

**Gadar 3 plot revealed: Sunny Deol aka Tara Singh's story to not witness a major jump in timeline?**



Gadar 3 is much-anticipated. After the stupendous success of Gadar 2, starring Sunny Deol, Ameesha Patel, and more, the makers announced that the next instalment of the franchise is on the cards. Gadar 2 became one of the highest grossing films of 2023 and generated massive buzz. While Gadar 3 is in the pipeline, makers, as well as, Sunny Deol is yet to make any major announcement regarding the same. However, a latest report sheds light on the storyline of Gadar 3. A source informed Bollywood Hungama that the story of Gadar 3 will pick up immediately from where Gadar 2 came to an end. There won't be much gap between the timelines of Gadar 2 and Gadar 3. The reports suggest that the makers are of an opinion that it won't look pretty logical to show Tara Singh as a young character even after so many years. Therefore, the storyline would be set in 1980s or 1999. The source also revealed that the makers had almost four ideas for Gadar 3 and finally they locked the one that had the most potential. "Like the first two parts, Gadar 3 is also expected to be rich in emotions, music, action and of course, patriotism," said the source to the portal. Meanwhile, Sunny Deol made a comment on the upcoming sequels of the films he is allegedly a part of. To Hindustan Times, he stated that it has been since Gadar that there have been speculations about him being a part of sequels. He was quoted saying, "It has been there ever since Gadar released, 'yeh part 2 kar raha hoon, woh part 12 kar raha hoon', arre kitni part 2 kar raha hoon! Har cheez ke rumours chale jaa rahe hain. I will announce it myself. People like to speculation." There is a speculation that he is a part of Border 2 as well. Though Sunny Deol has not himself confirmed Gadar 3 and Border 3, his next confirmed biggie is Lahore 1947. He will be teaming up with Rajkumar Santoshi for this one. Aamir Khan will be producing this one. He also has a movie named Safar in the pipeline.

**Raveena Tandon refused to do Chaiyya Chaiyya song with Shah Rukh Khan because she was afraid of...**

Sometimes you aren't meant to work with someone and that never happens. And this one Jodi fans couldn't ever see on the big screen together and they are Shah Rukh Khan and Raveena Tandon. There were many times when Raveena got an opportunity to work with the superstar actor but she rejected due to several reasons. Did you know that the Karisma Calling actress was approached to do the iconic Chaiyya Chaiyya song along with Shah Rukh Khan, but Raveena said no as she was afraid of being typecast of being an item girl as she had done Sher Ki Ladki song in the recent times during that time. Giving her reason for not doing Chaiyya Chaiyya despite being in love with the song, Raveena said, "I had just done Sheher Ki Ladki, right? And it had become a very big hit. Organically, Chaiyya Chaiyya came to me and I remember SRK saying that 'Mani sir wants to talk to you because he wants you to do the song for us'." Recalling how tough the situation became, Raveena added, "And I was in a very awkward situation because although I was dying to work with Mani Ratnam Sir but then just being offered an item



song again, it would have been stereotyping myself and in those days people used to get typecast, you used to get stereotyped."

**Aarya 3 star Sushmita Sen reveals why filmmakers thought she was difficult to work with; was told 'Aap bahut jyada...'**

Aarya 3: Sushmita Sen is undoubtedly one of the biggest inspirations for women today. The former Miss Universe has always lived her life according to her own terms. Whether it's the kind of roles she opted for in Bollywood, winning prestigious titles like Miss India Universe at the age of 18, or becoming a single mother via adoption in her mid-20s, the Aarya 3 actress has always lived her life by being true to herself. However, that doesn't mean Sushmita hasn't paid a price for being honest and opinionated. In a recent interview, the actress opened up about paying a huge price for being opinionated.



