

Bhool Bhulaiyaa 3: There can't be a better Rooh Baba than Kartik Aaryan, declares Anees Bazmee



Introducing the highly anticipated third installment of the Bhool Bhulaiyaa franchise, director Anees Bazmee and young superstar Kartik Aaryan are set to create magic on screen once again. Their collaboration has proven to be a winning formula that captivates audiences nationwide.

Anees Bazmee's Vision: The filmmaker's vision for the iconic character of 'Rooh Baba' in the Bhool Bhulaiyaa series could only be realized by Kartik Aaryan. Bazmee's confidence in Aaryan's talent was evident in their previous collaboration on Bhool Bhulaiyaa 2, which defied industry odds and drew audiences back to theaters during the pandemic.

Anees Bazmee's Appreciation: Speaking to a leading publication, Bazmee expressed his admiration for Aaryan's dedication and talent. He highlighted Aaryan's ability to bring characters to life and praised their strong working relationship, which dates back to Aaryan's early days in Pyaar Ka Punchnama. He also said that he cannot imagine anyone other than Kartik as Rooh Baba.

Kartik Aaryan's Versatility: Aaryan's portrayal of 'Rooh Baba' is not just a character but a crucial element that adds depth and humor to the narrative. His consistent ability to connect with audiences through his performances has garnered praise from both fans and critics alike. As fans eagerly await Bhool Bhulaiyaa 3, Aaryan's lineup includes other exciting projects such as Aashiqui 3 and a war saga under Dharma Productions, directed by Sandeep Modi. With each new role, Aaryan continues to showcase his versatility and talent, promising audiences more unforgettable moments on the big screen. The collaboration between Anees Bazmee and Kartik Aaryan in Bhool Bhulaiyaa 3 promises to deliver another thrilling chapter filled with mystery, laughter, and exceptional performances.

Deepika Padukone pregnant with her first baby; Ranveer Singh and the actress all set to embrace parenthood?

Deepika Padukone who made heads turn with her super stunning appearance at the BAFTA is reportedly pregnant. The Fighter actress is pregnant with her first child from husband Ranveer Singh, and the power couple are all set to embrace parenthood. As per reports in The Week, Deepika Padukone is in her second trimester and is all set to embrace motherhood. Having said that, Deepika who has been making regular public appearances has not shown that she is in her second trimester. But as the speculation of the actress being pregnant is out, fans are enthralled and they cannot wait for Ranveer and Deepika to make an official announcement.

Recently in an interview when asked about having kids, Deepika was all open to starting her family and said," Absolutely. Ranveer and I love children. We look forward to the day when we will start our own family." Ranveer and Deepika got married in 2018 and it's 6 years their marital bliss. And only if the news is true, we cannot wait for the big announcement. As per reports in The Week, Deepika Padukone is pregnant and is in her second trimester; and



going by the given speculation, Deepika and Ranveer will welcome their firstborn in monsoon.

Pathaan 2: Shah Rukh Khan to return as spy; will have a solid Tiger vs Pathaan connect

Shah Rukh Khan aka Pathaan is returning with Pathaan 2. The Siddharth Anand movie marked the comeback of Shah Rukh Khan in 2023 after a hiatus of almost 5 years. It became the highest-grossing movie in his career, spanning three decades. And he went on to break his own record the same year with Jawan. When Pathaan released in January last year; there were talks about spinning the YRF movie into a franchise. Tiger vs Pathaan was speculated at the same time. And guess what, we are getting Pathaan 2.

Aditya Chopra and his team have been planning the sequel to the 2023 blockbuster hit movie Pathaan. The character of Shah Rukh Khan deeply resonated with the audience. People have been making demands of a sequel to the SRK, Deepika Padukone starrer movie. It was soon after the release of Pathaan that Shah Rukh and Aditya Chopra decided to spin it into a standalone franchise in YRF's spy-verse. It is being said that Aditya Chopra and his team have been brainstorming and working on the script for Pathaan



2 over the last year. It is planned to be a tent pole movie, that is, paving the way for future films in the spy verse and the franchise as well.

5 ways to lower your cholesterol naturally



High cholesterol is when you have too much cholesterol in your blood. High cholesterol often doesn't show signs, and remains a hidden danger that affects millions of lives.

Cholesterol includes good cholesterol called high-density lipoprotein (HDL), bad cholesterol called low-density lipoprotein (LDL), and triglycerides which is a fatty substance similar to bad cholesterol.

A blood test can identify if your cholesterol levels are too high. Consult your doctor as untreated high cholesterol can lead to health issues like heart disease, stroke, and diabetes. Here are some lifestyle changes that can help to naturally lower your cholesterol levels for a healthier body.

Eat a healthy diet: It's definitely easy to say and hard to follow, but then the hard work is worth it, and in case of high cholesterol - essential. There are plenty of natural foods which can help to reduce your cholesterol levels. Along with these, cut down all processed foods, especially those with too much salt and sugar. Soluble fiber found in oatmeal, kidney beans, apples, and Brussels sprouts reduces cholesterol absorption in the blood. Whey protein from dairy products can lower LDL and total cholesterol. Food rich in omega-3 fatty acids, such as salmon, walnuts and flaxseed are also great for healthy heart tissue

and blood vessels.

