

Suriya heaps praise on Vikram costar Fahadh Faasil's Malayankunju, both actors' fan clubs have a meltdown; is another reunion on the cards?



After Vikram, Fahadh Faasil's stocks have risen tremendously outside of Malayalam cinema, which has always been his stronghold. On the other hand, his Vikram costar, Suriya, who only appeared in a cameo in the film as the prime antagonist of the upcoming installment, but has since got everyone talking about his cameo, has enjoyed mass popularity across the South film industries since some time now. Now, fans of both stars can't wait for them to reunite in the Vikram sequel, but prior to that, a tweet by Suriya for Malayankunju, Fahadh Faasil's upcoming Malayalam movie, is sending both fan clubs into collective meltdown.

Fahadh Faasil's Malayankunju trailer, which was recently unveiled, has garnered love and appreciation across all quarters, not just by the actor's fans. It's looking like a tightly wound trailer that promises to leave the audience on the edge of their seats in suspense. The latest to join the league of those who can't wait for the film is Suriya himself, who has heaped praise on both Fahadh Faasil and Malayankunju.

Taking to his official Twitter handle, Suriya shared the Malayankunju trailer and wrote: "Love n Respects to Faasil sir! Fahadh you always surprise me with your stories! Blown by the footage of this truly different attempt! #SajimonPrabhakar #maheshrayanan @Rajisha_Vijayan & Team! #Malayankunju with ARR sir!!!"

Weight loss: Common mistakes people make while trying to bust belly fat

A toned lower stomach can have various benefits like upright posture, agility and injury prevention. A strong, healthy and fit body is what everyone desires to have in today's world. However, losing the extra carbs from your abdominal area is the most difficult task to achieve. Dr. Luke James from Bupa UK says that the fat cells which get deposited in your lower stomach area are known as 'beta fat' cells, these cells are very hard to break down, as reported in Cosmopolitan. Here are some tips that will tell you where you go wrong when trying to lose belly fat, and how you can overcome it.

Insufficient sleep

There can be several reasons why we go to bed late at night. Whether you're binging on your favorite show, partying late night or simply scrolling through your Instagram feed, if such activities are performed frequently, they can result in hormonal imbalance due to lack of sleep. A hormonal imbalance can result in negative impact on our eating patterns. There are two hormones present in our body, ghrelin (the hormone which makes us feel hungry) and leptin (the hormone which makes us feel full). A disbalance in our sleeping schedule can result in the rise of ghrelin levels and a fall in leptin levels. Therefore, try your best to improve your sleeping pattern by limiting the fun and enjoyable activities for the weekends.

Incorrect workout regime

Only focusing on abdominal exercises won't be of any help. As your stomach only performs the function of storing energy, therefore, focus



on workouts which demand the whole-body movement, squats, burpees and treadmill sprints are some of the highly beneficial workouts. Do not only focus on building abs specifically, perform activities which make you feel as if you are celebrating your entire body.

Excessive sugar consumption

Drinking a lot of energy, sugary or fizzy drinks can become a huge cause for your unsuccessful weight loss journey. Reduce your overall consumption of sweetmeats like chocolates, cakes, ice cream etc. Focus on eating a healthy, balanced and nutritious diet enriched with all the essential nutrients needed for your body's proper growth and development.

Less protein intake

Protein is a great supplement for weight loss as it helps the body to burn calories and builds lean muscle tissue. Protein also keeps the body full for a long period of time which automatically results in a low-calorie intake. Greek yogurt, milk, eggs, tuna, chicken breast, tofu and chickpeas are some of the best sources of protein.

Not keeping a progress track

Keeping a track on your progress helps in feeling encouraged, motivated and focused. Maybe you are not noticing the achievements which you have made in achieving your weight loss goals. Several apps have launched which can help you in keeping a track on your daily physical activity, steps per day and your regular calorie intake, a smart watch can also do the same. If these options are not available, you can also prepare a weight loss journal to count your stepping stones of success.

Kartik Aaryan to romance either Deepika Padukone or Katrina Kaif in Kabir Khan's next?



Kartik Aaryan has now become a bankable star. With the great success of his recently released film Bhool Bhulaiyaa 2, Kartik is an actor who is in demand. Recently, he announced that he would be working with Bajrangi Bhaijaan director Kabir Khan next. The film will be produced by Sajid Nadiadwala. While Kartik has been confirmed as the male lead, who is going to be his leading lady? Buzz is that makers are planning to get either Deepika Padukone or Katrina Kaif on board this film.

