

Tiger 3: Why is the Salman Khan and Katrina Kaif sequel not being directed by Ali Abbas Zafar? Here's the TRUTH



For all intents and purposes, Tiger 3 is easily one of the most anticipated upcoming Bollywood movies, not only because it's the third part of the immensely successful Tiger spy franchise, but also because it again unites the much-loved onscreen pair of Salman Khan and Katrina Kaif, not to mention the other facts likes how both previous installments set new benchmarks with action or how it's one of the few Bollywood franchises, which hasn't dipped in quality courtesy a finely maintained balance between strong writing, astute direction and plenty of big-screen commercial to go hand in hand. So, it did come as quite a surprised when Ali Abbas Zafar, who had helmed the blockbuster Tiger Zinda Hai in 2017, which collected ₹339.16 crore nett, didn't return for Tiger 3.

Well, the cat is finally out of the bag as Director Ali Abbas Zafar himself has revealed why he has not returned to the Director's chair to call the shots for the Salman Khan and Katrina Kaif starrer, Tiger 3. The hit filmmakers revealed in a conversation with Pinkvilla that producer and YRF head honcho Aditya Chopra is like an elder brother to him, but unfortunately, when the third part of the Tiger franchise was happening, he has some other engagements that he was already committed to, and hence couldn't bow out from them. Thus, their timelines simply could not match, and contrary to other rumours that's the only reason why he isn't directing the film.

So, who has taken over the directorial reins of the franchise after Kabir Khan and Ali Abbaz Zafar? It's Maneesh Sharma of Band Baaja Baaraat fame, also a Yash Raj film. Ali added that he thinks Maneesh will make a very entertaining film and that he's looking forward to it.

Not with Akshay Kumar but Samantha Ruth Prabhu to make her Bollywood debut opposite THIS actor?

Samantha Ruth Prabhu is one of the most successful actresses down South. She made her OTT debut with The Family Man season 2 and impressed one and all with her performance in it. Now, there have been multiple reports about her Bollywood debut. It was said that she will be seen in a film opposite Akshay Kumar which will be produced by Karan Johar, and that's why the film-maker had called the two actors together on his show Koffee With Karan 7. However, there's no official announcement about it, and now, a fresh report says that Samantha will be making her Hindi film debut opposite Ayushmann Khurrana.

According to a report in Peeping Moon, Samantha Ruth Prabhu will be making her debut opposite Ayushmann in a horror comedy which will be produced by Dinesh Vijan under his banner Maddock Films. The untitled film will be directed by Amar Kaushik who directed Stree and has Bhediya lined up for a release.

A source told the portal that Samantha will be seen as a princess in the film, and Ayushmann will portray the character of a vampire. The movie is based on a folklore story from Rajasthan and takes Dinesh Vijan's horror-comedy universe forward. Reportedly, the actors have signed the dotted line and the shoot will start early next year.



Why Aryan Khan royally ignored Ananya Panday at a recent event: The REAL reason revealed

Aryan Khan recently attended a screening of Madhuri Dixie's next film Maja Ma along with his sister Suhana Khan. While even Ananya Panday was prenatal at the screening and this video of Aryan Khan ignoring Ananya has been going viral. Ananya Panday is getting badly trolled for being ignored by superstar Shah Rukh Khan's son and is being picked once again for the struggle statement that she made at Rajeev Masand's show along with her actors.

Recently Ananya made an appearance on Karan Johar's show Koffee With Karan 7 along with Vijay Deverakonda where she confessed of having a crush on Aryan Khan as they all grew up together and it is kind of common to have crushes on friends' elder brother. But is there any sourness between Aryan and Ananya especially after her confession of having a crush. No! Then why did Aryan Khan ignore Ananya Panday at an event? A very close source from the industry reveals, "Aryan Khan is not a typical person who



loves to be pally with his friends amid the media glare. He has always been a private person. Also Aryan is not Ananya's friend but Suhana Khan is, and the world knows about their unbreakable bond.

How to lower cholesterol? The best protein sources to add to your diet



What you eat and what you avoid has a significant impact on your heart health. Especially when it comes to the 'bad' cholesterol build-up in your body, the Mayo Clinic recommends making a few changes to your diet. This includes reducing the intake of saturated and trans fats, eating foods that are rich in omega-3 fatty acids and soluble fibre and adding whey protein, found in dairy products, to your diet. However, experts also believe that certain proteins can be heart healthy and can help reduce or eliminate high cholesterol from the body. Read on to find out more...

Choose your protein wisely

Protein is an extremely important macronutrient that is essential to boost energy levels. Those into the fitness business also need protein to build muscles. It can be found in different foods including meat, poultry, fish, eggs and dairy foods. However, when it comes to reducing your risk of or lowering high cholesterol in the body, you must make healthy food choices. While all meats may be high in protein, not all are healthy. Processed meats like bacon and sausages are high in LDL cholesterol

levels, which are said to be bad for the heart.

