

The REAL reason why Samantha Ruth Prabhu refused Shah Rukh Khan-Atlee's Lion?



There is hardly any day when Samantha Ruth Prabhu doesn't make headlines. This time around, something very intriguing about her professional decision is making a lot of noise. There have been reports that Samantha Ruth Prabhu was the first choice for the leading lady in Atlee's film Lion with Shah Rukh Khan. However, the actress refused to work with the Bollywood superstar. It is then that Lady Superstar Nayanthara was approached and became part of the film, along with The Family Man 2 actress Priyamani and Sanya Malhotra. There are various speculations around the same ever since.

However, how much of all this is true? An industry insider tells us that there were a lot of actresses being considered for the film since it has three actresses and it is possible that Samantha was approached too. However, there is no confirmation if it was the role that finally went to Nayanthara or the ones which fell into Priyamani and Sanya's laps. The source said that Atlee always wanted to bring Shah Rukh and Nayanthara together in the film, so all the noise that Samantha was earlier considered and then Nayanthara came on board is a little too far-fetched.

The source also revealed the real reason why Samantha could have refused the role. "Samantha had been going through a rough patch in her personal life. We all know what has happened and can well imagine the state of mind she must be in when this film came to her. Sam is a thorough professional and she deliberately didn't sign any big project or something that needed long commitment, since she wanted to clear things on the personal front first, before diving into work," revealed the source.

'People think Prabhas is shy but the truth is...' Kriti Sanon reveals shocking details about Adipurush co-star

Om Raut' Adipurush is one of the most anticipated upcoming films in the entertainment industry. It features none other than Darling Prabhas with gorgeous Kriti Sanon, Sunny Singh and Saif Ali Khan. Based on the epic Hindu mythology, Ramayana, Adipurush is still being shot in the maximum city. Now, Kriti Sanon recently wrapped up the shoot of Adipurush. The actress recently opened up on her working experience with co-star Prabhas. And guess what? She spilt the beans on his real persona. Talking about her wrap on the film, for the uninitiated, Kriti plays the role of Sita in the movie. Her character is named Janaki. Writing a heartfelt goodbye note, the Param Sundari actress wrote, "Can't believe this journey has come to an end so soon! My heart sinks as I let go of this super special character that I'm extremely proud to have played: JANAKI! Her loving heart, her pious soul and her unshakable strength will somewhere stay within me forever!" She added that Adipurush will be "A film I'll always be extremely proud of!"



Pyaar Ka Punchnama 3: Will it be Kartik Aaryan, Ranbir Kapoor and Ranveer Singh for the sequel?

The two movies of Kartik Aaryan everybody is waiting for, which has ironically not even been announced, are the sequels to Pyaar Ka Punchnama and Sonu Ke Titu Ki Sweety – the third part in the case of the former and the second installment when it comes to the latter. Well, we've at least got some word on Pyaar Ka Punchnama 3 now. During the trailer launch of Netflix's Dhamaka at Taj Lands End, Bandra, Mumbai, the question about the Luv Ranjan film was posed to Kartik Aaryan, including a suggestion for the cast, with Ranbir Kapoor and Ranveer Singh's names being thrown out there given how much the they're binding these days with Kartik be it on the football field or off it. Sheepishly, Kartik Aaryan gave half a response since he didn't want to take the focus away from the Dhamaka trailer launch.

Responding to the casting coup of Ranveer Singh, Ranbir Kapoor and himself as also the possibility of Pyaar Ka Punchnama 3 going on floors, Kartik Aaryan said, "Well, that sounds something, let's see what could happen. But, honestly, you'll have to ask Luv sir (Luv Ranjan) about it. He'd be in a better position to offer clarity about the film."



Flu symptoms in kids: When should parents take action



Since the onset of novel coronavirus, the prime focus of doctors and medical professionals has remained to be the SARs-COV-2 virus. However, the recent spike in the number of flu cases has alarmed people in many ways. Children continue to remain vulnerable and at great risk of developing severe flu symptoms. This has raised concerns among parents, who are themselves susceptible to the influenza virus. That said, for those of you who are worried about your child's health and safety, here are some important things that you should keep in mind.

**Flu cases rise amid COVID-19 pandemic**

The Centre for Disease Control and Prevention (CDC) had earlier emphasized on how flu cases during 2020-21 were "unusually low". Considering people were masking up, taking necessary measures to stay safe from COVID-19, maintaining distance, it all helped curb the spread of other respiratory illnesses.

However, with the availability of the vaccines, the drop in the number of coronavirus cases, people have become more relaxed and less vigilant, leading to a sudden rise in flu cases too. This has alarmed

experts, who have warned against a possible 'twindemic'.

**Children continue to be at risk**

The Centre for Disease Control and Prevention says, "Children younger than 5 years old—especially those younger than 2— are at higher risk of developing serious flu-related complications." That said, as compared to a common cold, flu infection is more dangerous and concerning for kids.

When it comes to young children, the illness sets in sooner than you expect and it may start taking a serious toll on your child within the first 2 or 3 days. As per the CDC, getting yourself and your child vaccinated against flu is the best way to keep kids protected.