Reduce alcohol consumption: Yes, it looks cool to drink alcohol and probably all your friends drink it. Especially if you are going to a party, is there even a party possible without booze? But, you have got to rise above what looks good and what truly is good. You need to choose what really matters – your health or peer pressure?

Loose weight: This is essential if you are overweight or obese. Carrying extra weight, especially around the abdomen, increases your ratio of visceral fat which can affect even your liver. If you are overweight, your cholesterol levels will be higher which can negatively affect your arteries and blood vessels. Extra weight can be lost by not going on a crash diet, but committing to a healthy diet consisting of home cooked meals from natural food items. Eat lots of fruits, vegetables, nuts, seeds, whole grains and exercise regularly to lose weight in a healthy manner. Also ensure to drink plenty of water.

Quit smoking: Smoking increases the pressure on your heart and your heart rate, compounding the adverse effects of the buildup of cholesterol in and on the artery walls. Researchers have found that quitting tobacco improves HDL cholesterol levels by improving blood circulation and lung function. The good news is that a year after quitting smoking, heart disease risk is cut in half for most ex-smokers. You can start by cutting down on the number of cigarettes you smoke and seek help from friends and family to support you. You can also seek a health professional for guidance.

Increase activity and exercise: It's great that you have the luxury to sit for a long time whenever you want. Or maybe it's your work that requires long periods of sitting. Whatever the reason may be, you have to find a way to cut down on your sitting time and increase your overall physical activity throughout the day. Exercise is also extremely important to help reduce your cholesterol levels and you can choose your favourite activities like walking, swimming, cycling, dancing etc.

However, it's important that you do not spend the majority of your day on the couch or on a chair. Keep standing and moving every now and then to get the much-needed physical activity.

Anti-aging skincare guide for the most youthful face and neck

Anti-aging is a tale as old as time and a bitter-sweet part of life. As you grow older and your skin inevitably starts showing signs of aging, it becomes essential to take care of your skin in the most holistic way. The face and neck are two regions that require extra care and precautions as they are made up of finer and more delicate tissues, and are most susceptible to signs of aging. Let us take meaningful steps to keep the skin of your face and neck ever youthful and combat the different signs of aging like wrinkles, fine lines, and patchy skin.



substances on our skin that need to be scrubbed out. Use an effective exfoliant with extracts that help exfoliate your face and neck and remove dead skin cells, leaving your skin clear and flawless.

Serums are the secret. Serums are abundant in their potential to restore skin cells. Vitamin C serum is known for removing dark spots and patchy skin and providing a youthful glow. Anti-aging serums with Vitamin A help increase the collagen production of your skin which can enhance your skin elasticity. While applying, always be careful to pat the serum into your skin and bring it down to your neck as well.

Moisturizing is a must A well-moisturized skin is least likely to fall prey to signs of aging. No matter the weather, your skin always needs added moisture (yes, even if you have oily skin). Find a moisturizer with ingredients to best suit your skin type and moisturize your face and neck by massaging in an upwards direction to help your skin stay tight.

Always apply sunscreen Before stepping out of your house, always lather a layer of sunscreen with an adequate amount of SPF. Even if your day doesn't involve intense sun exposure, you must include sunscreen in your AM skincare regime as it has an abundance of benefits.

General Knowledge Question Answers

1. For which among the following is not a true fruit?

A. Apple
B. Date
C. Grape
D. Plum
2. Which of the following is least infectious ?

A. leprosy
B. hepatitis
C. tuberculosis
D. conjunctivitis
3. Which of the following is not a mosquito borne disease?

A. Dengue fever
B. Malaria
C. Sleeping sickness
D. Filariasis
4. In certain amino acids, which one of the following elements is found in addition to carbon , hydrogen, nitrogen and oxygen?

A. Phosphorus
B. Zinc
C. Calcium
D. Sulphur
5. Among the following elements, which one is essential for the transmission of impulses in the nerve fibre?

A. Calcium
B. Iron
6. The vitamin which is very liable and easily destroyed during cooking as well as storage is

A. Vitamin A
B. Vitaminb6
C. Vitamin C
D. Vitamin K
7. The compound used in anti-malarial drug is

A. Aspirin
B. Neoprene
C. Isoprene
D. Chloroquin
8. Which of the following is a skin disease?

A. Anaemia
B. Pellagra
C. Osteomalacia
D. Rickets
9. The richest source of vitamin D is

A. Cod liver oil
B. Spinach
C. Milk
D. Cheese
10. Which of the following tests helps in diagnosis of cancer?

A. X-ray
B. Urine test
C. Blood test
D. Biopsy test
11. Which one of the following is an enzyme?

A. Glucagon
B. Insulin
C. Somatotropin
D. Trypsin
12. Which vitamin is provided by sunlight to the body?

A. Vitamin A
B. Vitamin B
C. Vitamin C
D. Vitamin D
13. The deficiency of which of the following leads to dental caries?

A. Iron
B. Copper
C. Fluorine
D. Zinc
14. Healing of wounds is hastened by vitamin

A. A
B. E
C. C
D. K
15. Which of the following diseases is caused by the bite of a mad dog?

A. Hydrocele
B. Hydrophobia
C. Hydrocephatus
D. Hydroperitoneum

1. Plum
2. leprosy
3. Sleeping sickness
4. Sulphur
5. Calcium
6. Vitamin C
7. Chloroquin
8. Pellagra
9. Cod liver oil
10. Biopsy test
11. Trypsin
12. Vitamin D
13. Phosphorus
14. C
15. Hydrophobia

