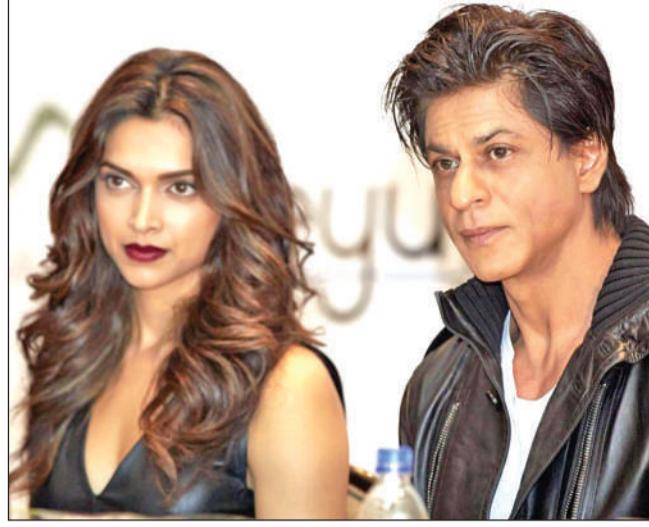


Pathaan: Deepika Padukone calls Spain 'new home' as she shoots for the Shah Rukh Khan and John Abraham starrer



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.

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, 1/2 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.

Banana bread protein shake

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?

5. Both A and B are correct.

6. Raphides

7. I, II and III are correct.

8. All are correct.

9. Both A and B are correct.

10. Root Hairs

11. Excretion

12. Phototropism

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 root which is in direct contact with the soil?

A. Root Hairs

B. Internodes

C. Bundle Scars

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

11. I, II and III are correct.

12. Both A and B are correct.

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