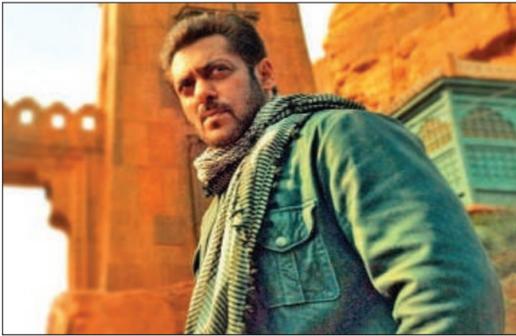


**Tiger 3: Success hasn't changed Salman Khan a bit; Javed Akhtar reveals unknown facts about the superstar**



Tiger 3 star Salman Khan is one of the biggest superstars in Bollywood. The actor has worked immensely hard to reach this stage. And his rarest quality is that he is the most honest celebrity who openly accepts his flaws. One thing about Salman Khan that often attracts his fans is the way he still lives with his parents. There are so many celebrities who have been buying their own houses and living independently. But Salman Khan still wants his parents presence at the age of 58, and this is something extra ordinary in today's day and age.

Veteran lyricist Javed Akhtar recently hailed praise for the Tiger 3 star. Javed Akhtar lauded Salman for how success hasn't changed him. In his interview with India Today, Javed Akhtar revealed some unknown facts about the superstar. He admires that even today Salman Khan shows immense respect towards his parents. "The respect that is to be given to parents, how to stay, listen to them, in this matter his eldest son, who is the biggest star, he doesn't look his father in the eyes. These kids have learnt our traditions and etiquette".

Javed Akhtar called Salman Khan a shy kid and asked his fans to be like him. Indeed, this one quality of respecting your parents at any age is something that everyone should get inspired by by Salman Khan. The veteran star even added that Salman Khan never went informal with the guests at his house. Salman Khan is right now awaiting the release of Tiger 3. The film will hit cinemas tomorrow in Diwali, and fans are eagerly waiting to witness the Tiger roar at the box office.

**Ramayana: Is Sai Pallavi in Mumbai for the launch of Ranbir Kapoor starrer?**

Hindu epic Ramayana is in the making with Ranbir Kapoor and Sai Pallavi. Nitesh Tiwari is making the movie on the mythological epic. There's a lot of buzz around the same. Firstly, fans are wondering if Ranbir and Sai Pallavi are really cast for the movie. And now, a picture is going viral from Mumbai. It is being said Sai Pallavi is in Mumbai.

A Reddit post is going viral online right now. It is a picture of Sai Pallavi. The post claims that Sai is in Mumbai. That's not it, the post also claims that Sai is in Mumbai for the launch of Ramayana. The film is a highly speculated one given the nature of the movie. It is a Hindu epic and the previous Hindu epic's treatment left fans, historians and critics with a bad taste. The previous movie was Adipurush starring Prabhas and Kriti Sanon. Coming to the picture of Sai Pallavi, the actress' picture is going viral. Netizens are questioning if the casting is confirmed. They are having doubts about the cast. Some are saying they are unable to manage to look at Ranbir Kapoor like Lord Ram. Some are talking about TV stars who played Lord Ram. There are Sai Pallavi fans who feel she would be great as Sita.



**War 2: Deepika Padukone, Alia Bhatt in talks for Jr NTR, Hrithik Roshan starrer?**

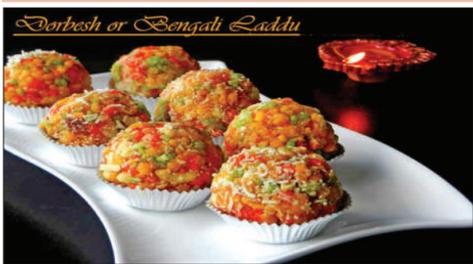
Right now, Tiger 3 might be the most anticipated the most awaited spy thriller series. But it has weaved a spy-verse with Salman Khan, Shah Rukh Khan and Hrithik Roshan. And Jr NTR will be joining Hrithik in the sequel to War franchise. The filming is yet to begin for War 2 and today we bring to you the updates on the same.

As per the latest report, Jr NTR is currently busy shooting for his South language movie, Devara. And he will be in Goa for the shoot of Devara with Janhvi Kapoor and Saif Ali Khan, who are also a part of the cast. The plan for now is to wrap up Devara by the end of the year. Hindustan Times report claims a source informs that the South Indian actor has not allocated dates per se to the spy thriller starring Hrithik Roshan. However, Jr NTR is expected to wrap up his part before April next year. The actor had dedicated his dates to Prashanth Neel directed movie long back. It was his next after the astounding success of RRR. The movie was earlier titled NTR31.