In a conversation with Pinkvilla, Sushmita Sen shared that being an honest and opinionated woman has never been easy for her, as she has paid her own share of the price. The actress revealed that back in the 90s, filmmakers didn't like it if an actress had too many questions, especially regarding their roles. She said that people would often think that she questions a lot and assumed that she is difficult to deal with. However, the actress also emphasizes that she never regretted being an opinionated woman. Sushmita urges women to ask questions in whatever form and in whichever

**Reasons why basi roti is an ideal breakfast option**



In the quest for a wholesome breakfast, one might not immediately think of stale roti, but this seemingly unconventional choice has several surprising advantages that make it an ideal morning option. Stale roti, or leftover chapati, can be a nutritious and convenient choice for breakfast. Here's why incorporating stale roti into your morning routine might be a healthy and practical choice. **It has a low glycaemic index** Stale or basi roti has a lower glycaemic index compared to freshly made roti. The process of cooling and reheating alters the structure of carbohydrates, slowing down their conversion into sugar. This results in a slower and steadier release of glucose into the bloodstream, helping to maintain more stable blood sugar levels throughout the morning. For individuals concerned about managing their blood sugar, opting for stale roti can be a strategic move. **It improves digestibility** The aging process of roti involves the partial breakdown of complex carbohydrates, making them easier to digest. This can be particularly beneficial for individuals with sensitive digestive systems. The reduced gluten

content in stale or basi roti might also be gentler on the stomach, making it a suitable option for those who experience discomfort with freshly made bread.

**It has good probiotics** Stale roti can serve as a source of prebiotics, which are compounds that nourish the beneficial bacteria in the gut. The fermentation that occurs as the roti ages promotes the growth of these essential microorganisms. A healthy balance of gut bacteria is linked to improved digestion, better nutrient absorption, and even a strengthened immune system. By choosing stale roti, you're inadvertently supporting the flourishing ecosystem within your digestive tract.

**Overall nutritional profile remains the same** Contrary to popular belief, stale roti retains a significant portion of its original nutrient content. While some vitamins may undergo slight degradation during the aging process, the overall nutritional profile remains substantial. Stale roti still provides essential nutrients such as B vitamins, iron, and fiber. By consuming stale roti for breakfast, you can benefit from these nutrients without the need for extensive cooking or preparation.

**It serves as a versatile culinary canvas** Stale roti serves as a versatile base for a myriad of breakfast options. From traditional recipes to creative, innovative dishes, the adaptability of stale roti allows you to experiment with flavors and textures. Create a savory breakfast by pairing it with vegetables and spices, or indulge in a sweet treat by adding honey, fruits, or yogurt. The neutral taste of stale roti makes it a perfect canvas for various culinary interpretations, catering to diverse palates and preferences.

**It does not compromise on the quality of food** In our fast-paced lives, convenience plays a significant role in our dietary choices. Stale roti offers a quick and efficient breakfast solution. With minimal preparation required, you can transform leftover roti into a delicious and satisfying morning meal in a matter of minutes. This time-saving aspect makes it an attractive choice for individuals with busy schedules or those who prioritize efficiency in their morning routines.

**Home remedies to remove facial hair**

Unwanted facial hair can be a common concern for many individuals, and while various methods such as waxing, threading, and laser treatments are available, some people prefer exploring home remedies for a more natural approach. Here are some home remedies that may help in removing facial hair:



- Turmeric paste** Mix turmeric powder with water or milk to create a thick paste. Apply the paste to the areas with unwanted hair. Allow it to dry and then gently rub it off using circular motions.
- Turmeric is known for its anti-inflammatory properties and has been used in traditional beauty practices for hair removal.**
- Gram flour and rose water mask** Create a mixture of gram flour (besan) and rose water to form a paste. Apply the paste to your face, focusing on areas with facial hair. Allow it to dry and then gently scrub it off. Gram flour exfoliates the skin, while rose water soothes and adds a refreshing touch.
- Egg white mask** Beat an egg white until it becomes frothy. Apply the egg white to your face and let it dry. Once dry, peel it off or wash it gently. This method is believed to help in tightening the skin

and removing fine facial hair. **Papaya and turmeric mask** Blend raw papaya with a pinch of turmeric. Apply the mixture to your face and massage gently. Leave it on for 15-20 minutes before washing it off. Papaya contains enzymes that may weaken hair follicles, while turmeric contributes to its anti-inflammatory effects.

