

Stardom: Aryan Khan is one endearing director on the sets, these qualities of the star kid is winning everyone over



Aryan Khan is not like a regular star kid, the way he presents himself makes him different from everyone else. Despite having all those good looks just like his superstar father Shah Rukh Khan, he didn't choose to be an actor but a storyteller. And BL has got an interesting scoop from the sets of his upcoming show Stardom. The source close to us reveals, "Aryan is a very well-mannered boy on the sets, he is almost the youngest in the crew, the quality that everyone admires about this big is that he is ready to accept criticism and be open to suggestions. A few days ago he was shooting for one crucial scene where he wasn't able to get the right shot as he is new to few techniques, and after taking some suggestions from the experienced people on the sets, he got it right."

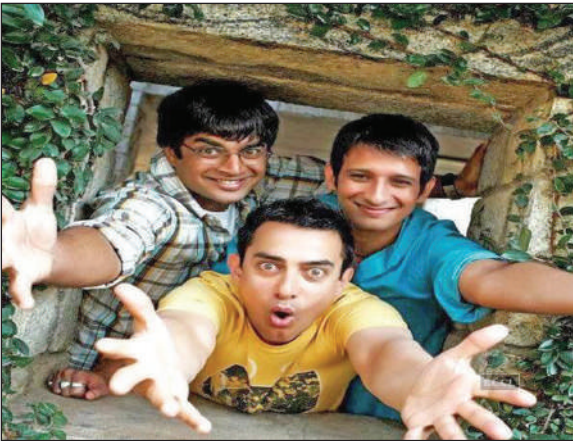
The source further adds," Aryan is new and he will learn from the experience but the boy is open to every suggestion and has zero arrogance about anything, there are few people in the industry who don't like to get suggestions and do things their way, but Aryan is endearing, he every day wins heart on the sets with her over humble nature. Aryan is going to be one of the biggest filmmakers as he amazes everyone on the sets with his knowledge and vision"

Stardom is one of the most awaited series and it was BollywoodLife that exclusively told how there will be many celebrities who will make their cameos in the show. The story of Aryan's show is inspired by his father, an actor who comes from Delhi and makes it big in the industry. Animal star Bobby Deol plays a significant role in the show.

R Madhavan shares he, Sharman Joshi, Aamir Khan were actually drunk in 3 Idiots scene; reveals whose idea it was

We have all loved 3 Idiots. The film is still the all time favourite of many. People love watching it again and again. The dialogues from the movie have also become quite famous. Who isn't a fan of Chatur's Teacher's day speech? Well, we all have it by heart, isn't it? Rancho, Farhan and Raju became everyone's favourite and everyone wants a friendship like they had. The movie was heart-touching, fun and entertaining. The performances by R Madhavan, Aamir Khan and Sharman Joshi won hearts. It is always a treat to watch this movie especially when one is upset or depressed.

The movie released in 2009 and is winning hearts even today. Recently, R Madhavan spoke about 3 Idiots on the BeerBiceps podcast. He opened up about the scene where Raju, Farhan and Rancho get drunk. It was being said that the three actors were actually drunk. R Madhavan now clarified that the rumour is true. He said that they were actually drunk while performing the scene. He said that it was Aamir Khan's idea to get drunk before they perform. R Madhavan said that Aamir had shared that one should never act like being drunk during drunk scenes and one



should drink and act like being normal. R Madhavan revealed how Aamir Khan proposed the idea to start drinking at 8 pm to give a 9 pm shot. This was to maintain the consistant level of alcohol in their systems.

Ajay Devgn reunites with Shaitaan writers for another horror film; wife Kajol to play female lead?

Ajay Devgn has impressed everyone with his performance in Shaitaan. The movie has grabbed everyone's attention and it also stars R Madhavan. The supernatural thriller is directed by Vikas Bahl and has made everyone go crazy. It has been getting all the love and horror films have become the new favourite of everyone. Ajay Devgn seems to be loving the horror genre it seems. After the big success of his film, Shaitaan, he is all set to collaborate with his Maidaan and Shaitaan writers, Saiwyn Quadras and Aamil Keeyan Khan for another horror movie.

Ajay Devgn is not going to be the actor but he is going to produce the film. The film has been reportedly titled, Maa. The story and screenplay have been written by Saiwyn and Aamil has written the dialogues. Apart from Shaitaan, Ajay and Aamil Keeyan have collaborated before as well for Runway 34, Drishyam 2, Bhola. The film is reportedly being shot already in Mumbai. Kajol and the others will leave for Kolkata on March 29 for a major schedule. They will then return to Mumbai. The film will reportedly wrap



up by May.