**Recipes**

**Dorbesh**



**Ingredients**  
 2 cup gram flour (besan)  
 6 green cardamom, 2 cup vegetable oil  
 2 teaspoon rose water  
 1 cup sultanas, 1 1/2 cup water  
 edible food color as required  
 3 cup sugar, 1 cup cashews, 2 tablespoon ghee

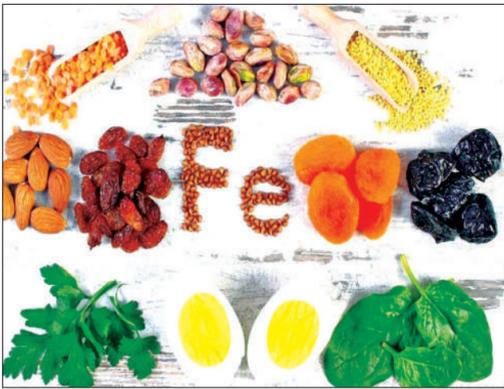
**Method:**  
 In a medium sized utensil, add water and sugar. When it starts boiling lower the flame to medium and continuously stir the sugar so that it melts properly. After sometime, add rose water to it and cover the utensil using a lid. Once the sugar syrup is ready. Keep it aside.

Now, in a separate bowl, add gram flour, a few drops of edible food color along with water and form a batter out of it. In a separate pan, heat oil over medium flame. Once the oil is hot enough, add some quantity from the batter (a pinch) prepared into the pan using a perforated ladle and shake it to drop the batter fast into the hot oil.

Don't fry them fully. Take these out using a perforated ladle and immediately drop them into the sugar syrup. Do the same with the rest of the batter. This way you will have all the colored boondis soaked in the sugary syrup. Now in a separate medium sized bowl, add the soaked boondis, cashews and sultanas along with some ghee. Mix it all really well.

Now, rub the ghee in your palms and make a round shaped laddu by using the boondi mixture. Once you are done by converting the whole mixture into Dorbesh, serve it and indulge in the goodness.

**5 iron-rich foods for low hemoglobin levels**



Hemoglobin is a protein in red blood cells that plays the important role of carrying oxygen throughout the body. To make hemoglobin, cells require iron to build a component called heme. If you do not get enough iron in your diet or your body is not able to absorb iron properly, the body cannot produce enough red blood cells or the cells lack hemoglobin. Low hemoglobin levels can lead to anemia, causing fatigue, weakness, and other health issues. It is important to consult your doctor if you have low-hemoglobin levels. In addition, incorporating iron-rich foods into your diet can help increase your hemoglobin levels.

**Aliv seeds**  
 Aliv seeds, also known as garden cress seeds or halim seeds, are a nutritional powerhouse when it comes to iron content. These tiny seeds are a rich source of non-heme iron, which is the plant-based form of iron. Aliv seeds contain approximately 11 mg of iron per

100 grams, making them an excellent addition to your diet to boost hemoglobin levels. In addition to iron, aliv seeds are packed with other nutrients like calcium, folic acid, and vitamin C. Folic acid is known to support the production of red blood cells, while vitamin C enhances iron absorption. You can incorporate aliv seeds into your diet by sprinkling them on salads, yogurt, or cereal, or by using them in smoothies.

**Pomegranate**  
 Pomegranate is a delicious fruit that is not only rich in flavor but also in iron. The vitamin C content in pomegranate plays a significant role in enhancing iron absorption. Consuming pomegranate seeds or drinking fresh pomegranate juice can be a tasty way to raise your hemoglobin levels. Additionally, pomegranate is a good source of antioxidants and various vitamins and minerals.

**Spinach**  
 Spinach is a classic iron-rich food and a staple in many diets. Spinach also contains essential nutrients like folate, which is vital for red blood cell production, and vitamin C to improve iron absorption. Spinach can be consumed through dishes like palak paneer, palak corn, palak chaat, palak soup and added to omelets, and green smoothies.

**Eggs**  
 Eggs are a versatile and readily available source of heme iron, which is found in animal products and is easily absorbed by the body. A single large boiled egg contains approximately 1 mg of iron. Eggs can be prepared in numerous delicious ways, from scrambled and poached to boiled and fried.

**Oranges and lemons**  
 While oranges and lemons are not rich sources of iron, they play a vital role in improving iron absorption. These citrus fruits are packed with vitamin C, which enhances the absorption of non-heme iron from plant-based sources. Consuming vitamin C-rich foods in conjunction with iron-rich foods can help optimize your iron intake.

