

Kartik Aaryan on the challenges after a SUPER HIT and how NOT to get stereotyped



Kartik Aaryan is a fan-made star and the youngest superstar who has been winning hearts with his back-to-back releases. The Bhool Bhulaiyaa 2 star is right now receiving rave reviews for his psycho-thriller Freddy, he did an exceptional job with the film. But not many were expecting him to go out of the box after tasting success with masala entertainer. But that is what Kartik Aaryan wants, you can expect the unexpected from it. The Satya Prem actor got candid with BollywoodLife where he spoke about the challenge the actor faces after a superhit film and why he never wants to get stereotyped.

In an interaction with us, he insisted that how he wanted to do something different, "There was, of course, an intention to do something different because what happens is that when you do a super hit film, you start getting the offers of the films in the same genre and personally I also don't want to let go of good script on the same genre. But intentionally right now I was finding a film something like Freddy that hasn't been made in India right now, going into this thrilling space."

Kartik added that he personally loves to watch thrillers, "I also used to watch such films a lot, and when Freddy came to do it, I was like I wanted to do this only. I knew that this character would take a toll on me because they never wanted to see a Kartik Aaryan in me. It was an opportunity mixed with a lot of difficulties and I was so happy that I had to again prove myself."

Kartik spoke on never wanting to be stereotyped and get labelled as being this genre actor, "I want to be the actor who is never stereotyped. I would love to comedy and love to do romcoms, comedy and more, and I am glad that my brain works differently". The actor will be seen next in Satya Prem along with Kiara Advani.

7 superfoods to relieve joint pain in winters



People who suffer from pain in joints and bones, either due to age, arthritis, or any other condition, may find themselves in much more pain and discomfort during the winter months. The cold is believed to exacerbate the aches and pains.

For those dealing with arthritis, getting some daily exercise as recommended by your doctor, improving your posture, taking prescribed medications and enough rest can help relieve your symptoms.

Although there is no diet cure for arthritis, eating certain foods can also strengthen bones and reduce swelling in your joints. Take a look at these superfoods:

Fatty fish
Fatty fish varieties like salmon and mackerel are rich in omega-3 fatty acids and vitamin D. This gives them anti-inflammatory properties which can help relieve your pain in joints. Multiple studies have shown that omega-3 fatty acid supplements can help decrease

Alia Bhatt and Ranbir Kapoor's baby girl Raha to make public debut at Kapoor's Christmas 2022 lunch?

Alia Bhatt and Ranbir Kapoor have gone into an incognito mood ever since they welcomed their daughter. Alia Bhatt gave birth to the Kapoor princess on November 6, 2022. Since then, they have kept themselves away from the paparazzi. The new parents have refrained from posting any pictures of Raha Kapoor on social media. Fans haven't got a glimpse of the little one as yet. Even when Alia Bhatt, Ranbir Kapoor stepped out of the hospital with their daughter, they did not pose for pictures. But fans are eager to get a glimpse of the little one. So here's an update.

A source tells us that Raha Kapoor will finally make a public debut when she will make her appearance at the annual Christmas Lunch on Kapoors. Every year, the family gets together to celebrate Christmas at Randhir Kapoor's home and this year is special. Source states that Ranbir and Alia will make an appearance at the lunch along with their daughter; however, they'll ensure to keep their little one covered. But there is a possibility that fans will get to see the perfect family portrait of the new parents and their baby. How adorable it would be thought if fans get to

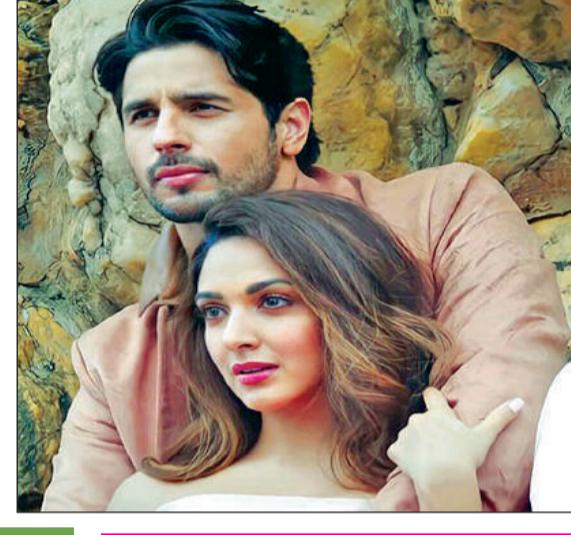


see a picture of siblings like Taimur, Jeh, Raha Kapoor and others together.

