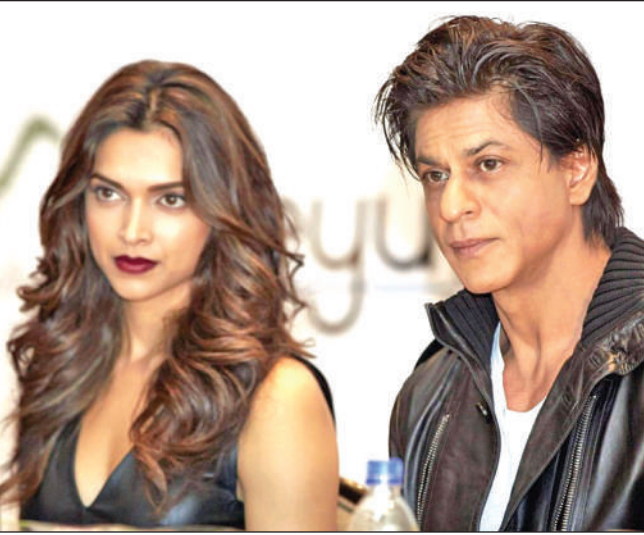


Pathaan: Deepika Padukone calls Spain 'new home' as she shoots for the Shah Rukh Khan and John Abraham starrer



Shah Rukh Khan, Deepika Padukone and John Abraham jetted off to Spain a couple of days ago to shoot for Siddharth Anand's Pathaan. And now, the actress has given a glimpse of her 'new home' for the next few days. Deepika Padukone took to her social media handle and shared a couple of stories. She shared a scenic and aesthetic picture of a beach and captioned it saying, 'Escape Time.' Next, Deepika shared an ariel view, it seems from an aeroplane. She captioned it, 'In City Lights.' Next, Deepika Padukone shared what seems to be a view of a subway as the super-fast metro moved. 'Keep going,' the Chennai Express actress captioned the post. Deepika shared a view of trees next which she captioned saying, 'New Home.'

Pathaan is one of the most awaited films of Shah Rukh Khan. The actor announced his film after a gap of 4 years. His fans were super happy to see King Khan back in action. For the unversed, Pathaan was reportedly expected to go on floors last year. However, Aryan Khan's arrest in a drug bust and the month-long struggle of the dotting parents, SRK and Gauri Khan delayed the project.

Shah Rukh Khan also has Atlee's project with Nayanthara which was being shot in Pune. Deepika Padukone, on the other hand, was recently seen in Gehraiyaan. She has a couple of films in the pipeline such as The Intern, Project K. John Abraham has Ek Villain Returns and Attack on his work front.

Sanjay Leela Bhansali OPENS UP on working with Salman Khan again; 'He has changed...'



Salman Khan and Sanjay Leela Bhansali shared a great bond over the years. But sometimes equations change and if you accept it, you evolve in life. And seems like Bhansali has accepted his changed equation with

the superstar. In an interaction with Bollywood Hungama, SLB was asked about his plans on working with the Antim star once again. Answering the question, he said, "Salman is a very dear friend, and I wanted to work with him after Padmaavat. I put my best feet forward to make it happen. For whatever reasons, it didn't turn out. We all change as people. So he has changed; in his mind, I have changed." When asked if they will collaborate again, he left it on Salman and said, "I have utmost regard and respect for the person who did Khamoshi for me, who did Hum Dil De Chuke Sanam for me, and who stood by in Saavariya. So he (Salman) has been a very very important part of who I am today and I will always respect him for it. The ball is in his court to decide if he wants to work with me, and if it's god willing inshallah agar hona hai to hoga (it'll happen if it's supposed to happen)." Well, indeed the fans can't wait for the duo to create magic on screen once again. Till date Hum Dil De Chuke Sanam is one of the best films of Salman Khan.

Fukrey 3: Ali Fazal opts out of the film; makers to tweak the plot

One of Bollywood's most loved comedies is Fukrey. The third instalment is about to roll this month. But as per Mid-Day, Ali Fazal is not going to be a part of the movie. 'This is indeed disappointing news for the fans. This is because of Ali Fazal's packed schedule. It seems he had already dedicated his dates to Vishal Bhardwaj's Khufiya and managing both the movies was tough. t seems he had no option but to opt out of Mrighdeep Singh Lamba's movie that will start its shoot next week.

