

Vikrant Koul, seen in a primary role in Hello Mini Season 3



Actor Vikrant Koul who we have seen in prominent roles in movies like Gold with Akshay Kumar and Darbar with Rajnikanth and cameos in movies like Fan and Mardaani, is currently basking in glory of his new show Hello Mini 3. The show has been received with a great response from the audience and Vikrant too has been getting a lot of appreciation for his acting chops. The actor plays one of the primary roles of Argho Chowdhary in the series and has an interesting track with the female lead, Anuja Joshi.

Talking about his character, Vikrant said, "Playing Argho was immensely satisfying. From the briefing stage itself, I knew that he had shades of black and white throughout the season, and as an audience, it will be hard to gauge which side of him you want to trust, because the character is so well defined, keeping the suspense element intact. It was challenging to prepare for the part and a lot of fun too. These are the kind of roles that you wish to get to do as an actor and I would like to thank Goldie Sir and Shradha Behl Ma'am for keeping their faith in me, Arjun for being an amazing easy director who let me do my thing, Casting Director Priyata Dixit for seeing me as Argho while casting and our creative director Nandita Anand for putting in a lot of hardwork in both season 2 & 3."

Vikrant's major chunk of the scenes are with Anuja Joshi and talking about working with her, the actor said, "Anuja knows what she is required to bring to the table, she has been playing this character since 3 seasons now and she comes across as a seasoned, hard working actor."

"I have a very interesting scene with Suchitra Pillai in Season 3, although I shot with her for just one day, I had a lot of fun. I have admired her work right since the iconic Dil Chahata Hai, and I didn't lose the opportunity to tell her that! She was very kind and warm on the sets and most importantly, she's an effortless actor which is a treat," he added.

Bell Bottom makers quash all speculations regarding the release of spy-thriller, releases press statement!

Akshay Kumar starrer Bell Bottom is again in the headline and the reason behind it is the same as it was earlier. Well, even before its theatrical release date announcement, it was speculated that the film will take the OTT route. Now when the pandemic is at its peak, rumors are once again floating in the tinsel town that Bell Bottom wouldn't release in the cinema halls and will be premiered directly on the OTT platform. Reportedly, the makers are in negotiation with Disney plus Hotstar to sell its streaming rights.

But now, Pooja Entertainment released a clarification note and quashed all the speculations about the film release. The statement reads, "Pooja Entertainment would like to quash all speculation in some sections of the media regarding the release of our upcoming film Bell Bottom. Any announcement regarding the impending release of the film will be made by Pooja Entertainment at the opportune time. Nobody other than Pooja Entertainment has the mandate to make any statements with regards to any development with the film. We would like to request the media to support us as you always have and refrain from publishing any information that is not officially communicated by us. Stay safe and mask up. Our prayers with one and all." The film was earlier about to hit the cinema halls on May 28, 2021 but now we have to wait and watch, when the film will release.



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Radhika Apte shares her experience of shooting for 'Mrs Undercover' in Kolkata, amidst the Pandemic recently!

Indie star Radhika Apte had recently announced her upcoming film, 'Mrs. Undercover'. The actress shot for the film in Kolkata for a schedule of 45 days, before the lockdown happened recently. Given the crucial health situation, one can't help but wonder how the experience has been to shoot amidst a pandemic.

Speaking about the same to a publication, Radhika shares, "The experience was the same, except that we do frequent tests, we take a lot of precautions and follow health and safety protocols. Other than that, everything else is pretty much the same."

The actress took all the necessary measures while shooting. Only necessary movement from the hotel to the location was undertaken. Any other movement that wasn't related to the shoot was completely discarded.

OTT queen seems to be on a career high right now with major magazines covers under her kitty. After receiving rave reviews for her performance in the web series 'OK



Computer', Radhika also has major films lined up for the future, like Mrs. Undercover and some unannounced projects.

Recipes

Sooji Veggie Squares



Ingredients
1/2 cup semolina, 1/4 cup chopped onion
1/4 cup chopped green beans
1/4 cup chopped mushroom
2 cheese cubes, 1 teaspoon mixed herbs
1 small chopped green chilli
2 cup water, 1/4 cup peas
1/4 cup chopped carrot
1 cup boiled mashed potato
salt as required
2 tablespoon chopped coriander leaves
refined oil as required

Method:
Heat oil in a pan. Add the veggies onion, peas, beans, carrot and mushroom. Saute them for 4-5 minutes.

