

## THE FACT CORNER

**SWEAT** is odorless. it only smells when combined with **BACTERIA** found on your skin

Positive emotions **ENHANCES** the brain's ability to make good **DECISIONS**

Always **EXHALE** when your left foot hits the ground to **AVOID** cramps while running

The **TONGUE** is the only muscle only attached to **ONE** extremity

## BRAIN TEASERS

1 Q. Replace the ? by the correct Mathematics symbol to make the expression true  
18 ? 12 ? 4 ? 5 = 59

2 Q. Solve this logic number sequence puzzle by the correct digit

8080 = 6  
1357 = 0  
2022 = 1  
1999 = 3  
6666 = ?

3 Q. I know a three positive numbers that will results the same when multiplied together or added together.

4 Q. By using numbers 7,3,7,3 and with any maths signs can you make number as 24

5 Q. If  $1 + 9 + 11 = 1$ , Then what is the value of  $12 + 11 + 9 = ?$

6 Q. Let us say that a table tennis tournament was going on with knock out terms which means the one who loses the match is out of the tournament. 100 players took part in that tournament.  
How many matches were played?.

7 Q . If  $77x = 189x = 345x$ .  
What is the value of x?

**SOLUTION:**  
1.  $18 \times 12 \div 4 + 5 = 59$ .  
2. 4.  
3. three positive numbers  
are 1 2 & 3  
 $1 \times 2 \times 3 = 6$   
 $1 + 2 + 3 = 6$   
4.  $7 * ((3 / 7) + 3) = 24$ .  
5. 10  
6. 99 matches.  
7. 0(zero) off course.

## English Proverbs and Meanings

\* **Better be the head of a dog then the tail of a lion.**  
It's better to be the leader of a small group than a subordinate in a bigger one.

\* **Better flatter a fool than fight him.**  
It's better to avoid disputes with stupid people.

\* **Better lose the saddle than the horse.**  
It's better to stop and accept a small loss, rather than continue and risk losing everything.

\* **Better untaught than ill-taught.**

It's better not to be taught at all than to be taught badly.

\* **Blood will out.**  
A person's background or education will eventually show.

\* **He who plays with fire gets burnt.**  
If you behave in a risky way, you are likely to have problems.

\* **One today is worth two tomorrow.**  
What you have today is better than what is promised for.

## Strawberry Jam Shortbread Biscuit



**Ingredients:**  
1/2 Cup Sugar  
1 Cup Butter  
2 Cup Flour  
1 Egg  
Heart shape moulds  
200 Gram Strawberries  
50 Gram Sugar  
5 Gram Gelatine  
**How to Proceed:**  
First make short bread by slowly mixing together sugar, butter and flour. Also add an egg once it all come together to make a dough, dust some more flour and roll it flat like a chapatti. Cut it with a heart shape ring mould then take another bigger cutter to make a layer of shortbread to form boundaries. Bake it for 180 degree for about 9 minutes .  
**To prepare strawberry jam:**  
Blend strawberries and sugar together and add gelatine. Boil it until thick. Chill the jam down and fill between heart moulds along with some generous icing of sugar on it before serving.

## JUNIOR CHEF

## Omelette in a Mug



**Ingredients:**  
1 egg  
2 egg whites  
2 tbsp of shredded cheddar cheese  
1 tbsp of diced green bell pepper  
Salt and ground black pepper (to taste)  
Chopped ham or bacon (optional)  
Cooking spray

**Method:**  
Combine egg, egg whites, cheddar cheese, bell pepper, salt, ground pepper in a microwave-safe mug coated with non-stick spray.  
Mix all ingredients well.  
Microwave on high for 1 minute and give the contents a stir.  
Return to the microwave and cook until the eggs are completely set, 1 to 1 1/2 minutes longer.

(Note: Time differs from one microwave to the next).  
Sprinkle cheddar cheese on top if desired and dig in!

# Sidharth Shukla : A promising actor gone too soon

Sidharth Shukla, 40, was perhaps the most famous winner of Bigg Boss 13. He was loved widely, for many things. His sense of humour, his physicality, and his vulnerability. Indians like nothing better than a man-child, who melts at the sight of his mother. And Shukla with his nighttime appearances in living rooms and bedrooms on TV screens seared this image in the audience.

**Sidharth Shukla as Shivraj Shekhar in Balika Vadhu**  
Sidharth Shukla rose to fame in 2012 after appearing in Balika Vadhu as Shivraj Shekhar opposite Pratyusha Banerjee and Toral Rasputra. His character died fighting with terrorists in 2015. The show earned him the "GR8! Performer of the Year (Male)" award at the Indian Television Academy (ITA) Awards, along with other awards and nominations.