It seems Ali Fazal was busy till the start of February with the shoot of Kandahar. After that, he became caught up with promotions of Death on the Nile. The movie is a big budget Hollywood film with Gal Gadot in the lead. A source told, "Keeping his commitments in mind, Vishal sir lined up Khufiya for February." Fukrey was supposed to begin much earlier but the pandemic played havoc. It seems Mrighdeep Singh Lamba managed to get combined dates of the others with great difficulty for that period. He is keen to roll the movie. The source told MiD Day, "It's an unfortunate turn of events, but Ali won't be a part of it as he is busy with the thriller till March-end." Fukrey has Richa Chaddha, Manjot Singh, Pankaj Tripathi, Varun Sharma and Pulkit Samrat.



Recipes

Baked Mushroom & Spinach



Ingredients
250 gm mushroom, grated cheese cubes
4 tablespoon butter; salt as required
2 tablespoon all purpose flour
1 cup boiled,pureed spinach
3 finely chopped onion
black pepper as required
1 cup milk
1 tablespoon grated nutmeg

Method:
Firstly, wash the mushrooms and spinach. Next, cut thick slices of mushrooms. Now, put 2 tbsp butter in a pan and add onions. Stir fry until it turns glossy. Now add mushrooms and fry again. When they are coated properly with butter, remove the pan from the flame, add pureed spinach, salt and pepper and keep aside.

To make the white sauce pasta, put a deep-bottomed pan over medium flame, add 2 tbsp butter and let it melt. Then add the flour, keep stirring until it turns golden. Now slowly start adding milk and keep stirring to avoid any lumps. Lower the flame and mix nutmeg in it. Once the mixture comes to a boil, let it simmer for 3 minutes. Don't stop stirring as the sauce might form lumps. Add salt and pepper at last.

In a greased baking dish, put your seasoned mushrooms and spinach. Now cover with white sauce and top with grated cheese. Heat the oven at 180 degrees and bake the dish for 35 minutes. Once baked, your dish is ready to be served.

DIY homemade protein shakes



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 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, ½ 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.

Night skincare regime to get glowing skin



As a skincare aficionado, nothing makes us joyful then hitting the bed with smooth and supple skin. To get flawless skin, you should go for a night skincare routine too.

To get solid and impeccable skin, it is equally vital to have a daily night skin care regime which we call a decent night's 'magnificence' rest. Due to external pollutants and stressful life,your skin starts to deteriorate and look dull sometimes. With a healthy lifestyle and night skincare routine the skin cells start to restore and fix themselves normally . With the following basic steps , your skin will be sorted out at night.

Taking out your makeup with an apt cleaner should be vital for skincare routine.Your cosmetics remover shouldn't be excessively brutal for your skin but be viable in eliminating eyeliners, blush and makeup from your face. It is recommended that one should keep away from substance-based cosmetics removers. Sweet almond oil can be one of the normal cosmetics removers which adds a characteristic gleam to your skin.

Use astringent or toner for smooth and hydrating skin.Toners



additionally help to clean soil, oils and pollution. Facial toner, particularly one containing rose water, is normally hydrating. A toner hydrates the skin, contracting and fixing the pores. You should simply pour some toner in a cotton and rub it tenderly on the skin or splash it equally. Simply splash your face with rose water or cucumber toner and pat it all over your face and neck. Allow it to absorb for some time .

You may apply serum to protect the outer layer of your skin. Always remember to use the serum with viable ingredients that suit your skin. It keeps the skin new, plumpy, and brilliant. Face serums which have Hyaluronic Acid with L-ascorbic acid are great for skin. Moisturizing your skin is equally important. However, the market is overflowed with plenty of face creams both organic and inorganic. Night skincare regime guarantees faster recuperation of the skin and speeds up skin cell recovery.It is constantly suggested that one should remove their outer layer cosmetics before going to bed as not doing so could prompt breakouts, skin break out and imperfections.

General Knowledge Question

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

- 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
- C. Both A and B

D. Only A

5. Consider the following statements:

- A. Respiration takes place both day and night.
- B. Photosynthesis occurs during day time only.
- C. Both A and B are correct.
- D. Neither A nor B are correct.

6. Some plants store waste in their fruits in the form of solid bodies called:

- A. Raphides
- B. Lenticels
- C. Stomata
- D. Resins

7. Various methods used by plants to get rid of their waste products are:

- I. Gaseous waste through stomata and lenticels.
 - II. Stored solid and liquid waste by shedding leaves, peeling of bark and falling of fruits.
 - III. By secreting waste in the form of gum and resins.
- Which of the following statements is/are correct?
- A. I and II are correct.
 - B. II and III are correct.
 - C. I and III are correct.
 - D. I, II and III are correct.

8. Name the waste products secreted by Plants?

- A. Carbon Dioxide
- B. Oxygen
- C. Water Vapour
- D. All are correct.

