International 2023, teaming up with Manasi Joshi. She also earned a bronze medal at the same event, partnering with Nitesh Kumar. Her dedication has earned her multiple awards and honours, serving as a source of inspiration for athletes around the world. Thulasimathi Murugesan's relentless pursuit of excellence exemplifies the spirit of overcoming adversity and achieving greatness in the field of Paralympics.

Meet 21-Year-Old Karsen Kitchen, Who Made History as The Youngest Woman to Fly to Space, Proving The Sky's no Limit!

Onam Gupta

At 21 years old, Karsen Kitchen has made history as the youngest woman ever to travel to space. A senior at the University of North Carolina at Chapel Hill, Kitchen journeyed aboard a Blue Origin spacecraft, founded by Jeff Bezos. Alongside her were five other passengers, including a NASA-sponsored aerospace scientist. The six-member crew launched on a sub-orbital flight from a West Texas site at 9:07 am local time on August 29 and landed roughly 10 minutes later.

Karen's journey into space fulfills her lifelong dream. She is the youngest woman to cross the Karman line, which is considered the boundary of outer space. A communications major with a minor in Astronomy, Karsen followed the footsteps of her father, Jim Kitchen, a UNC professor and avid space enthusiast.

Kitchen spoke about her surreal experience after she landed. Speaking to WRAL News, she said, "It's this incredible fluorescent blue beating heart of the Earth... and to



see our beautiful planet truly just changes your perspective on how lucky we are." She shared that her life "changed" when she saw the Earth from zero gravity.

Kitchen shared that going to space has been a dream of hers for years. "I have so many memories

of going out side when I was younger, looking up at the night sky. I would come in and be like 'Y'all, I want to be an astronaut.'"

While Kitchen is the youngest woman to cross the Karman line, she isn't the first in her family to achieve this milestone. Her father,

Jim Kitchen, was a passenger on the New Shepard 20 flight in 2022. He was there to welcome her back to Earth after she achieved this historic moment on space. Together, they will always cherish the memories of their journeys beyond Earth's atmosphere.

5 Ways Hot Water Can Reduce Cholesterol Naturally

Curated By: Lifestyle Desk

People tend to overlook their health in the busy lives of today. Consequently, illnesses are swiftly claiming human lives. Numerous illnesses resulting from bad living choices hollow out an individual within. High blood sugar is among them. Yes, there has been a growing number of cases of rising cholesterol for a while now. If high cholesterol disease symptoms are ignored, it can have a detrimental impact on numerous organs.

Cholesterol is a filthy, wax-like material that deposits itself in blood arteries, narrowing them as a result. Blood circulation is impacted by elevated cholesterol levels, and an improper blood supply to the heart might result in

a heart attack. In addition, the risk of brain stroke rises if the brain's blood supply is blocked.

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a heart attack. In addition, the risk of brain stroke rises if the brain's blood supply is blocked.

Prevent the body from accumulating fat:

Hot water has the potential to lower the body's rising cholesterol levels. In real, unhealthy fat lipid buildup in the blood arteries is what causes cholesterol. In addition, hot water helps stop fat from building up in the body by lowering the lipid profile of bad fat that is released from meals.

Enhances blood circulation:

The use of hot water accelerates blood flow. Blood begins to thicken as a result of low fluid levels, which impairs blood flow. By thinning the blood, drinking hot water in such circumstances can help with blood circulation.

Prevent dangerous particles from

adhering to the veins:

Eating greasy food is the main cause of high cholesterol, as it causes the body to produce cholesterol quickly. Oily foods release triglycerides, which are the primary cause of cholesterol. Triglyceride granules are kept from adhering to the veins by hot water.

Studies have shown that drinking green tea can significantly lower blood cholesterol levels. A substance found in green tea called catechin can significantly lower cholesterol. Green tea mixed in hot water can help you reduce cholesterol.

Eat garlic:

Garlic and hot water help lower cholesterol issues. Garlic not only lowers cholesterol but also heart-related issues when taken with water on an empty stomach.