Shaitaan actor R Madhavan reveals who he will cast in 3 Idiots if it was made today



Idiots is a cult classic movie. The Rajkumar Hirani movie starred Aamir Khan, R Madhavan and Sharman Joshi in lead Oroles with a stellar supporting cast. Aamir played the role of Ranchoddas Shyamaldas Chanchad while Madhavan played Farhan and Joshi played Raju. The trio quickly became everyone's favourite in no time. Recently, R Madhavan who is basking in the success of Shaitaan was asked about who he will cast in the movie 3 Idiots if it gets made in today's date.

While talking to Travel+Leisure India, R Madhavan was asked if 3 Idiots was remade in India, and who he would like to cast. He thought for a second and then said, actually nobody. He says that there is no replacement and he himself will play it. They would have to find someone else if they wanted to replace them. But shares that amazing movies such as Dil Chahta Hai, Kal Ho Na Ho, it is impossible. Well, we agree. It is a movie that shouldn't be touched. Aamir, Maddy and Sharman are etched in everyone's hearts Saif Ali Khan had initially rejected Farhan Akhtar's Dil as Rancho, Farhan and Raju. It will be difficult to see anyone else in

So R Madhavan was asked about one unforgettable moment from the shoot of his most loved movie, Rehna Hai Terre Dil Mein. The actor reveals he and his wife were taken on a first-class flight for the classic hit. first time in their lives. Madhavan reveals that he and his wife kept gazing into each other's eyes and gushed about their first first-class flight. Talking about 3 Idiots, the movie by Rajkumar Hirani. Abhijat Joshi has co-written the script. Vidhu Vinod Chopra has produced the movie. It is loosely based on Chetan Bhagat's novel, Five Point Someone. Apart from Aamir, Maddy and Sharman, the all the assurance. movie also stars Omi Vaidya, Kareena Kapoor Khan, Mona Singh, Boman Irani, Ali Fazal and more. As per Wiki, it minted Rs 460

Salman Khan and Katrina Kaif had broken up before Ek Tha Tiger casting? Kabir Khan says 'It wasn't comfortable'

ENTERTAINMENT

he biggest USP of the Tiger franchise is Salman Khan and Katrina Kaif's casting. There could nobody else who could have played Tiger and Zoya like these two. Ek Tha Tiger was massive hit and so were the following sequels. But did you know that Salman Khan and Katrina Kaif had just just broken up before they signed Ek Tha Tiger? The movie was helmed by Kabir Khan and the was produced by YRF. In a latest interview, Kabir Khan revealed how Salman Khan and Katrina Kaif came onboard despite things being not comfortable between them.

Kabir Khan revealed that he brought Katrina Kaif onboard first to be Zoya. The filmmaker said that the actress is like family to him and is extremely close to his wife Mini Mathur. He added that Vicky Kaushal too has become family. Then he recalled the day when Salman Khan gave his nod for Ek Tha Tiger. He said, "And then we went to Salman. This was the stage when they had broken up, so it wasn't like comfortable. I told him I wanted Katrina and he knew my connection with her." Further adding that Adi Chopra and him were completely silent when they were driv-



ing back from Salman Khan's Galaxy apartment.

Saif Ali Khan rejected Aamir Khan, Akshaye Khanna starrer Dil Chahta Hai? THIS person changed his mind

aif Ali Khan is one talented actor known for his versatile acting chops and movies. Saif hasn't been the one to fear the experiments. He is known for some Hum Tum, Parineeta and many more. But did you know, Chahta Hai? Yes, you read that right. Saif has refused to star in Aamir Khan and Akshaye Khanna starrer movie Dil Chahta Hai. The actor revealed why he had initially rejected the much loved road trip movie which is considered a

In an old interview, Saif Ali Khan revealed why he refused Dil Chahta Hai. The actor was not happy with the length of his character in the movie. Yep, that's right. Saif shared that he had inhibitions since there was hardly anything for him to do in the second half of the movie. However, he was given

Saif Ali Khan reveals Dimple Kapadia and Javed Akhtar helped him change his mind about Dil Chahta Hai. Dimple asked him to reconsider his decision while Javed Akhtar

such as polyphenols, flavonoids, and phenolic acids. These com-

pounds help neutralize harmful free radicals in the body, reducing oxidative stress and inflammation, which can contribute to chron-

