

## Aashiqui 3: Kartik Aaryan meets Anurag Basu and Bhushan Kumar; fans urge to get Shraddha Kapoor on board



Bollywood actor Kartik Aaryan announced that he will be part of the heart-wrenching sequel Aashiqui 3. The third installment of the film will be helmed by Anurag Basu and it will be produced by Bhushan Kumar. The makers of Aashiqui 3 have not revealed the details of the film as of now. Last evening, Kartik, Anurag, and Bhushan were snapped at an office and fans speculated that the trio will be discussing Aashiqui 3's further development.

In September of this year, Bholu Bhulaiyaa 2 actor Kartik made the big announcement as he shared a post on social media. His post read, 'This one is going to be Heart-wrenching !! My First with Basu Da'. In an interview with a media portal, Kartik had said that Aashiqui 3 is like a dream come true for him and he grew up watching the Bollywood sequel. He even revealed that he is a big fan of Anurag's work and that collaborating with him will shape him in several ways.

Earlier, there was a buzz that Sidharth Malhotra and Alia Bhatt may be seen in Aashiqui 3. It seems as if fans would have to wait to see the two together on the big screens. Aashiqui was released in 1990 and was helmed by Mahesh Bhatt. The film featured Rahul Roy and Anu Aggarwal. The second part of Aashiqui was helmed by Mohit Suri in 2013. The film starred Shraddha Kapoor and Aditya Roy Kapur.

On the work front, Aashiqui 3, Kartik Aaryan has Satyapremi Ki Katha with Kiara Advani, Shehzada, and Captain India in his pipeline. He is currently seen in Freddy with Alaya F. The film has been released on Disney+Hotstar. The storyline of Freddy is about a shy dentist who turns a killer at night.

## Healthy and tasty DIY homemade protein shakes



protein, many other options could be prepared at home. Here is a look at some tasty and healthy homemade protein shakes you should try.

### Banana bread protein shake

If you are a fan of banana bread, this shake is the right choice for you. It will taste like banana bread whipped up into a thick drink! Just combine 3/4 cup almond milk, 2 tablespoons almond butter, 1/4 cup raw cashews, 1 medium banana, 2 tablespoons whole oats, 1 tablespoon flaxseed, 1 chopped dried date, and some cinnamon in a blender then process until smooth. Sprinkle some cinnamon on top before serving.

### Raspberry-beet protein shake

Vibrant pink in colour, this shake is sweet and earthy in taste. To make it, combine 3/4 cup coconut water, 1/3 cup Greek yoghurt, 1/2 cup frozen raspberries, 1/2 medium raw beet (peeled and diced), and 1 tablespoon flax seeds in a blender, then process until smooth.

### Chocolate protein shake

Not too sweet, this shake is ideal for all chocolate lovers. The ingredients to make this include 1 chopped apple, 1 tbsp. almond butter, 1 tbsp. grated dark chocolate, 1 tbsp. cocoa powder, 1 cup milk, 1/2 cup yoghurt, and 2 dates. Toss everything into a blender, and turn it on. Garnish with grated dark chocolate and serve.

### Tropical protein shake

This sweet and fruity shake will make you feel fresh and full. Just combine 3/4 cup coconut water, 1/3 cup Greek yoghurt, 1/3 cup raw cashews, 1/4 cup frozen pineapple, 1/3 cup frozen mango, and 1 dried date, then process until smooth. Top with a spoonful of chia seeds before serving.

### Green protein shake

If you don't like eating greens, this shake might be right for you. To make it, combine 3/4 cup coconut milk, 1/3 cup Greek yoghurt, 1/2 cup spinach, 1/2 avocado, 1 tbsp. almond butter, and 1 tbsp. soaked chia seeds in a blender, then process until smooth.