**Hair Care: Which type of comb should you use for minimum hair loss?**



Hair loss is a common concern for many individuals, and while various factors contribute to it, the type of comb you use can play a significant role. Selecting the right comb can help minimize hair loss and promote overall hair health. Let's find out about different types of combs and help you choose the best one for your specific hair type and needs.

**Wide-toothed comb:** A wide-toothed comb is an excellent choice for detangling wet hair. It helps prevent excessive pulling and tugging, which can lead to hair breakage. This type of comb is especially beneficial for individuals with curly or coarse hair, as it allows for gentle detangling without causing damage.

**Fine-toothed comb:** Fine-toothed combs are best suited for individuals with straight or fine hair. They are effective for creating precise partings and smoothing out the hair. However, it's important to use a fine-toothed comb with caution, as excessive or aggressive combing can lead to hair breakage and damage.

**Wide-toothed wooden comb:** Wooden combs, particularly those with wide teeth, are known for their gentle and anti-static properties. They help distribute natural oils evenly throughout the hair, promoting moisture retention and overall hair health. Wooden combs are particularly suitable for those with sensitive scalps or prone to static electricity.

**Detangling brush:** While not a traditional comb, a detangling brush with flexible bristles can be an excellent tool for minimizing hair loss, especially in children or individuals with very fine, easily tangled hair. The flexible bristles gently work through knots and tangles without causing excessive stress.

**Natural bristle brush:** Natural bristle brushes, often made from boar hair, are excellent for distributing natural oils from the scalp to the ends of the hair. This type of brush can help keep the hair shaft moisturized, reducing the risk of breakage. It's particularly beneficial for individuals with dry or frizzy hair.

**Comb material matters:** Opt for combs made from high-quality materials like wood or seamless plastic. Avoid combs with sharp edges or seams, as they can cause unnecessary friction and damage to the hair.

**Avoid metal combs:** Metal combs can be overly harsh on the hair, leading to breakage and damage. They can also create static electricity, which further contributes to hair frizz and breakage. It's best to steer clear of metal combs, especially for daily use.

**Clean your comb regularly:** Regardless of the type of comb you choose, it's important to clean it regularly to remove dirt, oil, and product buildup. A clean comb ensures that you're not reintroducing debris back into your hair.

**General Knowledge Question Answers**

- The Sangai Festival is celebrated in \_\_:
  - [A] Assam
  - [B] Manipur
  - [C] Mizoram
  - [D] Nagaland
- The temples constructed at Khajuraho are:
  - 1. Jain temples
  - 2. Vaishnavite Temples
  - 3. Saivite Temples
 Choose the correct option from the codes given below
  - [A] Only 1 & 3
  - [B] Only 2 & 3
  - [C] 1, 2 & 3
  - [D] Only 1 & 2
- The famous 'Hornbill festival' is celebrated in which of the following States of India?
  - [A] Nagaland
  - [B] Mizoram
  - [C] Assam
  - [D] Meghalaya
- Which of the following statements about the Gandhara School of Art is NOT correct?
  - [A] It displays Greek artistic influence and the concept of the "man-god" was essentially inspired by Greek mythological culture.
  - [B] Gandhara School of art enjoyed the liberal patronage of Indo-Greek rulers.
  - [C] Artistically, the Gandhara school of sculpture
- is said to have contributed wavy hair; drapery covering both shoulders, shoes and sandals etc.
  - [D] The Gandhara art primarily depicted the Buddhist themes.
- Gundecha brothers are well known exponents of which among the following styles of Hindustani Classical Music?
  - [A] Khayal
  - [B] Tharana
  - [C] Dhruwad
  - [D] Thumri
- In which of the following city Elephant festival is celebrated annually?
  - [A] Jaipur
  - [B] Jodhpur
  - [C] Kota
  - [D] Ajmer
- 'Me-Dam-Me-Phi' festival is a festival of which the communities in North Eastern India?
  - [A] Tai-Ahom
  - [B] Deori Tribe
  - [C] Garo
  - [D] Khasi
- Today's Gurmukhi, Dogri and Sindhi scripts have developed from which among the following scripts?
  - [A] Brahmi Script
  - [B] Sarada script
- Ezhuthachan Puraskaram is the highest literary award of which among the following Governments?
  - [A] Kerala
  - [B] Tamil nadu
  - [C] Karnataka
  - [D] Andhra Pradesh
- Which state Government confers the Basavashree award?
  - [A] Gujarat
  - [B] Maharashtra
  - [C] Andhra Pradesh
  - [D] Karnataka
- A Fire temple is a place of worship for \_\_\_?
  - [A] Sikhs
  - [B] Zoroastrians
  - [C] Buddhists
  - [D] Shinto's
- Bageshwari Qamar is India's first and only (possibly) woman player of which of the following music instruments?
  - [A] Ghatam
  - [B] Shehnai
  - [C] Pakhawaj
  - [D] Santoor