As per a report in Etimes, it looks like the makers are considering two of the biggest female actresses to rope in for Kartik Aaryan's movie. In the past, Deepika Padukone has shown interest in working with Kartik Aaryan. While wishing him on his 30th birthday, she had made a post on Instagram wishing to sign a fun film with him. Over this, he had responded, "Aap bas dates taiyyar rakho, fun and film mai laa rha haun (keep your dates ready, I am coming with fun and films)." In response, she had said that all her dates are his.

Sabbir Khan has THIS to say about the failure of Tiger Shroff's Baaghi 3 and Heropanti 2



directed by Ahmed Khan.

Filmmaker Sabbir Khan, who gave Tiger Shroff his two big initial hits Heropanti and Baaghi in his acting career, has said that the sequels to these films have lost its audience. He believes that the franchise stemming from Heropanti and Baaghi didn't work since they were not organically made with an intent to make them into a franchise.

The Nikamma director was quoted as saying by a news agency that for him a sequel is where you take the story and characters forward. If someone is making a different story, then it's a different film which is no less than a business move to cash in on the popular titles. Since he wasn't leaning towards it, he decided not to direct the second installments of Heropanti and Baaghi.

While Tiger's debut film Heropanti was a remake of Allu Arjun's 2008 film Parugu, Baaghi was also a remake of Prabhas' 2004 movie Varsham. Sabbir, who directed both Heropanti and Baaghi, also admitted to not watching the sequels, adding that the films have lost its audience. For the uninitiated, Baaghi 2, Baaghi 3 and Heropanti 2 have been

Recipes

Rajasthani Mirchi Vada



Ingredients

8 green chilli
1 1/2 cup gram flour (besan)
salt as required
3 teaspoon red chilli powder, 2 onion
refined oil as required
2 pinches powdered turmeric
2 boiled potato
1 handful coriander leaves, 1 teaspoon cumin powder

Method:

To begin with this easy recipe, just wash the veggies, peel the potatoes and onions. Then take a vessel, add some water and boil the potatoes. Once boiled drain the water and mash them nicely. In the meantime, chop the onion, coriander leaves and mix them with the mashed potatoes along with 2 teaspoon red chillies, cumin powder, a pinch of turmeric and salt as per taste. Your stuffing is ready, keep it aside until needed.

Next, take a knife and make slits from the centre of green chillies and scrape out the chilli seeds. Then stuff in the filling and repeat the same process with rest of the chillies.

Take a large bowl, add besan along with a teaspoon of chilli, salt, a pinch of turmeric, one teaspoon oil and little water. Mix them together into a lump-free batter. Make sure the batter is not too thin or to thick. Dip the stuffed chillies in the batter till they are completely covered. In the meantime, heat a kadhai over medium flame and add some oil, once the oil is hot, slowly drop the batter-dipped chillies in the oil and deep fry them, till they turn golden in colour. Serve hot with chutney or sauces, and relish it with a piping hot cup of masala chai.

Dig into salads for a naturally glowing skin



Avocado Salad

An easy-to-make salad, the Avocado salad is actually a mix of avocado and cucumber, two ingredients that have a great effect on your skin. Protein-rich avocado is extremely beneficial for dry skin while cucumber acts as a coolant and refresher. Protein-rich avocado is beneficial for those who have dry skin. It also keeps skin diseases away.

Sprouted Gram Salad

Sprouted green gram salad contains a high amount of Vitamin E which helps in reducing wrinkles on your face. Just add some onions, cucumber, and salt and pepper to lightly steamed sprouts for a filling yet light salad. Many people also enjoy using some tomatoes and chilies to add a tanginess. Consuming this salad regularly also ensures that you avoid diseases ranging from the stomach to skin and heart and also the health remains good.

Cilantro Tomato Corn Salad

Sautéed onions, steamed corn, Jalapenos, and tomatoes make a great salad with a variety of vitamins, minerals, and antioxidants. Tomatoes contain lycopene which works to reduce the effects of age while also protecting your skin from the sun.

Mixed Salad

A mix of carrots, beetroot, tomatoes, lettuce and some basic salad dressing is amazing when you want to ensure healthy skin. This salad will provide you with essential Vitamin A, haemoglobin, beta carotene and anti-oxidants. These nutrients ensure your skin maintains its glow, a healthy supply of blood as well as anti-ageing properties which will reduce existing wrinkles while also keeping new lines away for a longer duration for healthy, younger skin.