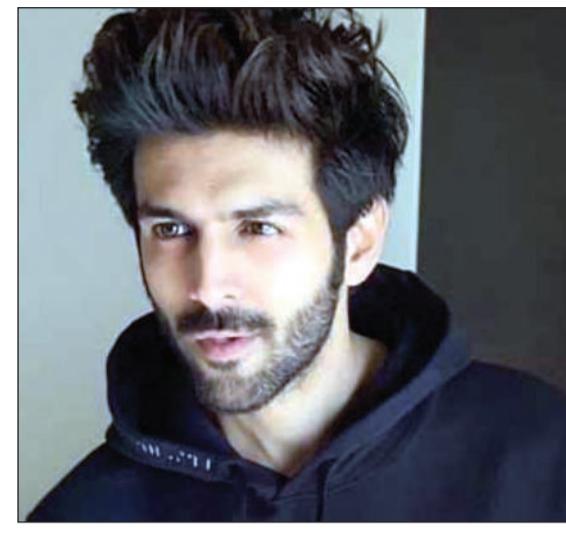
Protein is a very important nutrient that our body needs in adequate quantities. It is an important component of every cell in the body. Hair and nails are mostly made of protein. The body uses protein to build and repair tissues. It is also utilized to make enzymes, hormones, and other body chemicals. Also, protein is an important building block of bones, muscles, cartilage, skin, and blood.

To get an adequate amount of protein for proper body functioning, one needs to eat foods rich in protein. Examples of protein-rich food include lean meats, poultry, fish, seafood, and dairy products. A regular human being gets an adequate amount of the nutrient through a healthy protein-rich diet. However, in the case of body-builders, athletes, and people who perform rigorous physical activities, some extra amount of protein is required. This is fulfilled by various supplements. While one may opt for products like whey

## Freddy star Kartik Aaryan gets candid about his scrapped films; says, it would be 'bohot bada ahsaan if...'

Kartik Aaryan has now established a place for himself in the industry. The actor who started his career with Pyaar Ka Panchama has come a long way in Bollywood. Now, he is among the most bankable stars who enjoy a fan following that is hard to achieve. In 2022, he is among the very few actors from Bollywood who have had a successful run at the box office. His Bholu Bhulaiyaa 2 was a blockbuster and now, his film Freddy has gained positive reviews from all corners. But he has had to struggle a lot to achieve this kind of fame.

In an interview with Goodtimes, Kartik Aaryan spoke about his scrapped films. Not only now, but even before he made his debut, a few films of his were scrapped. He said that he used to tell everyone about it and then the films used to get scrapped. Of course, it led to embarrassing situations and he learnt that he should not tell about anything to anyone until the final. He also said that there was a time when if he got selected for a film it would be like 'bohot bada ahsaan (huge favour)'.



## Pushpa 2: This Salman Khan and Kartik Aaryan co-star roped in for Allu Arjun film?

Post the stupendous success of Pushpa: The Rise, fans are desperately waiting for the next instalment of the Allu Arjun and Rashmika Mandanna starrer. Pushpa: The Rule is one of the highly anticipated films. Every detail about the film gets their fans excited. Well, here's an interesting update! There is a new addition to the cast of the film. Salman Khan and Kartik Aaryan's co-star has been roped in for the film. We are talking about Sajid Delafroz.

If the reports are to be believed, Sajid Delafroz has been roped in to play a pivotal role in Pushpa 2. He is slowly climbing the ladder of success and if the reports are true, it is a massive jump for him to be a part of Pushpa 2.

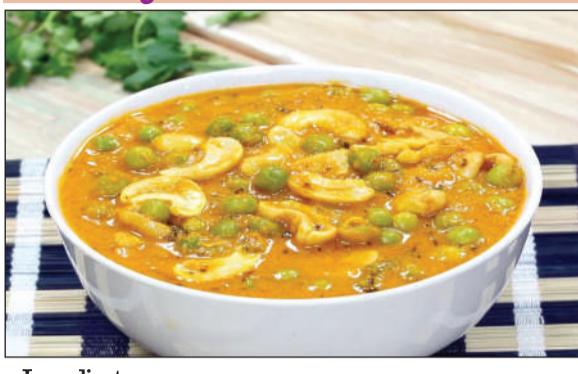
Sajid Delafroz has been a part of a few big films. He shared the screen space with Salman Khan in Tiger Zinda Hai.

