

**Brahmastra star Ranbir Kapoor has REFUSED to come on Karan Johar's show; here's why**



**S**ay what? Now this piece of information will leave Ranbir Kapoor's heartbroken. The Koffee With Karan season 7 fans have been eagerly waiting for this show and dying to watch their favourite couple Ranbir Kapoor and Alia Bhatt in the show. It was reported that Ranbir and Alia will be the first celebrity couple to appear on the show. Also Read - Koffee With Karan 7: While Ranbir Kapoor is OUT, here's the list of stars who are expected to be the guests on Karan Johar's

Ranbir Kapoor says NO to Karan Johar

But seems like now we won't see the newlywed making an appearance on the show. In the recent chat with Film Companion, Karan Johar said, "Ranbir Kapoor has already told me 'I am not coming on your show'. He is like, 'I'd have to pay the price for too long. I should not do this to myself.'" Imitating Ranbir, the filmmaker added, "Mujhe please show pe mat bulao (Please do not invite me to your show.)"

Ranbir Kapoor has been against the show since long in, in fact in one of his chat he had said that how he is fed up this gossip show and wants this chat show to never happen, "I am (tired). I was forced this season. I told him 'I don't wanna come'. Me and Anushka (Sharma, his co-star in Ae Dil Hai Mushkil) were actually going to protest and bring the entire film industry together because it's not fair." Ranbir Kapoor had last time appeared on the show along with Ranveer Singh and their camaraderie had grabbed a lot of eyeballs. The Brahmastra actor had made a lot of revelation on the show that made headlines for quite a time now. While he had appeared on the show, he had said, "He is making money out of us. We come and we get screwed through the year."

**Kamal Haasan opens up on Vikram box office success; REVEALS he will repay all his loans**



**K**amal Haasan is riding high on the success of his latest release Vikram. The audience is hailing Kamal Haasan's performance in the film. The film has churned out over Rs 300 crore at the box office and it has become a massive hit. Reportedly the film has earned around Rs 210 crore at the box office domestically and internationally it has minted Rs 105 crore. The film is still going strong in the second week of its release and the lead actor of the film Kamal Haasan cannot be more grateful for this kind of appreciation. Kamal who was waiting to deliver a box office hit, on Monday addressed the media in Chennai and spoke about the box office numbers of the film.

Kamal recalled how he had predicted earning Rs 300 crore in a snap and all he hinted towards was his film Vikram. The film has bought all the success that the veteran actor was longing for.

**Bhool Bhulaiyaa 2 director Anees Bazmee shares the latest update on Welcome part 3**

**B**hool Bhulaiyaa 2 has become a blockbuster. The Kartik Aaryan, Kiara Advani and Tabu starrer has ransacked in excess of 170 crore nett at the box office and counting. The Anees Bazmee directorial also brought an ailing Bollywood back on track and gave the entire industry plenty of reason to smile. It also catapulted Director Anees Bazmee into an exclusive club of Bollywood Directors who've delivered clean hits across more than 2 decades while also vindicating how he's still very much in the game after the media and others in the industry were quick to write his obituary post the commercial and critical failure of his last movie.

Among Anees Bazmee's previous hits, the Director is most well known for comedies such as No Entry, Welcome, Ready, Welcome Back and Singh Is Kinng, but perhaps none more than Welcome, a third part for which has long been talked about. Well, we finally have an update on Welcome part 3 and straight from the horse's mouth as Anees Bazmee himself has admitted that he's looking forward to write the hatched with producer Firoz Nadiadwala and take the Welcome franchise forward.

Anees Bazmee said that he does not take everything to heart (referencing his sour phase with Firoz Nadiadwala)



and believes in forgiving and moving on. He added that he feels everyone is his friend, including those who may not have done good by him, since they might have had their reasons.

## 6 superfoods that you should add to your diet



this multi-purpose food, nothing comes close. It can be used for cooking, beauty, eating and any other thing imaginable. Coconut oil is a great moisturizer present in body lotions, face creams or even directed applied to the skin. Rich in vitamins, minerals and fiber it's an amazing addition to your diet as well.

**Papaya:** The Instagram-worthy fruit shaded in orange and yellow is another superfood to add to your basket. With high papain content, it's widely used in skin whitening mask, creams and lotions. Papaya is rich in vitamin A, C and E which mean that papayas are helpful in preventing health problems such as diabetic heart disease. Papaya juice is great for women with an irregular cycle as it can help normalize the cycle. Lastly, it's a great source to build your immunity as well.

**Quinoa:** 'The beauty food' your skin needs. Quinoa both helps in the production of collagen making skin more elastic and healthy helping your skin fight signs of ageing such as wrinkles, age spots, etc. Another profound benefit would be it's sebum regulating properties which help you fight acne with the grace of a Queen!