**Common symptoms of flu in children**

**Symptoms of the flu are wide-ranging. It may include:**

Fever or chills, Headaches, Fatigue, Cough, Sore throat, Runny or stuffy nose, Body aches, and nausea

**Emergency signs to watch out for**

While mild symptoms are manageable at home and with proper treatment, it can be cured in no time, there are signs that may indicate severe complications. Some of which are listed below.

Worsened fever and chills, Dehydration, Troubled breathing and shortness of breath, Cyanosis, a bluish discoloration of the skin, Pneumonia or severe lung infection

If your child shows any of these signs, make sure to call up your doctor and seek immediate medical help.

**How to keep your child safe?**

As is known, following COVID-appropriate behaviour is what got us through a typical flu season last year, this year again, if you're keen on safeguarding your child's health, urge them to wear masks, maintain social distance, practice hand hygiene and more. Make sure you get your child vaccinated against the flu.

Although the restrictions have been lifted and many are vaccinated, the combined force of COVID-19 and the flu is as deadly as it ever was.

Myths about when and how to eat fruits



Fruits occupy an intrinsic role in a balanced diet as they provide a wide range of nutrients and antioxidants to the body. Most dieticians recommend that seasonal fruits of different types of colours must be included in the diet. Amidst the tons of benefits that fruits provide, there are certain myths floating around, which need to be busted right away. Here are some of the most common myths about fruits that you must know about. Fruits are better eaten on an empty stomach

The most popular myth about fruits is that eating them on an empty stomach will maximise their benefits. Many people also say that having fruit along with a meal can cause gas and acidity. The least harm a fruit can do when eaten with a meal is slow down digestion a bit. The fibre content in fruits might tone down

the digestion process but this won't cause digestive problems.

You might have been nudged by your elders about not eating fruits before or after the meal, as this can reduce the benefit they provide to the body. The fact is that fruits will provide the same amount of nutrients, irrespective of when they are eaten.

Fruit juices are better

Fruit juices might be a good enough option to satiate your thirst, but they are in no way better than the whole fruits. While juicing out the fruit you eliminate its fibre content. This lowers the satiating power of the fruit and also takes away certain essential nutrients. You can have freshly squeezed juices once in a while, but it is always better to have fruit as a whole.

Fruits do not cause weight gain

Fruits might be your go-to options to snack on but you need to ensure that you don't eat them in excess. Most fruits contain natural sugars in the form of fructose, whose excess intake can enlarge the liver. Thus, it is best to portion control your intake and include different seasonal fruits in your diet.

Fruits are an ideal meal

A large number of people skip their breakfast and grab a fruit or two to replace the meal. Many people believe that since fruits are healthy and nutritious, they can be had as a meal.

There is no doubt in the fact that fruits are power-packed with nutrients, antioxidants and fibre, but they alone can't be had for a meal, since they are digested quickly and might make you hungry within an hour or two. Thus, it is best to have a variety of fruits daily and fit them in between your meals.

General Knowledge Question

1. Which one of the following waves are used by the common TV remote control?

A. Radio waves  
B. Lasers  
C. Infrared waves  
D. Ultrasonic waves
2. Given bellow are the psychological manifestations of noise pollution.

(i) Constriction of blood vessels  
(ii) Increase in the rate of heart beat  
(iii) Digestive spasms  
(iv) Dilation of pupil of the eye
- Select the correct options

A. (i) and (ii) are correct  
B. (i) and (iii) are correct  
C. (ii) and (iv) are correct  
D. (i), (ii), (iii) and (iv) are correct
3. Which gas is safe and an effective extinguisher for all confined fires?

A. Nitrogen dioxide  
B. Carbon dioxide  
C. Sulphur dioxide  
D. Nitrous Oxide
4. Which one of the following statements is incorrect about laser?

A. It is a technique for producing intense beams of light, ultraviolet or infrared radiation of different wavelength.  
B. Even in diamond laser beam can drill a hole.
- C. A variety of lasers have been made from solids like the ruby crystal and semi conducting materials, liquids and gases.  
D. All waves in laser, travel in phase.
5. Which one of the following elements the drum of a Photostat machine is made up of:

A. Aluminium  
B. Selenium  
C. Barium  
D. Caesium
6. If we say the child has an IQ of 100, what does this mean?

A. The performance of the child is below average.  
B. The performance of the child is above average.  
C. The mental age of the child is equal to his actual age.  
D. The performance of the child cannot be better.
7. Which bacteria is responsible for the formation of curd?

A. Lactic acid bacteria  
B. Lactobacillus Acidophilus  
C. Lactobacillus aureus  
D. Bacillus radicleola
8. Which one of the following bacteria present in the soil produces a peculiar smell if it rains on perched soil?

A. Streptomyces  
B. Staphylococcus  
C. Diplomyces  
D. Micrococous
9. In poorly ventilated buildings which one of the following inert gases can be accumulated?

A. Helium  
B. Neon  
C. Argon  
D. Radon
10. Honey is sweeter than cane sugar or corn syrup. Which one of the following carbon sugars is responsible for this?