Seafood

If you're a non-vegetarian and cannot do without meat, choose fish, which is a healthy alternative to red meat, low in saturated fat and high in protein. While all fish contain some amount of cholesterol, they also contain fats that actually help manage the cholesterol levels in the body. Many like salmon, mackerel and tuna are high in omega-3 fatty acids, which are important dietary fats that in fact help you maintain healthy cholesterol levels by reducing triglyceride levels.

Pulses and legumes

Pulses and legumes are plant-based protein foods that are also high in fibre. They help lower blood cholesterol. The fibre in the pulses and legumes help in reducing cholesterol absorption in the gut, which therefore also promotes the growth of healthy gut bacteria, improving digestive health. Furthermore, eating more legumes and beans lowers blood sugar levels in the body.

Nuts and seeds

Nuts and seeds including almonds, pistachios, walnuts, flaxseeds and sesame seeds help protect your heart and reduce the build up of 'bad' LDL cholesterol in the body. Most of these contain healthy fats and essential nutrients that are food for your heart. In addition, these are extremely fibrous, making it a great food for your digestive system.

Whole-grains are a must

Whole grains such as whole wheat, buckwheat, amaranth and quinoa are rich sources of protein. They also contain a variety of important nutrients, including vitamins, minerals, protein, fiber, and other healthy plant compounds. Consuming a whole-grain diet has been found to be great for people with high cholesterol. It is said to lower LDL cholesterol, which is extremely harmful for the heart. In addition, these are excellent sources of fibre, which not only help improve gut health but also aid in weight loss.

Benefits of aloe vera for healthy skin



When it comes to healthy glowing skin, the first thing that comes to our mind is also vera. Plant-based aloe vera is something on which we can swear as it has a calming effect on the skin and has been shown to have many skin benefits like relief from sunburn, treating acne, and many more. The houseplant is an absolute miracle, enriched with antioxidants and nutrients. Other than looking beautiful in your garden or balcony this succulent has many other benefits. A little bit of aloe vera gel can work magic on your skin. It is that magical ingredient that you must include in all your skincare and hair-care home remedies. Let's have a look at the various skin benefits of aloe-vera for that extra glowing healthy skin.

An ideal option to soothe sunburn

Spending time outside directly means inviting sunburn. Over-exposure of sunlight cause skin damage as it contains ultraviolet (UV) rays. The skin starts to get red and you may also feel warm to the touch. Sunburn is usually painful. But do you know you can rid of that pain and redness by just using aloe vera? Well, Aloe Vera gel has cooling properties and it is one of the most natural remedies for sunburn or burnt skin.

Fights premature aging

Our lifestyle, exposure to light, workout, and cosmetic products can cause many skin problems and one of the most common problems is early skin ageing. But the good news is there are ways to reduce the signs of aging in your body and especially if they're happening before you're ready to embrace them. One of the best ways is to use plant-based aloe vera. Yes, you heard it right. Aloe Vera is enriched with vitamin C, Vitamin E, and beta-carotene. It helps to eradicate skin blemishes and diminish age lines. Additionally, it helps to increase the production of collagen in the body and skin elasticity.

Natural source to get rid of acne

Getting irritated because of stubborn acnes? Aloe vera can surely help you in preventing pimples and acne. Applying aloe vera gel on your face daily can help you cleanse your skin and keep it clear and pimple free.

Minor cuts and burns on skin

Its molecular structure helps heal wounds quickly and minimizes scarring by boosting collagen and fighting bacteria.