**Aloe Vera:** Just as amazing as coconuts, Aloe Vera is the king of multi-purpose food. The gel extracted from the interior part of the plant is an elixir of goodness. It is used in a variety of products to treat skin problems, acne, scarring and sunburn. Aloe Vera gel can even be used as a standalone product to improve the skin's texture and slow down aging. Drinking Aloe Vera juice helps in curing constipation and heartburn, it also provides digestive benefits along with clear skin.

**Olive oil:** Nothing can replace a healthy dose of olive oil. Use extra virgin olive oil to help manage blood sugar level and reduce risk of cholesterol, heart, breast or digestive problems. It not only adds wholesome flavor to your food, it can be used as a part of your beauty routine as well. Naturally, packed with anti-aging antioxidants along with hydrating qualities. It makes for an essential in any DIY kit, from oiling your hair or nails to using it in a lip scrub, olive oil never disappoints.

## Tips and tricks to keep your sun-stressed skin soft and glowy



**E**xtreme weather conditions cause changes in skin parameters, level of skin hydration, loss of water from skin surface skin pH redness sebum production melanin production skin elasticity all are impacted greatly. Summers are harsh for our skin and it's important that you customize your skincare regime based on the weather conditions. Here are a few handy tricks that will help you beat summer-stressed skin.

**Invest in a good moisturiser:** Hydration of the skin is both internal and external. This excruciating heat can make your skin cells dehydrated which results in irritated skin that is also dry and itchy. In the dry summers, moisturiser is very important for your skin. Invest in a quick-absorbing moisturiser and remember if you have to rub the product for long to let it penetrate the skin it's

probably not the right moisturiser for you. A good moisturiser should get absorbed in seconds.

**Sunscreen is important:** Just 90 minutes of direct sun exposure can strip off all moisture from not just the surface your skin but also the deeper layers. Indian skin types possess melanin that gives photo protection but still, the unrelenting heat that we're facing nowadays demands that we use a sunscreen with SPF 35 even when indoors.

**Use aloe vera gel diligently:** Aloe vera gel is truly a wonderful product. It has multiple uses and acts like a natural coolant and healer for your skin. In this harsh weather, it is best to apply aloe vera gel once in the morning and once before you go to bed. Aloe vera gel can decrease the skin's pore size and heal sun-damaged skin. It will give you clear and glowing skin.

**Simple home remedies go a long way:** Age-old home remedies like using fresh tomato extract on your skin or applying green tea extract and pomegranate extract are one of the best ways to deal with damaged skin. These simple home DIYs go a long way in healing the skin.

**Add vitamin supplements to your skin's diet:** In addition to using a good sunscreen and moisturiser ensure that you're also giving your skin vitamin C and E. Both vitamin C and vitamin E protect the skin from sun damage and help in the repair of damage caused. Check and buy stable vitamins and ensure they come in pump packs because a dispenser keeps air exposure to a minimum and maintains the stability of these vitamins.

Always remember that each skin type is different and what works for one person may or may not work for another. This is why it is important to not blindly buy after seeing reviews. Do your research and make an informed decision on what you apply to your skin.

## General Knowledge Question

1. What is the process of intake of nutrients by an organism as well as the utilisation of these nutrients by the organisms called?

- A. Nutrition
- B. Photosynthesis
- C. Chloroplasts
- D. Digestion

2. The mode of nutrition in which an organism makes its own food from the simple inorganic material like carbon dioxide and water present in the surrounding is called:

- A. Heterotrophic nutrition
- B. Saprotophrophic nutrition
- C. Autotrophic nutrition
- D. Holozoic nutrition

3. What is the mode of nutrition called in which organisms cannot make its own food from simple inorganic material and depends on other organisms for its food?

- A. Autotrophic nutrition
- B. Heterotrophic nutrition
- C. Parasitic nutrition
- D. Holozoic nutrition

4. When an organism obtains its food from decaying organic matter of dead plants, dead animals and rotten bread, etc., it is called:

- A. Parasitic nutrition
- B. Autotrophic nutrition
- C. Holozoic nutrition
- D. Saprotophrophic nutrition

5. The nutrition in which an organism derives its food from the body of another living organism without killing it, it's called:

- A. Saprotophrophic nutrition
- B. Parasitic nutrition
- C. Holozoic nutrition
- D. Autotrophic nutrition

6. The nutrition in which an organism takes the complex organic food materials into its body by the process of ingestion, the ingested food is digested and then absorbed into the body cells of the organism:

- A. Parasitic nutrition
- B. Autotrophic nutrition
- C. Holozoic nutrition
- D. Heterotrophic nutrition

7. The process by which green plants make their own food from carbon dioxide and water by using sunlight energy in the presence of chlorophyll, is called:

- A. Xanthophylls
- B. Stomata
- C. Photosynthesis
- D. Chloroplast

8. Animals which eat only plants are called:

- A. Herbivores
- B. Omnivores
- C. Carnivores
- D. None of the above

9. What is the process of taking food into the

body called?