A. Dextrose  
B. Levulose  
C. Sucrose  
D. Fructose
11. Which Polymer is used in making non-stick kitchen ware?

A. Nylon  
B. Teflon  
C. Polystyrene  
D. Bakelite
12. Name the polymer used in making bullet proof glass?

A. Melamine  
B. Bakelite  
C. Lexan  
D. Vinyl rubber
13. For pipe insulation which polymer is used?

A. PVC  
B. Polythene  
C. Teflon  
D. None of the above

- Answers:

1. Infrared waves  
2. (i), (ii), (iii) and (iv) are correct  
3. Carbon dioxide  
4. It is a technique for producing intense beams of light, ultraviolet or infrared radiation of different wavelength.  
5. Selenium  
6. The mental age of the child is equal to his actual age.  
7. Lactobacillus Acidophilus  
8. Streptomyces  
9. Radon  
10. Levulose
11. Teflon  
12. Lexan  
13. PVC

ASTRO SPEAK

- ARIES**

Thursday's cosmic landscape poses some challenging terrain to scale, Aries. Your ruling planet, soldiering Mars, spends the day in an emotionally-potent square with truth-revealing Pluto. This pairing is an explosive one that works to uncover any hidden tensions, especially those lurking around your relationship story and your personal sense of ambition. Aim to speak your truth and let some steam off.
- LIBRA**

Thursday's cosmic landscape is shaping up to be less than pleasant, Libra. Let honest feelings guide your ability to speak up, even if it means ruffling some feathers. The potent square between feisty Mars and truth-revealing Pluto helps alleviate any underlying tensions brewing on the home and family front. Use this energy to get things off your chest and embrace re-constructive changes in your living space.
- TAURUS**

As a Taurus, you tend to choose peace-keeping over unnecessary conflict. This mode of behavior may be challenged, as some emotionally difficult obstacles to overcome. Self-concerned Mars forms a tense square with underworldy Pluto, revealing ignored tensions between your day-to-day routine and your big picture plans for your life. Health issues can emerge if hot emotions can't get any breathing room.
- SCORPIO**

As a Scorpio, you receive cosmic directions from the self-motivated planet, Mars. Thursday's skies find Mars between a rock and a hard place, potentially sparking some stress as it squares off with regeneration-seeking Pluto. This potent pairing feels similar to a volcano erupting, especially when it concerns addressing your own self-sabotaging patterns and communication issues.
- GEMINI**

Let your introverted twin take center stage today, Gemini. You need some quiet downtime to sort through all of the potent emotions coming to the surface today. Thursday's cosmic landscape features a variety of hard encounters, particularly emanating from the square between self-directed Mars and truth-revealing Pluto. Aim to clear the air when it comes to unspoken relationship tensions.
- SAGITTARIUS**

Energetic Mars spends the day in a tense configuration with frustration-releasing Pluto, highlighting any unacknowledged stresses existing between your long-term aspirations and current financial situation. Fortunately, relief can be sought by grounding down into the body and getting physical, as the Taurus moon reminds you to tend to your well-being on all levels.
- CANCER**

Let your introverted twin take center stage today, Gemini. You need some quiet downtime to sort through all of the potent emotions coming to the surface today. Thursday's cosmic landscape features a variety of hard encounters, particularly emanating from the square between self-directed Mars and truth-revealing Pluto. Aim to clear the air when it comes to unspoken relationship tensions.
- CAPRICORN**

Brace yourself for some potential stresses to make themselves known today, Capricorn. The emotionally potent square between self-motivated Mars and power-play Pluto, highlighting any existing tensions between your sense of personal independence and the air in your closest relationships, romantic and platonic. The grounded Taurus moon offers relief by encouraging you to speak up and tell your truth rather than steep in your feelings.
- LEO**

It's easy to get worked up under Thursday's skies, Leo. Aim to give yourself a physical outlet today, so your mental stress doesn't bottle up and explode in harsh outward comments. The potent square between self-directed Mars and renewal-seeking Pluto can bring work tensions to a boil. If you can keep it calm, use this honesty-first energy to clear the air with coworkers or bosses rather than let things fester.
- AQUARIUS**

It's a good day to stay out of the public eye, Aquarius. You're likely to be wrestling with a variety of mental tensions that need some private working through as overheated Mars squares off with frustration-releasing Pluto. This potent pairing brings deeply subconscious material up to the surface for re-evaluation and renewal, making it an ideal day to seek out therapeutic endeavors.
- VIRGO**

Give yourself some flexibility for messy feelings to emerge and run their course. Heated Mars forms a riled-up square with frustration-releasing Pluto, helping you move through any stress around finances, romance, or creative endeavors. The Taurus moon offers help by encouraging you to seek earthy adventures and abandon tired routines.
- PISCES**

Relationship tensions are likely to come to a boiling point as action-taking Mars locks into a hard configuration with renewal-seeking Pluto. This potent pairing helps you clear the air in your closest relationships, romantic and platonic. The grounded Taurus moon offers relief by encouraging you to speak up and tell your truth rather than steep in your feelings.