Recipes

Paneer Samosa



**Ingredients**  
125 gm finely chopped paneer  
1/2 medium finely chopped onion, red chilli powder  
1/2 teaspoon lemon juice, 2 pinches powdered salt  
1 cup powdered all purpose flour  
1 finely chopped green chilli, 1/4 teaspoon cumin seeds  
25 gm melted butter, 1 cup sunflower oil

**Method:**  
For making this popular North Indian snack recipe, take a bowl and add all purpose flour (maida), butter and salt in it. With the help of your hands, mix these ingredients to a dough consistency. It should be a little tight. Once the dough is prepared, cover it with wet cotton cloth for sometime.

Now, heat little oil in a pan over moderate flame. Add the cumin seeds and fry it for 30 seconds. Then add the onions, green chillies and saute for a minute or two. Add red chilli powder, lemon juice, salt and paneer. Mix the ingredients properly and stir-fry for a minute. Once done, remove from flame.

Now, to prepare the samosa, uncover the dough and take portions of it. Prepare small balls of the dough and roll them in small/medium puris. Cut them into half using a knife. Take one half of the puri and shape it into cones using edge of your palm. Stuff it with 1 or 2 tablespoon of this paneer mixture. Fold and seal the edges with little water.

Repeat the same procedure with other samosas. Meanwhile, heat 1 cup oil in a deep frying pan. Carefully place the samosas in the pan and deep fry them on medium-high flame. Once it is golden brown in hue, turn off the flame and transfer the paneer pakoras in a serving plate. Serve hot with green chutney or tomato ketchup.

6 vegetarian sources of Omega-3 and why we must consume them



Essential nutrients, omega-3 fatty acids, are critical for heart health, brain function, and general well-being. Although fish is frequently recommended as the main source of omega-3s, plant-based foods can also provide vegetarians with the necessary amounts. You can include the following six vegetarian sources of omega-3 fatty acids in your diet:

**Flax seeds:** Omega-3 fatty acids, especially alpha-linolenic acid (ALA), are abundant in flaxseeds. For an added nutritional boost, you can sprinkle ground flaxseeds over yogurt, porridge, or smoothies. Supplements containing flaxseed oil are also offered to people who want to consume more omega-3 fatty acids.

**Chia seeds:** Because of their high ALA content, chia seeds are a great vegetarian source of omega-3 fatty acids. These tiny seeds can be added to drinks, salads, baked products, or utilized as a thickening factor in recipes by soaking them in water until they take on the consistency of gel.

**Walnuts:** One of the few nuts with a notable concentration of ALA omega-3 fatty acids is walnuts. For a crunchy and nutrient-dense boost to your omega-3 intake, snack on a handful of walnuts or add them to salads, cereal, or baked goods.



**Kidney beans:** In addition to being a wholesome legume, kidney beans are a notable vegetarian source of omega-3 fatty acids. They do contain a little amount of ALA (alpha-linolenic acid), an omega-3 fatty acid, but not as much as they do in other sources like chia seeds or flaxseeds. Kidney beans do, however, provide a host of other health advantages. For example, they are high in protein, fiber, vitamins, and minerals, all of which promote heart and brain health.

**Hemp seeds:** Omega-3 fatty acids, protein, fiber, and vital vitamins and minerals are all abundant in hemp seeds. For a healthy and nutty taste, sprinkle hemp seeds on salads, yogurt, cereal, or incorporate them into smoothies.

**Leafy greens:** Some leafy greens, such as Brussels sprouts, kale, and spinach, have ALA omega-3 fatty acids in them, although not as much as in other foods. Consuming a range of leafy greens can increase your body's intake of omega-3 fatty acids and offer other health advantages.

Vegetarians can make sure they get the nutrients they need while maintaining a nutritious and well-balanced diet by adopting a wide variety of omega-3-rich foods.

DIY vitamin C serum for face

Vitamin C works overtime to increase the collagen production of the face as it reduces inflammation and also evens out the irregular pigmentation and brown spots. Vitamin C is considered to be the star ingredient in many skin brightening treatments and is also a volatile compound which easily oxidizes upon exposure to sunlight and air. The potency of vitamin C can decrease rapidly after you open the bottle. Let's take a look at how to make this product at home.