- A. Digestion
- B. Assimilation
- C. Ingestion
- D. Egestion

10. The process in which the food containing large, insoluble, molecules is broken down into small, water soluble molecules is called:

- A. Digestion
- B. Absorption
- C. Ingestion
- D. Assimilation

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

13. The movement of plant part in response to gravity is called:

- A. Thigmotropism
- B. Hydrotropism
- C. Phototropism
- D. Geotropism

**ANSWERS:**

- 1. Nutrition
- 2. Autotrophic nutrition
- 3. Parasitic nutrition
- 4. Saprotophrophic nutrition
- 5. Holozoic nutrition
- 6. Heterotrophic nutrition
- 7. Photosynthesis
- 8. Herbivores
- 9. Digestion
- 10. Assimilation
- 11. Egestion
- 12. Excretion
- 13. Geotropism

## ASTRO SPEAK

### ARIES



MAR 21 - APR 20

Your e-mail correspondence has been getting more interesting lately. Could there be a new career or business opportunity on the horizon?

Keep up the chitchat and fire back some emails to some people who have connections in the places you want to be. Start thinking more specifically about your future plans, too. Sure, you want all the perks, but what should your responsibilities be?

### TAURUS



APR 21 - MAY 20

Exposure to new cultures and new types of people invigorates your mind and gets you thinking about new ideas and new places to explore. You're often happiest in an unfamiliar place, seeing new things and smelling new scents. You're especially open-minded about trying new foods right now because your sense of adventure is strong. This is a wonderful time to explore even if it has to be virtually for now.

### GEMINI



MAY 21 - JUN 20

When a mistake happens today, you need to be the voice of authority. Help people focus on what needs to be fixed rather than trying to figure out who to blame. One of your partners in life or work needs you to trust them, and they aren't willing to show you all their cards just yet. Instead of being hurt, try to accept it. Show them that you do trust them and that you're there for them.

### CANCER



JUN 22 - JUL 23

There will have to be a certain amount of give and take in your world today. And despite your usual generous disposition, it's going to be you who has to do most of the taking. Your selfish impulses are not inherently bad, though. They're to be obeyed right now especially. Don't feel guilty if you want to grab the last slice of pizza, the prime parking space up front, or the best seat at the table.

### LEO



JUL 24 - AUG 23

The connection you're developing with someone doesn't have to be just about romance. It could be about personal growth, too. Try not to sell this short! This person could teach you a lot of things about yourself by encouraging you to put yourself into new situations. Be open-minded. Trust them. When they suggest an activity that you don't feel comfortable with, give it a go anyway!

### VIRGO



AUG 24 - SEP 23

You simply won't be able to do it all today, so go easy on yourself and don't set goals that are impossible to achieve. You don't need to let yourself out of your responsibilities, but you do need to take yourself out of the running for "perfect person of the year." If you want to keep harmony in your life, you need to adjust the expectations you have for yourself.

### PISCES

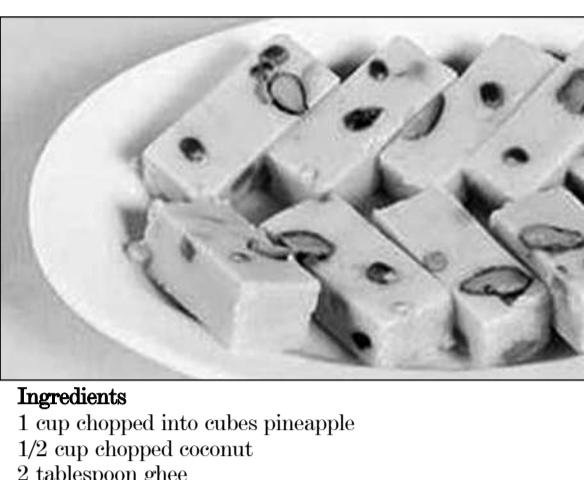


FEB 20 - MAR 20

Take time today to get to know the main authority figure in your life. Put more effort into talking to a teacher or supervisor. After all, they're human, too, even if you find their style of authority difficult to deal with from time to time. A short casual conversation can lay the foundation for your future and help them understand more about what makes you tick, which is understandable.

## Recipes

### Pineapple Barfi



#### Ingredients

1 cup chopped into cubes pineapple

1/2 cup chopped coconut

2 tablespoon ghee

1 cup sugar

1/2 cup custard powder

#### Method:

Add 1 cup sugar to a pan along with one and a half cups of water. Once the sugar melts completely and the mixture warms up a bit, switch off the flame.

Remember, you don't have to make a sugar syrup here, just dissolve sugar in water.

Added coconut and pineapple cubes to a blender. Now blend well to form a mixture.

Once