- Sugar and lemon scrub** Mix sugar with lemon juice to create a scrub. Gently scrub your face with this mixture in circular motions. Rinse off with warm water. Lemon acts as a natural bleach, while sugar helps in exfoliation.
- Oatmeal and banana scrub** Blend ripe bananas with oatmeal to make a thick paste. Apply the paste to your face and let it sit for 15-20 minutes. Gently scrub the mixture off. Oatmeal exfoliates, and bananas contain beneficial nutrients for the skin.
- Potato and lentil mask** Soak yellow lentils overnight and blend them into a paste. Grate a potato and extract its juice. Mix the lentil paste with potato juice and apply it to your face. Allow it to dry before gently scrubbing it off.

**General Knowledge Question**

- When is 'Telugu Language Day' celebrated across India?
  - [A] August 29
  - [B] August 30
  - [C] September 1
  - [D] September 2
- Which company has launched a new ventilation device named 'SpiceOxy'?
  - [A] SpiceJet
  - [B] IndiGo
  - [C] Reliance
  - [D] Amul
- Which state/UT is set to restart its start vaccination and immunization from September 2020?
  - [A] Delhi
  - [B] Tamil Nadu
  - [C] Andhra Pradesh
  - [D] Uttar Pradesh
- The Economic Ministers consultation meeting of India with which multilateral association was virtually held recently?
  - [A] BRICS
  - [B] ASEAN
  - [C] SAARC
  - [D] BIMSTEC
- Which organization has constituted a 6-member panel for index linked insurance products?
  - [A] RBI
  - [B] NICL
- "Indra 2020" is a bilateral Naval exercise between India and which country?
  - [A] China
  - [B] Sri Lanka
  - [C] USA
  - [D] Russia
- Which country has allowed flights from all countries to cross its skies to reach the UAE?
  - [A] India
  - [B] Pakistan
  - [C] Saudi Arabia
  - [D] Turkey
- Metro train services are to be operated across the country, except in which state/UT?
  - [A] Maharashtra
  - [B] Tamil Nadu
  - [C] Kerala
  - [D] West Bengal
- Who has been appointed as the Secretary of the Ministry of Statistics and Programme Implementation (MoSPI)?
  - [A] Kshatrapati Shivaji
  - [B] Kris Panday
  - [C] Leena Viljanen
  - [D] V Muralidharan
- Which Indian state assemble has passed a bill to protect Tangible Heritage?
  - [A] Madhya Pradesh
  - [B] Assam
  - [C] West Bengal
  - [D] Andhra Pradesh
- What is the name of the online contest launched by the Ministry of Jal Shakti, to sensitise about water conservation?
  - [A] Water Heroes
  - [B] Jal Raja
  - [C] Jal Tumhara
  - [D] Jal Kahani
- Bangladeshi vessel named "MV Premier" made a trial run to Tripura, through which river?
  - [A] Brahmaputra
  - [B] Gumti
  - [C] Ganga
  - [D] Teesta
- Which regulating entity has released revised Priority Sector Lending guidelines recently?
  - [A] Ministry of Finance
  - [B] SIDBI
  - [C] RBI
  - [D] NABARD
- When is the 'International Literacy Day' celebrated across the world?
  - [A] September 8
  - [B] September 9
  - [C] September 10
  - [D] September 11

- Answers:**
14. September 8
  13. RBI
  12. Gumti
  11. Water Heroes
  10. Assam
  9. Kshatrapati Shivaji
  8. Maharashtra
  7. Saudi Arabia
  6. Assam
  5. IRDAI
  4. ASEAN
  3. Delhi
  2. SpiceJet
  1. August 29