Things to need  
You need 1/4 I-ascorbic acid powder which is available online or can use vitamin C tablets from a good pharma brand. 2 teaspoons of distilled water or rose water can be used, with 1 teaspoon of glycerine, 1 vitamin E capsule, and a small dark clean empty glass bottle with a dropper on top. You can also use your old serum bottle and can fill it from time to time.

Application  
Apply the serum at night and tone your skin well before the application on the skin. Mix a very small amount of the serum and then follow it up with the moisturizer. Expect a small amount and be ready for a tingling sensation at first. Apply this on alternative nights until your skin gets adjusted with the serum. However, if it continues then stop applying the product. Always use vitamin C at night

well and store the bottle in a cool place away from the sun rays. Make sure to use this within a week and discard the batch.

Why avoid it during day time?  
People recommend the appliance of Vitamin C serum during the day as pairing of vitamin C with sun protection may actually boost free radical defense. If your skin is extra sensitive then avoid the usage of vitamin C completely and never apply the serum in day time followed by a layer of sunscreen as it won't act as a shield and can cause issues of inflammation.

Is homemade vitamin C serum safe to use?  
Homemade vitamin C serum is more likely to have a pH that is too low and can cause irritation. Therefore, if you decide to make it at home, also carry a pH strip and when it's ready to use, check the pH level of your serum and then apply it on your skin to avoid any future skin reaction or allergy.

General Knowledge Question Answers

1. Who invented the steamboat?

- a) Robert Fulton
- b) James Watt
- c) Benjamin Franklin
- d) Samuel Morse

- a) Percy Spencer
- b) James Watt
- c) Nikola Tesla
- d) Samuel Morse

- c) Nikola Tesla
- d) James Clerk Maxwell

12. Who invented the telephone?

- a) Alexander Graham Bell
- b) Thomas Edison
- c) Isaac Newton
- d) Albert Einstein

2. Who invented the jet engine?

- a) Frank Whittle
- b) Isaac Newton
- c) Galileo Galilei
- d) Nikola Tesla

- a) Wilson Greatbatch
- b) Nikola Tesla
- c) Thomas Edison
- d) Benjamin Franklin

13. Who invented the light bulb?

- a) Thomas Edison
- b) Nikola Tesla
- c) Benjamin Franklin
- d) James Watt

3. Who invented the helicopter?

- a) Igor Sikorsky
- b) Orville Wright
- c) Wilbur Wright
- d) Glenn Curtiss

- a) Roger L. Easton
- b) Nikola Tesla
- c) Thomas Edison
- d) James Watt

14. Who invented the steam engine?

- a) James Watt
- b) Isaac Newton
- c) Albert Einstein
- d) Galileo Galilei

4. Who invented the radio?

- a) Guglielmo Marconi
- b) Alexander Graham Bell
- c) Thomas Edison
- d) Nikola Tesla

- a) Wilhelm Conrad Roentgen
- b) Thomas Edison
- c) Nikola Tesla
- d) Benjamin Franklin

15. Who invented the computer?

- a) Charles Babbage
- b) Nikola Tesla
- c) Thomas Edison
- d) Benjamin Franklin

5. Who invented the television?

- a) Philo Farnsworth
- b) John Logie Baird
- c) Nikola Tesla
- d) Thomas Edison

- a) John Shepherd-Barron
- b) Nikola Tesla
- c) Thomas Edison
- d) James Watt

16. Who invented the internet?

- a) Tim Berners-Lee
- b) Bill Gates
- c) Steve Jobs
- d) Mark Zuckerberg

6. Who invented the microwave oven?

- a) Steven Sasson
- b) Thomas Edison

- 14. James Watt
- 13. Thomas Edison
- 12. Alexander Graham Bell
- 11. Steven Sasson
- 10. John Shepherd-Barron

- 9. Wilhelm Conrad Roentgen
- 8. Roger L. Easton
- 7. Wilson Greatbatch
- 6. Percy Spencer
- 5. Philo Farnsworth

- 4. Guglielmo Marconi
- 3. Igor Sikorsky
- 2. Frank Whittle
- 1. Robert Fulton

Answers:

ASTRO SPEAK

ARIES



MAR 21 - APR 20

Hold important dialogues as Mercury aligns with Chiron and the Nodes of Fate, darling Aries, nudging you to focus on the future and the roles you play within society. This cosmic climate also highlights how our individual decisions impact others, bringing up themes around honesty, community, and close bonds. Take into consideration who you surround yourself.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.