Now add semolina to the pan and stir well. Add 2 cups of water and stir. Add salt and mixed herbs to the mixture.

Now cook for a few more minutes until the mixture thickens. Now switch off the flame and add boiled-mashed potatoes.

Lastly, add chopped chillies and coriander leaves. Grate the cheese cubes and mix well.

Now spread the mixture on butter paper with 1/2 inch thickness or more. Now refrigerate them for 40 minutes. After refrigerating, cut into pieces.

Now heat oil in a pan and shallow fry the pieces until crisp. Once golden-brown from all sides, serve hot with a dip of your choice.

Late-night cravings hindering weight loss? Five healthy foods to choose from



Cravings are the culprits behind why many times our diet goes for a toss. Cravings can make one binge often and thus hamper the weight-loss goals. If you are someone trying to lose weight, and can't stop snacking, here is some help. Though snacking can hinder your weight-loss goals, but when done mindfully and the right foods are chosen, it does not cause any harm. Here are five foods to choose from for that late-night bite.

Bananas
Bananas are good for your gut as well as mind. These help increase the melatonin production in the body, which in turn helps you get a good night's sleep. Not just this, bananas are a good source of fibre, vitamins and minerals.

You can add almond butter to chopped banana pieces or make a banana smoothie. You can mix banana with yoghurt and add some nuts to it for good brain and gut health.

Eggs

Cheap and easy to prepare, eggs make for a versatile snack. You can keep some hard-boiled eggs in your refrigerator for your late-night cravings. If you have high cholesterol, you can choose to eat only egg whites, which have 6 grams of hunger-satisfying protein, vitamin B12 and a lower amount of fat than in the yolk.

Eggs are a rich source of selenium, vitamin D, B6, B12 and minerals like copper, iron and zinc. Eggs make for a complete source of protein as it has all the nine essential amino acids, including the ones that our body cannot synthesize.

Nuts

Always keep some mixed nuts handy, so that when hunger strikes at odd times, you can grab a fistful of healthy nuts. Nuts are a rich source of vitamins, protein and other essential nutrients. Nutritionists claim that eating 1.5 ounces of nuts daily can reduce the risk of heart disease. It's best to choose unsalted and unflavoured nuts. You can also have nuts in the form of peanut butter spread evenly on a slice of whole-wheat toast.

Kiwis

Kiwis are densely rich in vitamin C and make for a light and satisfying snack. Kiwis are a natural source of serotonin, which promotes relaxation and promotes the feeling of fullness. You can have fresh kiwis alone or dry the kiwi slices in the oven, which make for a healthy, low-calorie treat.

Makhanas

Also called Euryale Ferox, fox nuts, phool makhana and gorgon nuts makhanas are a popular Indian snack. You can have a small bowl of unsalted and air fried makhana for your midnight snack.

If you do not like it plain, roast them in a teaspoon of ghee and some kali mirch, dhaniya powder and curry leaf powder.

Home ingredients to tackle sun damage on skin and hair



The sun rays are responsible for premature aging in women and men with all skin types. Even at low-level exposures, the UVA light breaks down collagen, leading to wrinkles. Studies have shown that UVA is the main culprit for many melanomas because it reaches deep into the underlying support structure of the skin. From things as minor as rash, tanning of the skin, it can cause extensive damage like sunburns, DNA damage, and at times even skin cancer. Hence our skin needs protection from the sun.

There are a few home remedies, which you can try to help lessen the damage caused on the skin and hair due to the heat.

1. Keep cucumber juice or cotton wool pads soaked in rose water in the fridge to give a cooling effect on the face by dabbing it on the face from time to time. Aloe vera is a multitasking, versatile ingredient which is a must for summer. Whether you've got a sunburn rash, cut, bug bite or other skin irritation, aloe vera can soothe and cool your skin and alleviate any itching.