Heart Health: The antioxidants found in black raisins, particu-

larly flavonoids like quercetin and catechins, may help support

heart health by improving blood circulation, reducing inflamma-

tion, and lowering blood pressure and cholesterol levels. This can

lower the risk of cardiovascular diseases such as heart attacks and

Digestive Health: Soaked black raisins are a good source of

dietary fiber, which aids digestion and promotes regular bowel

movements. Fiber helps prevent constipation by adding bulk to

stool and promoting the growth of beneficial gut bacteria. Black

raisins contain natural sugars like fructose and glucose, which can

Bone Health: Black raisins are rich in calcium, a mineral essen-

tial for maintaining strong and healthy bones. Consuming soaked

black raisins regularly may help prevent bone disorders like osteo-

porosis and improve bone density, reducing the risk of fractures

Improved Iron Levels: Black raisins are a good source of iron, a

Enhanced Immune Function: The vitamins and minerals present

essential roles in supporting immune function and protecting

against infections. Regular consumption of soaked black raisins

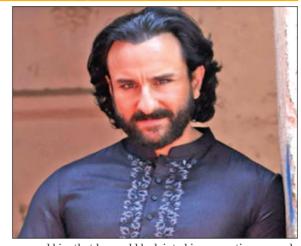
may help strengthen the immune system and reduce the risk of ill-

in black raisins, including vitamin C, vitamin B6, and z

provide quick energy and alleviate digestive discomfort.

and bone-related injuries, especially in older adults.

ic diseases like heart disease and cancer.



assured him that he would look into his reservations regarding his role in the movie.

Recipes

Paneer Cutlet



Ingredients

2 cup paneer, 3 green chilli

- 1 handful chopped coriander leaves, red chilli powder
- 2 cup crushed breadcrumbs, 5 pinches powdered salt 1/4 cup Water, 400 gm mashed, peeled potato
- 6 tablespoon all purpose flour,
- 1 teaspoon garam masala powder
- 1 teaspoon lemon juice 1 cup Refined oil
- 1 handful chopped fenugreek leaves (methi)

To make these yummy Paneer cutlets, first was the paneer nicely. Then crush it and keep it in a bowl for some time.

Take the potatoes, boil them and mash them nicely. Take a big bowl and put the crushed panner, 2 tablespoon all purpose flour, mashed potatoes, red chilli powder, lemon juice, salt, chopped fenugreek leaves and garam masala in it. Mix well.

Then add some water and 2 table spoon of all purpose flour and mix again. Make sure there are no lumps left. Form this into balls of small size. Then flatten them with a

light hand. Take the breadcrumbs and some all purpose flour and put them on 2 separate plates. Take a pan and heat oil in it for frying. Take the flattened

cutlet balls and coat them in all purpose flour first and then breadcrumbs. Put them in the hot oil and fry until the cutlets turn golden

brown in colour. Your Paneer Cutlets are ready to be served.

How to easily maintain curls



-aintaining curls can be a challenge, especially if you're dealing with frizz, dryness, or loss of def-Linition. However, with the right techniques and products, you can keep your curls looking vibrant and defined with minimal effort. Here are some easy tips to help you maintain your curls:

Hydration is key

One of the most important aspects of maintaining curls is keeping them hydrated. Curly hair tends to be drier than straight hair because the natural oils produced by the scalp have a harder time traveling down the length of the hair shaft. To combat dryness, use a moisturizing shampoo and conditioner specifically formulated for curly hair. Look for products containing hydrating ingredients like shea butter, coconut oil, or argan oil to help nourish and soften your curls.

Apply leave-in conditioner

After washing your hair, apply a leave-in conditioner to help lock in moisture and prevent frizz. Leave-in conditioners also provide added protection against heat styling and environmental damage. Work the product through

your damp hair using your fingers or a wide-tooth comb, focusing on the mid-lengths and ends where curls tend to

Avoid overwashing

Washing your hair too frequently can strip away natural oils and cause your curls to become dry and brittle. Instead, try to wash your hair no more than two or three times a week, depending on your hair type and lifestyle. In between washes, you can refresh your curls by using a water-based spray or mist to rehydrate them and revive Use a microfiber towel or T-shirt to dry your hair

Traditional towels can be rough on curly hair and cause

friction, leading to frizz and breakage. Instead, opt for a microfiber towel or an old t-shirt to gently squeeze excess water out of your curls after washing. Avoid rubbing your hair vigorously, as this can disrupt the curl pattern and cause frizz. Instead, gently blot your hair to remove moisture without disturbing your curls.