He has also been a part of Special Ops. The recent film Sajid Delafroz has been a part of is Freddy. He plays a pivotal role in Kartik Aaryan starrer that has made its way to Disney+Hotstar. The official announcement is yet to come.

Pushpa: The Rule also stars Fahadh Faasil in the role of an antagonist. The story of the first part ended with Allu Arjun's character Pushpa calling for a war with Fahadh Faasil's Bhanwar Singh Shikhawat. The story will continue from there on.



## Kaju Mutter Masala



### Ingredients

1 cup cashews, 2 cup frozen peas  
2 tablespoon refined oil  
1 teaspoon garlic, 1 teaspoon red chilli powder  
1 teaspoon fenugreek leaves (methi)  
1 cup fresh cream, 1 tablespoon ghee  
2 cup chopped tomato,  
1 bay leaf  
1 teaspoon ginger paste,  
1 teaspoon garam masala powder

### Method:

Take a non-stick pan and add 1 teaspoon ghee to it and grease it well. Add the cashew nuts and saute them on a low flame for some time. Keep them aside to cool down.

Mix the tomatoes along with 1 cup of water in a deep non-stick pan. Cook on a medium flame for about 10 minutes. Keep it aside to cool down.

Now, add this mixture and cashew nuts in a mixer and blend them to form a smooth paste. Keep it aside for sometime. Heat the oil in a deep non-stick pan on a medium flame and add the bay leaf, garlic paste and ginger paste to it. Sauté it on a medium flame for about a minute.

Add chili powder, garam masala, dried fenugreek leaves to the tomato-cashew nut mixture. Cook for some time.

Finally, add fresh cream, green peas and 1 cup of water to the mix. Cook on a medium flame for 5 minutes. Add the crispy cashew nuts on it and stir on a medium flame for 2 minutes. Serve hot with love.

## Ways to get rid of moles at home



to do is take a cotton pad and apply some apple cider vinegar to it. Now, clean the mole with the cotton pad and leave it over the mole for an hour. Repeat this for two weeks to get rid of the mole.

### Garlic

Garlic is considered to be very warm and that's why it works wonderfully well in removing or burning the mole. Simply crush a few garlic cloves and form a paste. Now, apply the paste to the mole. Once the paste starts to dry, apply an adhesive bandage over the mole and leave it overnight. Repeat this for a week and you will soon get rid of that ugly mole!

### Castor oil

Castor oil is known to tackle a lot of skin ailments and removing moles is just one of its qualities. Take one tablespoon of castor oil and mix it with one tablespoon of baking soda. Apply the paste to the mole and leave it overnight. Wash it off in the morning. Apply the paste for a month to see results.

### Pineapple juice

Pineapple juice is known to kill bacteria, hence it is used extensively in many skin creams. Simply take some pineapple juice and mix it with some sea salt (to make a good scrub). Now apply the mixture over the mole and start to scrub. Scrub the area for fifteen minutes to remove the top layer of the mole. Use this scrub for a week for best results.

### Aloe vera

Aloe vera is a wondrous plant that not only heals the skin but also has antibacterial properties. Apply aloe vera pulp to the mole to get rid of it. Though it's a slow process, it's definitely the safest. Just clean the mole first and apply some aloe gel to it. Now, cover the area with a bandage and leave it to dry for a two hours.

## General Knowledge Question

1. Which of the following statements are correct regarding respiration in plants?

C. Both A and B  
D. Only A

I. Respiration is the process of releasing energy from food.

II. Respiration takes place individually in all parts of the plants like stem, roots, leaves etc.

III. The rate of respiration is slow in plants whereas it is faster in humans and animals.

Select the correct answer from the codes given below:

A. I and III are correct  
B. I and II are correct  
C. I, II and III are correct  
D. None of the above

2. Name the process through which much needed oxygen is supplied to all the cells of the plants?

A. Diffusion  
B. Endosmosis  
C. Exosmosis  
D. Photosynthesis

3. Due to Water logging:

A. An air is expelled from in-between the particles of soil.

B. Oxygen becomes unavailable to the roots of the plants.

C. Plants respire anaerobically which produces alcohol and kill them.

D. All the above are correct.

4. Respiration in Plants takes place through:

A. Stomata  
B. Lenticels

9. Which of the following statements is/are correct?

I. The net gaseous exchange in leaves at night is, oxygen diffuses in and carbon dioxide diffuses out.

II. Net gaseous exchange during day time is, oxygen diffuses out and carbon dioxide diffuses in.

Select the correct answer from the codes given below:

A. Only I is correct.  
B. Only II is correct  
C. Both I and II are correct.  
D. Neither I nor II is correct.

10. Name an extension of the epidermal cells of a root which is in direct contact with the soil?

A. Root Hairs  
B. Internodes  
C. Bundle Scars  
D. Pith

11. The process of removal of toxic wastes from the body of an organism is called:

A. Transport  
B. Respiration  
C. Excretion  
D. Nutrition

12. The movement of a plant part in response to light is called:

A. Phototropism  
B. Geotropism  
C. Chemotropism  
D. Hydrotropism

## ASTRO SPEAK



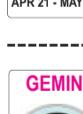
ARIES  
MAR 21 - APR 20

Your emotions could be in a very fluid phase, and it will be difficult for anyone to predict how you're going to react to some surprising news, including you! Just go with the flow and don't put any pressure on yourself to feel anything: calm, worried, happy. Just let the news soak in for a while. It might take days for you to fully understand how this makes you feel, so you can't expect to have instant clarity about it.



TAURUS  
APR 21 - MAY 20

You can feel passionate about more than just romantic things or other people! Use your strongest emotions to get your opinions out into the world. By showing how strongly you feel about something, and you'll be able to get people to share your excitement. Your emotions can be a driving force to make great changes that have been needed for a long time, so don't be afraid to use them.



GEMINI  
MAY 21 - JUN 20

Making choices about your life based on what you think other people want you to do is not only unhealthy, it's also unwise. No one knows what is best for you better than you, so stop listening to the know-it-alls who just love to hear themselves talk. Trust yourself. Even if you make a mistake, it will be one that teaches you an important lesson.



LEO  
JUL 24 - AUG 23

You'll be able to get beneath surface-level small talk and zero in on what people really want to talk about quickly. Of course, whether you pursue their true intentions or not is totally up to you. If you are sensing that someone you don't like very much has a crush on you, for example, you should switch the subject! But if you're interested in them, too, this is your chance to work a few double entendres into your conversation.



VIRGO  
AUG 24 - SEP 23

It's time to create more calm in your life, and you can do this if you learn to accept things you don't like. You might not believe what people with different views than yours have to say, but you can't disrespect them simply because they disagree with you. You have to agree to disagree and rise above petty conflicts. Don't argue when you know there's no point in it.



SCORPIO  
OCT 23 - NOV 22

Take a good, long look in the mirror and remind yourself that while you might not be the hottest person on earth, you are definitely in the eyes of the people who love you. Having a healthy level of confidence is more important than having a conventionally attractive outer shell. After all, it's just a shell.



CAPRICORN  
DEC 23 - JUL 20

There is a new person in your life who intrigues you, but you don't know enough about them to get an accurate picture of who they truly are. You need to know more before you move forward with this relationship, no matter what stage it's in right now. Take the time to look at them objectively. Unless you do this, you won't have all the information you need to make the right choices, no matter how confident you feel.



AQUARIUS  
JAN 21 - FEB 20

You could start to sense that a new beginning is coming in an old relationship. What had become routine almost to the point of feeling stale is slowly but surely having new life breathed into it. It's almost like a whole new beginning. There's no way of knowing what has caused this resurrection of your deep feelings, but you should be grateful for it. New things are possible, and you should open your mind to that fact.



PISCES  
FEB 20 - MAR 20

Emotional upheaval can cause even the most level-headed people to say things they don't really mean. Keep that in mind if you overhear a surprising comment today. Eavesdropping is a fabulous sport, but it can be dangerous. Information you get that way isn't reliable, so whatever you do, don