Mission Majnu Teaser: Kiara Advani gives a shout-out to bae Sidharth Malhotra; calls it 'OUTSTANDING'

A couple of hours ago, the makers of Sidharth Malhotra and Rashmika Mandanna starrer movie Mission Majnu dropped the teaser of the film. The action thriller movie is going to release on the OTT platform, Netflix. Mission Majnu teaser has been going viral online. Kiara Advani, who is said to be dating Sidharth Malhotra gave a shout-out to the teaser. The lovebirds' exchange will send their shippers and stans into a tizzy.

Sidharth Malhotra is coming up with impressive work. He left everyone in awe with Shershaah. And ever since fans have been looking forward to his work. He also won hearts with his stint in Thank God starring Rakul Preet Singh, Ajay Devgn and others. And the Mission Majnu teaser has impressed everyone yet again. Sidharth plays a secret agent in the movie and his style and acting chops have incredibly improved. Sidharth Malhotra's girlfriend, popular actress Kiara Advani is mighty impressed with the Mission Majnu teaser. She took to her social media handle and shared the teaser.



Recipes

Baked Pistachio Souffle



Ingredients

40 gm egg whites
80 gm powdered sugar
60 gm pistachios

Method:

Preheat the oven to 170 degree Celsius. Add the egg whites to a bowl. Add powdered sugar in batches and whisk well. Keep whisking until soft peaks are formed.

Boil 1 cup of water in a pan. Bring to a boil, add the pistachios to it, simmer for half a minute and switch off the heat. Let the pistachios stay soaked for another minute in hot water. Now drain the water and collect the blanched pistachios in a bowl. Let them cool down and add them to a blender. Now blend to form a paste. Add water as per need to make a smooth but thick paste.

Add the pistachio paste to the sugar-egg mixture. Fold it in using the cut & fold method. Do not let the fluffed-up egg whites collapse.

Take soufflé moulds or ramekins and grease them with some butter. Pour the mixture till just half a centimeter short of the brim and run the thumb along the edges to help it rise freely while baking.

Bake at 170 degrees for 4 to 5 minutes till it rises at least 2-3 cm from the brim and the top has turned light golden-brown colour. Decorate the Souffles with pistachio flakes and serve. Enjoy!

Tips

Souffles taste the best when served warm and fresh.

General Knowledge Question

1. Soil is formed from the parent rock material by

- A. chemical decomposition
- B. physical decomposition
- C. biological decomposition
- D. All of the above

2. The air we inhale is mixture of gases. Which of the following gases in the mixture is highest in percentage?

- A. Carbon dioxide
- B. Nitrogen
- C. Oxygen
- D. Ozone

3. Oxford university was founded in

- A. 1139 AD
- B. 1163 AD
- C. 215 BC
- D. 55 BC

4. The American General who led the revolt against the British and declared American independence was

- A. George Washington
- B. Bill Clinton
- C. George Bush
- D. None of the above

5. Regular meetings of Trusteeship Council (UNO) are held

- A. once a year
- B. twice a year

6. Radioactive substances can be produced readily in

- A. an electron gun
- B. an atomic pile
- C. a transistor
- D. a Wilson cloud chamber

7. The 2002 Commonwealth Games were held in

- A. Canada
- B. UK
- C. Australia
- D. Malaysia

8. Profit made when an asset is sold more than the price at which it was bought is called

- A. capital
- B. capital-gain
- C. capitalism
- D. None of the above

9. Florence(Chadwick) is the associated place for which of the following sport?

- A. Snooker
- B. Racking Horse
- C. Skiing
- D. Tennis

10. The 2012 Olympics Games were held in

- A. London

11. London

12. Longest road

13. Geotextile fabrics

14. May 1994

11. Rajiv Gandhi, Prime Minister of India, was assassinated in

- A. 1961
- B. 1971
- C. 1981
- D. 1991

12. Pan - American Highway, north-west Alaska to Southernmost Chile is the world's

- A. longest road
- B. highest road
- C. busiest road
- D. None of the above

13. South Indian temples have

- A. tall towers with curving sides that taper at the top
- B. gateway towers shaped like trapezoidal pyramids
- C. both are correct
- D. None of the above