Apply styling products

Once your hair is towel-dried, apply your favorite styling products to help define and hold your curls in place. Choose products that are specifically designed for curly hair, such as curl creams, gels, or mousses. Work the product through your hair using your fingers, ensuring that it is evenly distributed from root to tip.

Protect your curls while sleeping

To prevent your curls from getting flattened or frizzy while you sleep, consider using a satin or silk pillowcase. These materials are centler on your hair and help reduce friction, allowing your curls to maintain their shape and definition overnight. Alternatively, you can pineapple your hair by gathering it into a loose ponytail on top of your head and securing it with a scrunchie or satin hair scarf.

iron, calcium, magnesium, and vitamin C. This combination of nutrients supports various bodily functions, including digestion, vital mineral involved in the production of red blood cells and oxybone health, muscle function, and immune system function. gen transport in the body. Iron deficiency can lead to anemia, The antioxidants found in black raisins help combat oxidative fatigue, and weakness. Including soaked black raisins in your diet can help boost iron levels and prevent or alleviate symptoms of ane-

Benefits of eating soaked Black Raisins

stress and inflammation, potentially reducing the risk of chronic diseases such as heart disease and cancer. Moreover, the iron content in raisins can contribute to preventing anemia, while potassium aids in regulating blood pressure. Consuming black raisins as part of a balanced diet can thus offer numerous health benefits, including improved cardiovascular health, enhanced digestion, stronger bones, and bolstered immunity.

here's no denying that raisins are one of the healthiest dry

antioxidants. But do you know why experts suggest to soak

black raisins before consuming and what happens when you soak

Black raisins are a nutrient-dense food packed with essential

vitamins, minerals, and antioxidants. They are particularly rich in

natural sugars, primarily glucose and fructose, providing quick

energy. Apart from that, black raisins contain fiber, potassium,

fruits that are packed with the goodness of nutrients and

Rich in Antioxidants: Black raisins are packed with antioxidants

General Knowledge Question Answers

- 1. Which of the following is a major contributor to air pollution?
- a) Burning fossil fuels b) Plant photosynthesis
- c) Volcanic eruptions d) Forest fires

them overnight?

- 2. What is the term used to describe the process by which chemicals or pollutants are removed from
- a) Desalination
- b) Filtration
- c) Distillation d) Purification
- 3. Which of the following is a major cause of ocean acidification?
- a) Volcanic activity b) Deforestation
- c) Burning fossil fuels
- d) Overfishing
- 4. What is the term used to describe the process by which soil becomes degraded and loses its ability to support plant life?
- a) Erosion
- b) Desertification
- c) Salinization d) Soil depletion
- 5. Which of the following is an example of a renewable resource?
- a) Coal
- b) Natural gas

- c) Solar energy d) Petroleum
- 6. What is the term used to describe the process by which natural habitats are restored or created?
 - a) Reforestation
 - b) Afforestation
- c) Restoration ecology d) Habitat restoration
- 7. Which of the following is a major cause of water pollution?
- a) Volcanic eruptions
- b) Deforestation
- c) Agricultural runoff d) Plant photosynthesis
- 8. What is the term used to describe the process by which waste materials are converted into new products?
- a) Recycling
- b) Composting c) Landfilling
- d) Incineration
- 9. Which of the following is an example of a nonrenewable resource?
- a) Wind energy

of life on Earth?