**ASTRO SPEAK**

- ARIES** (MAR 21 - APR 20): The moon migrates into harmonious Libra and your house of partnerships. Lean into these vibes by prioritizing unity among loved ones and peers, moving with grace while encouraging everyone to play nice. Watch out for overindulgence this evening when Luna and Jupiter form an unbalanced connection, putting you in the mood for decadence without limitation.
- LIBRA** (SEP 24 - OCT 22): The Scorpio new moon wants you to feel healthy, wealthy, and sensual, dear Libra, activating your house of the material realms. Set intentions around your financial goals, connecting with your body and the earth as you work toward manifesting prosperity. Meanwhile, the sun and Uranus face off overhead, asking you to reevaluate your spending habits, relationship to debt, and personal commitments.
- TAURUS** (APR 21 - MAY 20): Set intentions that revolve around healthy relationships and strengthening your love of self, dear Taurus, as the Scorpio new moon activates your solar seventh house. Remember that it's okay to change your mind about certain people or situations when the sun and Uranus face off, but try not to make reckless decisions while under pressure or if things get heated.
- SCORPIO** (OCT 23 - NOV 22): The new moon rises in your sign early nudging you to make a special wish to the other side. Use this energy to fully honor your birthday season, taking into consideration the achievements you hope to reach throughout the next six months. Meanwhile, the sun and Uranus face off overhead, which could bring a plot twist to your day, especially where matters of the heart are concerned.
- GEMINI** (MAY 21 - JUN 20): Recommit to your health under the Scorpio new moon, making a vow to prioritize wellness. However, you may be called to break certain patterns if you're to take these intentions seriously, though opposition between sun and Uranus could conjure anxiety over the process of change. Neptune steps in to soften the vibe, acting as a reminder that you have the power to set personal boundaries.
- SAGITTARIUS** (NOV 23 - DEC 22): Stillness finds you under the Scorpio new moon, dearest Sagittarius, inspiring you to go deep within. Meditation, journaling, and solitary walks will open your heart and mind, helping you find peace where it is needed most. If possible, avoid high-pressure situations when the sun and Uranus face off, and remember to support your physical self when feeling overwhelmed.
- CANCER** (JUN 22 - JUL 23): Let your ego have some fun under the Scorpio new moon, dearest Cancer, fully appreciating the qualities and talents that make you unique. Now is the ideal time to recommit to hobbies, friendships, and artistic outlets that lift you up, cultivating your best life. Take a break from your screens when the sun and Uranus face off, opting to lean into spiritual practices or passion projects instead as Neptune activates.
- CAPRICORN** (DEC 23 - JUL 20): Your humanitarian side shines through under the Scorpio new moon, dear Sea-goat, causing you to consider how you can contribute to the betterment of society. Use this energy to spread some good but avoid political clashes as the sun and Uranus face off. Your influence grows this afternoon when Pluto activates, empowering you within the community.
- LEO** (JUL 24 - AUG 23): The Scorpio new moon has a nostalgic effect on you, putting you in the mood for simpler times. Lean into this energy by investing in your space while finding ways to nurture the child within. Tensions could brew as the sun and Uranus face off, and it may seem easier to close off emotionally than deal with unexpected conflict. Plan something fun this evening when the moon enters Sagittarius and your house of recreation.
- AQUARIUS** (JAN 21 - FEB 23): The stars ask you to get serious about your ambitions, dear Aquarius, as the Scorpio new moon activates your solar tenth house. Use this energy to set intentions for the next six months, focusing on the pursuit of professional achievement and status. Try to maintain an emotional center as the sun and Uranus face off, threatening to trigger mood swings or issues with authority figures.
- VIRGO** (AUG 24 - SEP 23): Pay attention to the ideas that land in your head as Scorpio moon encourages fresh perspectives. Meanwhile, the sun and Uranus face off overhead, promising to broaden your horizons through "a-ha" moments, new information, and opportunities for adventure. A dreamy energy also comes into play as Neptune activates, encouraging you to escape into softness.
- PISCES** (FEB 20 - MAR 20): Peace finds you as the Scorpio new moon rises in your solar ninth house, dear Pisces, unleashing the philosopher within. Lean into these vibes by embracing all your favorite spiritual practices and nurturing your connection with the divine. Your intuition spikes as the sun and Uranus face off, opening the door for epiphanies and psychic downloads.

- Answers:**
1. Manipur
  2. C
  4. A
  5. B
  6. D
  7. A
  8. B
  9. C
  10. D
  11. B
  12. D