14. South Africa joined the Commonwealth as 51st member in

- A. May 1993
- B. May 1994
- C. May 1995
- D. May 1996

Answers:

- 1. All of the above
- 2. Nitrogen
- 3. Twice a year
- 4. George Washington
- 5. Capital-gain
- 6. An electron pile
- 7. UK
- 8. Seoul
- 9. Sydney
- 10. London
- 11. London
- 12. Nitrogen
- 13. Geotextile fabrics
- 14. May 1994

ASTRO SPEAK

ARIES



MAR 21 - APR 20

Watch your demeanor when you awaken, as the Libra moon squares off with Venus. These rocky vibes could leave you feeling agitated, causing you to close off from your loved ones. Should you find yourself entangled in a quarrel, it may be wise to swallow your pride and apologize. Choose your words wisely when Luna squares off with Mercury this evening, threatening to trigger miscommunications.

LIBRA



SEP 24 - OCT 22

We all have off days, sweet Libra. As the moon squares off with Venus this morning, such sentiments will apply to you. These vibes could leave you feeling alone and undervalued, making it important that you find stability and love from within. Luckily, the stars will align to bring forth support when Luna blows a kiss to Mars, helping you reclaim your sense of vigor and passion.

TAURUS



APR 21 - MAY 20

Try not to cram too many items on your to-do list this morning, dear Taurus, as the Libra moon connects with Venus. Though you'll be feeling energized and ambitious, it would be easy to demand too much of yourself right now. Be sure to take a break as afternoon rolls in and Luna blows a kiss to Mars, encouraging you to indulge your senses and perhaps a touch of luxury.

SCORPIO



OCT 23 - NOV 22

Try not to say mean things to yourself as the Libra moon squares off with Venus. These vibes could cause you to overanalyze your situation, triggering insecurities and fears if you indulge your pessimistic side. Luckily, the universe will conspire to elevate and support you when Luna blows a kiss to Mars, helping you reclaim optimism and a lust for life.

GEMINI



MAY 21 - JUN 20

Try not to let fears around what others may think to hold you back. These vibes could also trigger power struggles amongst your peers, but avoid taking the bait if a friend reveals their pettier side. Luckily, the pep will return to your step as afternoon rolls in and Luna connects with Mars, making it a good time to blow off some steam with your most loyal companions.

SAGITTARIUS



NOV 23 - DEC 22

Watch out for targeted ads and shopping suggestions from your friends this morning, dear Archer, as the Libra moon squares off with Venus. These vibes could cause you to feel undervalued by your colleagues and superiors or are overdue for a raise or promotion. Luckily, a sweet exchange between Mercury and Uranus will encourage you to access your strength and take chances, making it a good time to ask for your worth.

LEO



JUL 24 - AUG 23

Watch your words this morning, dear Leo, as the Libra moon squares off with Venus. This celestial exchange could cause you to come across as criticizing or condescending, even if your heart is in the right place. Stress and a sprawling to-do list could also put you on edge, though it won't be helpful to take your stress out on others. Lean into your spiritual side if you begin to feel overwhelmed or anxious.

AQUARIUS



JAN 21 - FEB 19

You may feel a bit lost on your path as the Libra moon squares off with Venus. Give yourself permission to take it easy right now, reconnecting with your spirit through solitude and meditation. However, issues could arise if you're too demanding guidance from your higher power, making it important that you focus simply on finding stillness and peace. Don't be afraid to lean on your loved ones for support.

VIRGO



AUG 24 - SEP 23

Insecurities could creep up as the Libra moon squares off with Venus. These vibes will be particularly challenging if you've been contending with romantic issues, but try not to let your ego get too wrapped up in your love life. Focus on your professional and financial success will help you find stability this afternoon when Luna blows a kiss to Mars.

PISCES



FEB 20 - MAR 20

You may need a social breather this morning, dear Pisces, as the Libra moon squares off with Venus. Don't feel guilty about unplugging right now, especially if drama has been circulating through your sphere. Stay grounded and calm as Luna forms a harsh opposition to Chiron, especially if you feel someone is acting maliciously.