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

- 6. Raphides
- 7. I, II and III are correct.
- 8. All are correct.
- 9. Both I and II 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 Sears
- 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

- 1. I, II and III are correct
- 2. Diffusion
- 3. All the above are correct.
- 4. Both A and B

-Answers-

ASTRO SPEAK

ARIES

MAR 21 - APR 20

You may find yourself questioning some of your relationships this morning, dear Aries, as the Aquarius moon forms a harsh t-square with the nodes of fate. These vibes could push you to, cut ties with certain people that you've outgrown, especially if they've been bringing negativity or drama into your life. You'll notice a shift mid-afternoon when Luna finds her way into watery Pisces.

LIBRA

SEP 24 - OCT 23

Watch out for power struggles, and don't sell yourself short this morning, dear Libra, especially if you feel as though you're not being treated fairly. A harsh t-square between the Aquarius moon and nodes of fate could throw a bully or two your way, making it important that you advocate for yourself. Luckily, a calmer and more sensitive energy will fill the air by mid-afternoon when Luna enters compassionate Pisces.

TAURUS

APR 21 - MAY 20

Finding synchronization between your professional, domestic, and love lives could feel like a challenge this morning, dear Taurus, thanks to a harsh t-square between the Aquarius moon and the nodes of fate. While you may feel pressured to elevate your earning potential or make a romantic commitment, try not to rush into any decisions that you're not fully sold on.

SCORPIO

OCT 23 - NOV 22

If you haven't been pacing yourself or practicing enough self-care lately, it could catch up to you this morning, thanks to a difficult t-square in the sky. These vibes may cause you to feel as though everyone else's needs are coming before your own, especially if the people around you seem particularly high maintenance or needy. You'll have a chance to prioritize yourself.

GEMINI

MAY 21 - JUN 20

Your typical routines could leave you feeling bored and at an impasse, as the Aquarius moon forms a harsh t-square to the nodes of fate, which has the potential to leave you dissatisfied with day-to-day life. Rather than feeling stuck within your situation, try to brainstorm ways to change your life, even if this process is a slow one. The energy will shift by mid-afternoon.

SAGITTARIUS

NOV 23 - DEC 22

You'll be more sensitive than usual this morning, dear Archer, as the Aquarius moon forms a harsh t-square with the nodes of fate. It may feel as though your family or friends are judging or criticizing you, which could leave you feeling lonely or cause you to put too much pressure on yourself. Try to breathe through any discomfort that arises for you right now, and don't let the opinions of others drag you down.

CANCER

JUN 22 - JUL 23

You may have a hard time fitting in today, darling Cancer, due to a difficult t-square between the Aquarius moon and nodes of fate. Avoid comparing yourself to your friends and colleagues right now, and look for ways to boost your confidence whenever possible. Luckily, healing energy will fill the air by mid-afternoon as Lady Luna makes her way into compassionate Pisces.

CAPRICORN

DEC 23 - JUL 20

The vibe with your friends or coworkers could get a little weird this morning, dear Capricorn, thanks to a harsh connection between the Aquarius moon and nodes of fate. Try not to engage with popularity or success contests, no matter how subtly they seem to manifest. You'll notice a shift later in the afternoon when Luna moves into sensitive Pisces and the sector of your chart that governs communication.

LEO

JUL 24 - AUG 23

Take some time to analyze how your love life has impacted your professional ambitions presently or in the past, as the moon forms a harsh t-square with the nodes of fate. If you have a history of prioritizing love over your career goals, it may be time to reevaluate how you approach such matters. Luckily, you'll find the motivation to change, if needed, later in the afternoon once the moon has moved into watery Pisces.

AQUARIUS

JAN 21 - FEB 23

You may feel as though you've outgrown your professional and home life, dear Aquarius, thanks to a harsh t-square between the Aquarius moon and nodes of fate. A desire to move forward to greener pastures will burn intensely inside of you, though an impatience to get there could cause you to feel stuck within your situation. Try to remember that all change comes with small steps that accumulate over time.

VIRGO

AUG 24 - SEP 23

Take some time to analyze how you're eating, sleeping, and exercise routines are affecting your mental clarity right now, sweet Virgo, especially if you've been feeling extra fatigued or unable to focus recently. If you haven't been kind to your body, the universe will let you know right now, and you could suffer from a mental or energetic lull.

PISCES

FEB 20 - MAR 20

You could have a hard time relating to people this morning, as the Aquarius moon enters a difficult connection with the nodes of fate. While your thoughts and feelings will run deep, your friends and coworkers are likely to be focused on superficial topics that don't appeal to you at the moment. Don't feel guilty if you're not in the mood to socialize, and be sure to take all of the space.