**ASTRO SPEAK**

- ARIES** Today is not a day to hesitate when you see that something or someone is heading in the wrong direction. You don't have to put yourself in the position of being the world's police, but you should speak up when you see an injustice. Deal with things straight on and with vigor. You can still be kind, but you don't have to turn a blind eye. (MAR 21 - APR 20)
- LIBRA** A material possession is going to be very important to you right now, but not in the way you probably think. It's not going to be the next designer accessory or hot new gadget. It's about the sentimental value you have for a certain object. Something you've been holding on to has a great deal of meaning for you, and you should consider passing it on in order to add new meaning to someone else's life. (SEP 24 - OCT 22)
- TAURUS** It's time to take a break from being so serious. Learning to laugh at life requires some practice, so get started today. Skip out on the heavy stuff and just keep things light and breezy. It will help your attitude. You'll stay sunny, and this will boost your popularity. All day long you'll be able to create a pleasant vibe around you, which will enable you and all your favorite folks to have a lot of fun! (APR 21 - MAY 20)
- SCORPIO** One of your friends or co-workers has been giving you mixed messages for a while, and you've been getting more and more confused about things. Before you lose your patience, stop and realize that you can clear everything up quickly by just asking more questions! By biting your tongue you're making things too complicated. (OCT 23 - NOV 21)
- GEMINI** You've been going more slowly than everyone else for a while, and today you need to try to catch up to the people who have moved ahead of you. You can't grab onto someone's coattails and expect a free ride, so you'll have to put all your energy into this one goal. The good news is that everyone wants you up there with them, and you can expect one or two hands to reach out and help you. (MAY 21 - JUN 20)
- SAGITTARIUS** If you're feeling moody and slow today, seek out the people who can balance that kind of energy. And conversely, if you're feeling rudderless and adrift, seek out the person who can ground you and give you a task or idea to focus on right now. Your life is your journey to take, and other people can help you find important signposts that will make the journey a lot more pleasant and rewarding! (NOV 23 - DEC 22)
- CANCER** Be very careful about the people you share your business with today. It's not that you can't trust anyone; it's just that some people (and you probably know who they are) are just not as good at keeping a confidence as other people. If someone tries too hard to find out personal things you don't feel like sharing, silence will get your message across effectively. And the reverse applies, too. (JUN 22 - JUL 23)
- CAPRICORN** Most of the time you love being around other people, but today might be one of those days when folks rub you the wrong way. Someone's innocent opinion could suddenly strike you as rude, and you might find yourself jumping to the wrong conclusion about them. Hold off on making any judgments about anyone or anything. Wait until you can start to see people in a more objective way. (DEC 23 - JUL 20)
- LEO** Don't be afraid to use flattery to get what you want today. Just make sure that the glowing comments you toss out are based on truth. People know when they're being schmoozed. There is also a chance that you'll be the recipient of a few nice comments yourself. Take each one with a grain of salt and you'll learn how to have a healthy ego without letting anyone take advantage of you. (JUL 24 - AUG 23)
- AQUARIUS** You know what you want to do right now, so stick with it and just ignore any negative comments coming from the hecklers in the audience. There is a big chance that these naysayers are coming from a place of jealousy. They don't have the inner strength you have, and they're turning this into anger toward you. Instead, listen to those voices in your head that are encouraging you to keep going. (JAN 21 - FEB 23)
- VIRGO** Dig for more information today. Whenever you come across someone or something you don't understand, that's when you should do whatever you can to educate yourself about it. Your intellectual curiosity has led you to so many interesting places in the past, and it will do so again if you let it! Research doesn't have to be boring either. (AUG 24 - SEP 23)
- PISCES** You have the right to feel the way you feel, but don't get too chatty about it today. Not everyone else needs to know your every last thought. Today, don't confuse honesty with over-sharing. It's more appropriate for you to keep your thoughts a bit fuzzy. Hold all your cards close to your chest and don't let everyone know exactly what's on your mind just yet. (FEB 20 - MAR 20)