2. Mix 1-2 tablespoons apple cider vinegar with 3 cups of water. Pour over your hair as the final rinse. It will leave your hair feeling soft. Alternatively, you can use juice from 1/2 lemon, 2 tablespoons of apple cider vinegar and 1 cup of water. Shampoo and rinse hair as usual, then pour the mixture on your hair and massage into the scalp. Rinse with cool water.

3. If the scalp is oily, dust it with a fine powder made out of dried and crushed Margosa (neem) leaves to bring temporary relief from the discomfort caused by itching. These leaves have strong healing and antimicrobial properties and will help to absorb excess sebum, reduce itching and prevent infection.

4. If it is dry dandruff, massage a few drops of tea tree oil into your scalp after wash. Tea tree oil has potent antifungal properties, thereby will help to protect and moisturize the scalp and prevent itching. It is important to keep in mind that this type of dandruff home remedy is meant to treat discomfort caused by dandruff and must be used in addition to a dandruff treatment method.

General Knowledge Question

1. How many HIV positive infections that are occurring everyday in the world?

- A. Red
- B. Blue
- C. 600,000
- D. Infrared

- A. 6,000
- B. 60,000
- C. 600,000
- D. 1,000,000

2. Bombyx mori, that produces fine filaments of silk inside the cocoon, is a:

6. What is the weight of human heart?

- A. 100 gms
- B. 300 gms
- C. 800 gms
- D. 1000 gms

- A. Butterfly
- B. Dipteran (silkworm)
- C. Moth
- D. Mulberry plant hemipteran

3. Why was DDT banned which an organ chlorine compound, used first to control malaria, carried in mosquitoes and later to a variety of insect pests?

7. Which of the following gland controls the blood pressure?

- A. Thalamus gland
- B. Adrenal gland
- C. Thyroid gland
- D. Pancreas gland

4. It brings about a change in sex chromosomes
B. It persists in the environment and bio-accumulates
C. It increases its affinity hundred-fold for haemoglobin preventing its coupling with oxygen
D. All of these

4. What is the reason behind the small shrunken scrotal of an adult bulls straying on Delhi roads?

8. In which organ of the human body are the lymphocyte cells formed?

- A. Liver
- B. Long bone
- C. Pancreas
- D. Spleen

- A. Congenital defect
- B. Negative feedback due to extremely high levels of testosterone
- C. Castration
- D. All of these

5. Which of the following components increases the effectiveness of the Photosynthesis process?

9. Which of the following is one of the functions of antigen?

- A. Lowers body temperature
- B. Destroys harmful bacteria
- C. Triggers the immune system
- D. Used as an antidote to poison

- A. Ultraviolet
- B. Photosynthesis
- C. Small Intestine
- D. Large Intestine

- B. Respiration
- C. Fermentation
- D. Photosynthesis

11. Name the Glands associated with the Human Digestive System?

- A. Salivary Glands and Pancreas
- B. Salivary Glands and Liver
- C. Liver and Pancreas
- D. Salivary Glands, Liver & Pancreas

12. Arrange the correct sequence of the steps involved in the process of Human Digestive System?

- A. Digestion, Ingestion, Assimilation, Egestion and Absorption
- B. Ingestion, Digestion, Absorption, Assimilation and Egestion
- C. Egestion, Absorption, Digestion, Assimilation and Ingestion
- D. Assimilation, Absorption, Ingestion, Digestion and Egestion

13. In which part of the body digestion of protein begins?

- A. Pancreas
- B. Stomach
- C. Small Intestine
- D. Large Intestine

14. Name the largest part of the Alimentary canal?

- A. Large Intestine
- B. Small Intestine
- C. Liver
- D. Stomach

ASTRO SPEAK

ARIES



MAR 21 - APR 20

As an Aries, you don't tend to stay down for very long. Tuesday's skies lift your spirits and provide a fresh perspective for your long-term goals. The moon meanders through friend-focused Aquarius and forms connections with sweet Venus and optimistic Jupiter, re-instilling faith into your abilities and reconnecting you with your social life. Later, Luna dips into reflective Pisces, withdrawing you into hermit mode.

