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Rumours about actress Shakeela passing away went viral on social media. The actress shared a video and rubbished the rumours about her ill-health and death.

Shakeela rubbishes rumours of her ill- health and death, but with a happy message

Shraddha Kapoor

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celebrated 2 years of becoming a vegetarian on World Nature Conservation Day. She shared a video talking about her experience of adopting vegetarianism.

Shraddha Kapoor celebrates 2 years of vegetarianism, says it made me happier, healthier

Try this healthy and happy diet instead. The pandemic and the

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resultant negative side effects, both physical as well as psychological have led to a big mess up of our eating habits. Stress is a huge ...

Struggling To Eat Healthy? Try the 'Happy Diet'

Michael Corleone in "The Godfather" says, "My father taught me many things ... he taught me keep your friends close, but your

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enemies closer." Not the formula for a relaxed ...

Drs. Oz and Roizen: The health benefits of social connections

Sunisa Lee captured the women's all-around gold medal at the Tokyo Olympics on Thursday, a triumph that wowed all of Minnesota but carried special resonance in the state's close-knit Hmong American ...

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'Happy tears': Lee's gold sparks joy at home in Minnesota

Peanut butter banana protein bread, chocolate chunk oat cookies, and berry mousse helped Insider reporter Rachel Hosie reach her fitness goals.

7 dietitian-approved high protein snacks that helped me lose fat and gain muscle

I continued

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volunteering with youth groups when needed, but following the second phase of the pandemic, I joined the medical team during vaccination drives, contact tracing and now with screening ...

A Smile, Simple Thank You Keeps Me Going, Says Health Volunteer

There were cheers and screams and “happy

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tears” for one of their own, and unending delight for what many saw as an “Only in America” story.

'Happy tears': Lee's gold in all-around sparks joy at home in Minnesota

If any of these three scenarios sound familiar to you, it's likely you may have found yourself in a right person, wrong time situation. As the

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name suggests, this is what happens when you meet someone ...

Experts Confirm: Yes, You Can Meet the Right Person at the Wrong Time

CHENNAI: A fake news has been doing rounds on social media that film star Shakeela is dead. Following this, the actress took to Twitter to respond to this.

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**Fake news that
Shakeela is no more,
actress says she is
perfectly healthy
and happy**

The decision of the gymnast Simone Biles teaches us that perhaps the true success is in being happy with the medals won, and not in sacrificing mental and physical health to go for one more.

Simone Biles
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**withdrew from
Tokyo 2020 for
mental health, how
do you know if it's
time to prioritize
personal care over
success?**

On Sanjay Dutt's 62nd birthday, his sister Priya Dutt shared a video collage of rare throwback pictures of the actor and his family. Some of Sanjay's colleagues also took to social media to wish the ...

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Happy Birthday Sanjay Dutt: Ajay Devgn's special gift, sister Priya Dutt says 'life has thrown many punches at you'

Nicholas Moutafis has always been an early riser. Over the years, he's gone from waking up at 6am to 5am every morning, a schedule that he says puts him "in the right headspace and mood"

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to have a ...

Sun's up: Why waking up one hour earlier can make you happier

Biles joins other high-profile names in the Olympic space who have been talking openly about a topic that had been taboo in sports for seemingly forever.

'OK not to be OK': Mental health takes

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top role at Olympics

There were cheers and screams and “happy tears” for one of their own, and unending delight for what many saw as an “Only in America” story. Sunisa Lee captured the women’s all-around gold medal at the ...

‘Happy tears’ in Minn.

Naomi Osaka is back playing, still winning, and also talking to the

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media again. The Japanese superstar who lit the Olympic cauldron defeated 52nd-ranked Zheng Saisai of China 6-1, 6-4 on Sunday in ...

Osaka 'refreshed and happy again'

Who is a powerful miniature desktop for? That was the question running through my mind when I reviewed Intel's NUC 9 Extreme last year. It was the

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company's most powerful compact PC kit (NUC stands ...

Intel NUC 11 Extreme review: A tiny gaming desktop you may actually want

The Malaysian Health Ministry allowed Diaz to receive a Covid-19 job that paved her way to Tokyo. Malaysia's Ministry of Health claimed that the country's health

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minister, Adham Baba,
was among those ...

M'sian Health Ministry claims some credit for the Philippines' first Olympic gold medal

The beach volleyball
star and two-time
medalist is
championing health
equity as she heads
into her third Olympics.

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