- b) Geothermal energy c) Coal d) Biomass energy
- 10. What is the term used to describe the variety

- a) Sustainability b) Ecology
- c) Biodiversity
- d) Conservation
- 11. Which of the following is a major cause of cli-
- mate change?
- a) Natural fluctuations in the Earth's tempera-
- b) Changes in the Earth's orbit
- c) Human activities, such as burning fossil fuels
- d) Changes in the intensity of the sun's radiation
- 12. What is the term used to describe the process by which carbon is removed from the atmosphere and stored in vegetation and soil?
- a) Carbon sequestration
- b) Carbon capture c) Carbon footprint
- d) Carbon storage
- 13. Which of the following is a major cause of deforestation?
- a) Wildfires
- b) Urbanization
- c) Agricultural expansion
- d) Earthquakes
- 14. Which of the following is a major cause of air pollution?
- a) Plant respiration b) Volcanic eruptions c) Industrial emissions

d) Photosynthesis

4. Desertification 3. Burning fossil fuels 2. Purification 1. Burning fossil fuels



house marking the last stretch of spring and a chance for you to expand your mind. These vibes are perfect for nurturing your curious nature, though your social side will need some attention too. You'll want to be on guard for drama within your network of peers, taking MAR 21 - APR 20 care not to get involved if negativity begins to circulate your sphere.

The sun enters Gemini and your solar third



The sun enters Gemini and your house of spiritu ality this morning, elevating your spirits and intuition throughout the next month. Lean into the mystic that lives within, and you'll soon find a universe alive with magick and synchronicity. Unfortunately, a tense opposition between Mars and Pluto could temporarily rain on your parade. especially if your friends try to pull you into their



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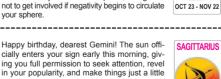
cially enters your sign early this morning, giv-

bit more about you. However, you'll want to be

delicate in your approach to adoration as Mars and Pluto face off, and be sure to keep your

MAY 21 - JUN 20 message positive and attitude light.

The sun enters Gemini and your solar third



throughout the coming weeks, as the sun enters Gemini and your house of transformation. Use this energy to make important decisions that will lead you to a higher path, even if doing so requires a few "goodbyes." Keep tabs on your emotions as Mars and Pluto face off overhead, taking care to set boundaries and nurture your needs if you feel overly stressed.

Get ready for lots of love and plenty of flirting, as

the sun migrates into Gemini and your solar seventh house. This luminary placement will

heighten your charisma and natural wits, providing you with all tools necessary to enchant your

latest crush. However, you should focus on

maintaining a sense of balance on your own,

You'll be thinking heavily about ways to evolve



Your mind will be a busy place throughout the coming weeks, darling Cancer, as the sun enters Gemini and the sector of your chart that governs introspection. This solar placement will ask you to take stock of your life, meditating on ways to improve your overall happiness while acknowledging what you cannot control. A sweetness will wash over you this evening

when the moon enters your sign.



making time to support your mind, body, and soul in the pursuit of harmony. The sun enters Gemini and your solar sixth house asking you to recommit to your health and wellness goals. These vibes are perfect for recommitting to consistent bedtimes, workout regimes, and overall organization, so be sure to direct your focus accordingly throughout the coming month. You'll feel a shift this evening when the moon enters Cancer, helping you DEC 23 - JUL 20

reclaim a sense of balance and harmony



JUN 22 - JUL 23

sun enters Gemini and the sector of your chart that governs community. Though you'll be busy shaking hands and kissing babies throughout the coming weeks, a desire to do something good will also come into play. Be sure to acknowledge the humanitarian that lives within. Just be sure to carve out some alone time this evening when the moon migrates into Cancer

Get ready for good times ahead, dear Leo, as the



A rush of playful and creative energy will wash over you as the sun enters Gemini and your solar fifth house. This luminary placement will reinvigorate your spirits, especially when you devote more time to the pursuit of fun or the arts. Unfortunately, tensions could mound within your love life as Mars and Pluto face off in our skies, but try not to let small arguments spiral into something bigger.



Take extra steps to nurture your professional network throughout the coming weeks, dearest Virgo, as the sun enters Gemini and your solar tenth house. This luminary placement can assist in making headway within your occupational goals, but relationships will be important as you inch your way to the top. Use this ener AUG 24 - SEP 23 gy as motivation to get a head start.



Your home will feel elevated and bustling when you awaken as the sun migrates into Gemini and the sector of your chart that governs domestic affairs. Use this energy to get organized within your space throughout the coming month, and be sure to host plenty of social gatherings. You may want to lay low for now, as Mars and Pluto face off overhead, which could put you in a private and irritable mood

13. Agricultural expansion 12. Carbon sequestration 11. Human activities, such as burning fossil fuels 10. Biodiversity

14. Industrial emissions

9. Coal 8. Recycling T. Agricultural runoff 6. Restoration ecology 5. Solar energy

:SJ9WSUV-