LIBRA



SEP 24 - OCT 22

As a Libra, you prefer to take a level-headed approach to relationship matters. You've recently been asked to surrender to your more raw, unrefined feelings to explore what they have to say. Tuesday's skies help you reclaim a more objective and optimistic approach to your romantic involvements, as the heady Aquarius moon aligns with bond-building Venus and growth-giving Jupiter.

TAURUS



APR 21 - MAY 20

The universe is encouraging you to break into a new sphere of your career, but it's imperative that your need for practicality doesn't hinder your ability to envision fresh possibilities. The broad-minded Aquarius moon chats with value-setting Venus and visionary Jupiter, helping you regain optimism towards your trajectory. Later, the moon's entrance into Pisces points your focus towards friend groups.

SCORPIO



OCT 23 - NOV 22

Tuesday's cosmic landscape propels you into a more uplifted mood than that of recent days. Scorpio. The moon floats through rational Aquarius, forming connections with sweet Venus and broad-minded Jupiter. This energy re-instills a grounded sense of faith into the big picture questions stirring around your home front. Later, the moon dips into feelingful Pisces, pointing your focus towards creative pursuits, pleasure, and romantic involvements.

GEMINI



MAY 21 - JUN 20

The pep is returning to your step today, Gemini. Mercury is back on home turf in your sign, a refreshed sense of your identity and purpose is beginning to emerge. The moon spends the day roaming through solution-seeking Aquarius, cozying up to bond-building Venus and broad-minded Jupiter, which keeps the atmosphere uplifted and adventure-seeking. Later, the moon's entrance into Pisces illuminates career concerns.

SAGITTARIUS



NOV 23 - DEC 22

You're bound to feel more like yourself beneath Tuesday's skies, Sagittarius. You're not accustomed to feeling overly serious or doubtful of your potential—It goes against your very nature! This story is highlighted today, as the solution-seeking Aquarius moon aligns with heartfelt Venus and your ruler, visionary Jupiter. Later, Luna slides into soulful Pisces, directing your attention towards home and family matters.

CANCER



JUN 22 - JUL 23

Tuesday's skies are considerably gentler than those of recent days, Cancer. The moon floats through problem-solving Aquarius, focusing your attention on relationship concerns and dealing with psychological debris. Luna's connection with sweet Venus and big-picture Jupiter helps re-instill optimism towards nagging partnership problems. Later, the moon dips into deep-feeling Pisces, helping you feel more in sync with yourself.

CAPRICORN



DEC 23 - JUL 20

Tuesday's skies help you get things back on the right track, Capricorn. The moon floats through level-headed Aquarius, directing your focus towards productive efforts. Luna's alignment with artistic Venus and big-picture Jupiter help you regain faith in your process and embrace forward movement with personal.

LEO



JUL 24 - AUG 23

The universe has been urging you to embrace some major changes, Leo. That process can begin smoothly under Tuesday's skies, as the unconventional Aquarius moon invites you to explore fresh options and collaborations. Luna's meet-up with bond-building Venus and visionary Jupiter brightens the mood and re-instills faith into your process. Later on, the moon's entrance into dreamy Pisces pulls your focus towards intimate partnerships.

AQUARIUS



JAN 21 - FEB 23

You're doing everything you can to make grounded choices and changes in your world, Aquarius. Let Tuesday's skies revitalize your sense of optimism in the process, as the moon floats through your sign and meets up with soothing Venus and visionary Jupiter. This energy uplifts moods and encourages you to make big bets on yourself. Later, the moon dips into soft Pisces, prompting you to focus on productive pursuits.

VIRGO



AUG 24 - SEP 23

You crave tangible evidence that things are happening. Now more than ever, the universe is imploring you to surrender to the power of belief. This story is highlighted on the job front, as the Aquarius moon aligns with Jupiter and sweet Venus. Luna dips into Pisces, directing your energy towards relationship matters.

PISCES



FEB 20 - MAR 20

Let yourself heal behind closed doors, Pisces. Tuesday's skies work to brighten the mood back up, but you may still have a few things to work through before you feel leveled out. The moon glides through heady Aquarius, meeting up with lover Venus and your ruler, spiritual Jupiter. This energy helps you step back, surrender, and see the big picture.