ASTRO SPEAK

ARIES

MAR 21 - APR 20

The actions of other people could be very unpredictable today, so you need to be prepared for anything. And while this day may test your flexibility and patience, it will still be quite enjoyable. You like it when things are interesting, and unpredictability is part of the price you pay for "interesting." One of your friends might have an intriguing opportunity for you, but you need to have them explain things in more detail before you say yes.

LIBRA

SEP 24 - OCT 22

You could feel a magnetic pull toward a person you've never met before. Resist the urge to cyber-stalk this person, but do keep an eye on them. There is a reason that they interest you, and if you can't figure out what it is, you need to get more information in order to do so. You've been waiting for someone to show you a better way of being with people.

TAURUS

APR 21 - MAY 20

You could be on a somewhat solid financial footing right now, although it wouldn't hurt to have a few more coins in your coffers. Put a little more effort into conserving more of your funds. The easiest way to do that is to cut out any luxury treats. Drink tea instead some fancy coffee. And don't leave your credit cards near your computer. You'll be less likely to succumb to that must-have item you see online.

SCORPIO

OCT 23 - NOV 22

There's no sense in hurrying to get things done today. It will only result in you wasting your energy. Sometimes it's easy to confuse being busy with getting things accomplished, but you need to keep your focus on what needs to happen today, not on what you would like to have happen tomorrow. Let that take care of itself. Try to work on the social aspect of your life a little bit more intensely. There are goals that you haven't met yet.

GEMINI

MAY 21 - JUN 20

You know some pretty fascinating people, but you may not have seen them in a while. Why not try to figure out a way to get together online? Enjoy a virtual happy hour or meal, sing some tunes, or engage in an impromptu workout and encourage one another. There are lots of ways to stay connected if you use that creative brain of yours!

SAGITTARIUS

NOV 23 - DEC 22

Fire up your laptop and start a spreadsheet, because you need to stay on top of all the details that will be flying at you today! You can't afford to let any numbers, names, or dates fall through the cracks. Take nothing for granted. Avoid the gray areas and make decisions. Make people commit to yes or no. Your life needs to be all about black-and-white facts right now. This will enable you to get more focused and reduce the drama in your life.

CANCER

JUN 22 - JUL 23

No one sees things quite like you do, and more and more people are starting to enjoy your take on the world. Some of your ideas might leak out in an unconscious act on your part, and it might make you nervous. But even if you aren't quite ready for people to know about them, you could be pleasantly surprised by the fact that these people really dig your ideas! Get used to getting more attention.

CAPRICORN

DEC 23 - JUL 20

Even if you don't have a sweetheart right now, this day could be full of romance for you! If you're not going to be falling in love with another person all over again, you'll be falling in love with yourself all over again, which might feel ten times as sweet. You're a wonderful person, and even if there's no one in your life right now to remind you of that fact, you can remind yourself. It's a nice, powerful feeling to tell yourself how special you are.

LEO

JUL 24 - AUG 23

It's time to get social! You put lots of effort into your professional life, and now you need to start putting just as much effort into your personal life, too. Your mission is to accept any and all invitations you get without hesitation, no matter how unexciting they might sound. You are definitely one of the celebrities in your social circle right now, so you need to take advantage of the spotlight while you have it.

AQUARIUS

JAN 21 - FEB 23

Try to put yourself in a situation where you could be rejected, or at least come out with less than you put in. You shouldn't do anything too silly, like spend your life savings on lottery tickets, but you should do something a little daring. Maybe it's time to call that certain someone, try out a trendy new fashion look, or try your hand at fixing a complicated gourmet dinner.

VIRGO

AUG 24 - SEP 23

Are you looking forward to being able to traveling again? You should be! Stay optimistic about the current situation and don't worry about all the details yet. You'll be exposed to a lot of new things that will amuse you, shock you, and, most of all, educate you! So you'll want to take notes and lots of pictures. You'll want to remember your trip for a long time, so start planning it!

PISCES

FEB 20 - MAR 20

Try to use a form of communication that is a little out of the ordinary today. Telephone calls, letters, even e-mails are just so old school! You'll get your message across—whatever it is—a lot more effectively if you use some creativity, especially if you're trying to get your feelings across to a potential new sweetheart. Use beautiful words in a poetic sense to let them see into your heart.