General Knowledge Question

1. World War II was fought between

A. Axis Power (Germany, Italy and Japan) against the Allies (Britain, USSR, USA, France)

B. Austria, Hungary, Turkey against France, USA, Japan

C. both (a) and (b)

D. None of the above

2. The basic cause of World War II was

A. an unjust Treaty of Versailles

B. rise of the Nazi Party in Germany

C. Japan's policy of expansion and imperialism of England and France

D. All of the above

3. The country, which was admitted to the membership of the United Nations in September 2002, is

A. Macedonia

B. East Timor

C. Andorra

D. Eritrea

4. The committee of the Norwegian Parliament awards the prize for

A. economics

B. peace

C. medicine

D. literature

5. The date of operation of first open heart surgery in India was

A. July 6, 1959

B. August 12, 1991

C. June 20, 1990

D. January 11, 1985

6. The first Indian to be awarded the Oscar for lifetime achievements in Cinema in 1992 was

A. Satyajit Ray

B. Bhanu Athaiya

C. Dilip Kumar

D. Amitabh Bachchan

7. The element of an electric stove made

A. copper

B. invar

C. magnalium

D. microme

8. The blood pressure of a young male human being is

A. 110/70

B. 120/80

C. 135/90

D. 140/100

9. The first Winter Olympic Games were held at

A. Innsburek (Austria)

B. Lake Placid (USA)

C. Chamonix (France)

D. Calgary (Alberta)

10. The college of Military Engineering is situated at

A. Kirkee (Pune)

B. Mhow

C. Dehradun

D. Chennai

11. The electron was first identified by

A. J. J. Thompson

B. J. Kepler

C. D. Rutherford

D. James Chadwick

12. The conservation hawks and owls is important to mankind chiefly because these birds eat

A. numerous weed seeds

B. harmful birds

C. many harmful rodents

D. harmful reptiles

13. The measurement of Lawn Tennis court for singles

A. 70 ft. by 26 ft.

B. 78 ft. by 27 ft.

C. 70 ft. by 30 ft.

D. 78 ft. by 38 ft.

14. The main credit of the concept of Non-aligned Movement goes to

A. Pt. Jawaharlal Nehru, India

B. Marshal Tito - President of Yugoslavia

C. Dr. Sukarno - President of Indonesia

D. G. A. Nassir - President of Egypt

1. Axis Power (Germany, Italy and Japan)

2. All of the above

3. East Timor

4. peace

5. July 6, 1959

6. Satyajit Ray

7. invarome

8. 120/80

9. Chamonix (France)

10. Kirkee (Pune)

ASTRO SPEAK

ARIES

MAR 21 - APR 20

LIBRA

SEP 24 - OCT 22

TAURUS

APR 21 - MAY 20

SCORPIO

OCT 23 - NOV 22

GEMINI

MAY 21 - JUN 20

SAGITTARIUS

NOV 23 - DEC 22

CANCER

JUN 22 - JUL 23

CAPRICORN

DEC 23 - JAN 20

LEO

JUL 24 - AUG 23

AQUARIUS

JAN 21 - FEB 23

VIRGO

AUG 24 - SEP 23

PISCES

FEB 20 - MAR 20

You'll be in the mood for company today, dear Aries, as the moon continues its journey through chatty Gemini and your solar third house. Unfortunately, the vibe will get a little tense this afternoon, and unsolicited advice could lead to overstimulation or blowouts, making it important that you set boundaries with anyone who is stepping over the line with you.

Your emotion will carry a lot of emotion with it today, dear Taurus, as the moon enters sensitive Cancer and the sector of your chart that governs communication. Unfortunately, a harsh t-square with Luna, Mercury, and Jupiter could cause you to overshare, making it important that you guard your secrets against anyone who might use them against you later.

Be careful who you confide and avoid getting involved with gossip, as the Cancer moon enters a harsh t-square with Mercury and Jupiter. This cosmic climate could cause your words to take on a life of their own, which means speaking ill of someone else is likely to come back and haunt you later. Luckily, you'll have an opportunity to focus on healing through nature.

The moon enters your sign early morning, sweet Crab, bringing a lumiance to your aura that mimic's a starry night sky. Unfortunately, a harsh connection between Luna, Mercury, and Pluto could cause you to feel emotionally depleted, especially if professional responsibilities have been carving into your self-care time. Do your best to prioritize your needs before another workweek begins, in order to recharge form any stress that's been weighing you down.

You'll be in a solitary and deep mood when you awaken as the moon enters Cancer. Unfortunately, the peace and quiet you seek may not align with the reality of your situation this afternoon, when Luna enters a harsh t-square with Mercury and Jupiter. Miscommunications and overstimulation could cause your brain to spiral in strange directions, though grounding through a meditative or spiritual practice can help.

Take a moment to work with your favorite meditation or divination practices this morning, dear Virgo, as the Taurus moon connects with the Nodes of Fate. This cosmic climate can provide guidance for the future from beyond the veil, though you'll need to open yourself up to such messages. Blessings may strike, thanks to a celestial marriage between Luna and Uranus.

You'll feel ready to step into the responsibilities that are required of you in order to move towards the future this morning, dear Libra, as the Taurus moon connects with the Nodes of Fate. This cosmic climate will encourage you to take destiny into your own hands, though you shouldn't feel rushed to produce results, as these grand transformations will take time.

Your thoughts will be filled with romance and fantasies of what the future may have in store this morning, dear Scorpio, as the Taurus moon cozies up to the North Node. While this cosmic climate can help you make headway within your love life, try to keep your eyes peeled for red flags, or you could end up repeating dating mistakes from the past. You may find it difficult to keep control of your emotions.

The universe will ask you to take an organized approach to the future, as the Taurus moon cozies up to the North Node. Use this energy as an opportunity to think your plans through, outlining the steps you need to take in order to actualize these goals. Unfortunately, rocky vibes will manifest later in the afternoon when Luna cozies up to Uranus while squaring off with Saturn, threatening to stir up conflict with your colleagues or friends.

The moon continues its journey through Taurus, forming a sweet connection with the North Node in the sector of your chart that governs ego. This cosmic climate will allow you to feel supported within your personal ambitions, making it a good time to advocate for your dreams. Unfortunately, rocky waters could find you later in the afternoon, threatening to shake the foundations you've worked so hard to build.

Take a moment to invest in your emotional health, as the Taurus moon cozies up to the North Node. This cosmic climate will accentuate the value of self-care, making it a good time to support your heart through soft stretches, sunrise meditations, or positive mantras. Unfortunately, the vibe may get a little rocky when Luna and Uranus square off with Saturn, threatening to poke at any soft spots in your psyche.

You'll have an opportunity to open doors for yourself, thanks to a celestial marriage between the Taurus moon and North Node. However, this cosmic climate will require you to use your voice, making it important that you speak up for your dreams. Luna and Uranus square off with Saturn, threatening to curse you with mental blocks or stir up insecurities and fear.