General Knowledge Question

1. Which of those immunoglobulin classes is mainly found in external secretions?

A. Ig A
B. Ig D
C. Ig M
D. IgE

2. Cleavage of an IgG molecule by a specific protease can produce

A. an antigen-binding site and two constant regions
B. two heavy chain-light chain dimers
C. an inactive mixture of oligopeptides
D. two Fab fragments and one Fc fragment

3. Papain digest IgG into

A. two Fab fragments and one Fc fragment
B. three Fab fragments and two Fc fragments
C. two Fab fragments and two Fc fragments
D. three Fab fragments and three Fc fragments

4. Antibodies can be used

A. for the localization of proteins in the cell
B. for protein purification
C. to catalyze chemical reactions
D. all of the above

5. Type A blood

A. can be used to donate to type AB individuals
B. can be used to donate to type B individuals
C. contains type B antigens on the surface of red blood cells

A. immunity against some parasites
B. complement killings of the cells and phagocytosis
C. secretions in the body
D. all of the above

11. Fab fragment has

A. one antigen binding site
B. two antigen binding site
C. one antibody binding site
D. two antibody binding site

12. The main function of antibodies is to

A. kill all the foreign bodies
B. generate antigens, thus conferring immunization
C. protect the circulatory system
D. chemically combine with the antigen which induces it, inactivate the antigen and protect the body from disease

13. Alum is an effective adjuvant because it

A. disaggregates the antigen
B. is immunogenic for stem cells
C. is immunogenic for T cells
D. slows the release of antigen

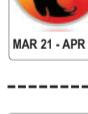
14. A secondary antibody is an antibody that

A. has been used in prior experiments
B. is synthetically produced
C. binds to another antibody
D. is produced in booster animals

ASTRO SPEAK



ARIES
MAR 21 - APR 20



TAURUS
APR 21 - MAY 20



GEMINI
MAY 21 - JUN 20



CANCER
JUN 22 - JUL 23



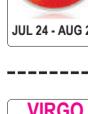
LEO
JUL 24 - AUG 23



VIRGO
AUG 24 - SEP 23



LIBRA
SEP 24 - OCT 22



SCORPIO
OCT 23 - NOV 22



SAGITTARIUS
NOV 23 - DEC 22



CAPRICORN
DEC 23 - JUL 20

AQUARIUS
JAN 21 - FEB 19

PISCES
FEB 20 - MAR 20

The temptation to hole up at home will be real noon today, dear Aries, bringing shifts to your professional and home life. The energy right now will be unpredictable, thanks to a connection to wildcard Uranus. Luckily, new opportunities may be on the table, though you'll likely need to let go of certain areas of your life in order to make room for such changes.

There will be plenty of mystical energy for you to play in today, dear Taurus, as the Capricorn full moon illuminates the sector of your chart that governs spirituality. This is a great time for reconnecting with your zen side, even if the vibe is charged. Try not to take it personally if your loved ones feel closed off, as everyone will integrate this cosmic climate differently.

Foundations may crumble for you today, dear Gemini, as the Capricorn full moon activates your solar eighth house. This luminary placement will act as a giant bulldozer, pummeling through any people or situations that are no longer serving your best interests. Try not to hold onto toxic people or environments that leave you feeling depleted, and direct your focus toward positive influences.

New pathways could open up within your love life today, dear Cancer, as the Capricorn full moon activates the sector of your chart that governs matters of the heart. A flirtatious text exchange could easily evolve into something bigger right now, so make sure you're using discernment around who you're showing affection. Luckily, a helping hand from Saturn can bring you back to earth, as long as you don't allow yourself to be carried away by fantasy.

Your body will feel the effects of your lifestyle choices today, darling Leo, as the Capricorn full moon illuminates your solar sixth house. Use the energy of this powerful luminary event to finally cut ties with unhealthy habits, especially if your energy levels have been suffering. Meanwhile, a flirtatious energy can help elevate your mood, thanks to a sweet connection between Venus and Saturn.

You'll be selective of who you surround yourself with today, as the Capricorn full moon activates your solar twelfth house. This cosmic climate will inspire you to take a much-needed mental health break, hiding away from anyone or anything that rubs you the wrong way. Meanwhile, a sweet alliance between Venus and Saturn will remind you of who your true friends are, encouraging you to spend time with your nearest and dearest.

Finding friends who share your political or social values can bring you healing as the Capricorn full moon manifests in the sector of your chart that governs community. Use the energy of this cosmic climate to gather with like-minded individuals, taking action toward the future you envision. Unfortunately, you may feel emotionally depleted, thanks to a harsh connection between Venus and Neptune.