**Sidharth Shukla in Big Boss 13**  
Sidharth Shukla participated in various reality shows and went on to win Bigg Boss 13 in 2020. He was rated to be the most popular contestant of Bigg Boss 13 by Ormax media, ranking as number one throughout 20 weeks.

He was also voted as the most favorite contestant of Bigg Boss 13 in polls conducted by Hindustan Times, India TV News, and The Times of India.

In addition to the above, he was the most tweeted contestant of Bigg Boss 13 and bagged the Bigg Boss #AsliFans (Asli Fans) contest on Twitter conducted by Voot. Hashtag #SidharthKeAsliFans garnered the highest number of tweets among all the contestants of Bigg Boss 13. In 2020, he entered Bigg Boss 14 for two weeks as one of the "Toofani" Seniors, along with Hina Khan and Gauahar Khan. In January 2021, he hosted the 16th week's "Weekend Ka Vaar" of Bigg Boss 14, filling in for Salman Khan who was away from the show due to other work commitments.

**Sidharth Shukla in Fear Factor: Khatron Ke Khiladi 7**  
In 2016, Sidharth Shukla won the TV reality show Fear Factor: Khatron Ke Khiladi 7 and walked away with Rs. 25 lakh prize money along with a new Tata Tiago car. During the show, he displayed tremendous mental and physical strength and remained on the top spot.

"Khatron Ke Khiladi was an experiment for me to fight situations that could have had the slightest potential to scare me. As I take this trophy home, my mission is accomplished. I am glad that I managed to strive through it all – injuries, quarrels, and stunts involving a combination of speed, thrill, and creepy crawlies," said Shukla



after winning the show.

**Sidharth Shukla: Modelling Career**

After graduating, Shukla worked at an interior designing firm for a couple of years before making his way into modeling. He was the runner-up in the Gladrags Manhunt and Mega model Contest. He represented India at the World's Best Model contest held in Turkey in 2005 and became the first Asian to win the coveted title beating 40 contestants from across Asia, Latin America, and Europe.

**Sidharth Shukla: TV Career**

Sidharth Shukla made his acting debut in 2008 with a lead role in the television show Babul Ka Aangann Chootey Na opposite Aastha Chaudhary. The show which was aired on Sony TV ended in February 2009.

In 2009, he appeared in Jaane Pehechaane Se... Ye Ajnabbi opposite Sanjeeda

Sheikh and Aditi Tailang. The show which was aired on Star One ended in September 2010.

In 2011, he appeared in Love U Zindagi opposite Pavitra Punia on StarPlus. The show was inspired by the Bollywood movie Jab We Met.

Shukla rose to fame in 2012 after appearing in Balika Vadhu opposite Pratyusha Banerjee and Toral Rasputra. The show earned him the "GR8! Performer of the Year (Male)" award at the Indian Television Academy (ITA) Awards.

**Sidharth Shukla: Bollywood Career**

Shukla made his Bollywood debut in 2014 with romantic comedy Humpty Sharma Ki Dulhania in a supporting role. He played the character of Angad Bedi, an NRI doctor, and the fiancée of the female protagonist played by Bollywood actress Alia Bhatt. The film earned him an award for "Breakthrough Supporting Performance (Male)" in the 2015 Stardust Awards.

**Sidharth Shukla: Participation in Reality Shows**

Sidharth Shukla appeared on several reality shows such as Jhalak Dikhhla Jaa Season 6, India's Got Talent, Khatron Ke Khiladi 7, Bigg Boss 13, as well as Bigg Boss 14. Of these, he won Khatron Ke Khiladi 7 and Bigg Boss 13.

**Sidharth Shukla: OTT Debut**

He made his OTT debut with the third season of the romance web series Broken But Beautiful streamed on ALTBalaji & MX Player. He was cast opposite Sonia Rathee as Agastya Rao and earned positive responses from critics.

Apart from dabbling in movies, web series, and TV shows of various formats, Sidharth Shukla appeared in several music videos such as Resham Ka Rumal, Bhula Dunga, Dil Ko Karaar Aaya, and Shona Shona. He also appeared in advertisements for Bajaj Avenger, ICICI, and Digjam Ltd.

**Awards won by Sidharth Shukla**

1- Gladrags Manhunt Contest in 2005- World's Best Model  
2- ITA Awards in 2013- GR8! Performer of the Year (Male)] for Balika Vadhu  
3- Zee Gold awards in 2013- Best Actor (Popular) for Balika Vadhu  
4- Zee Gold Awards in 2014- Most Fit Actor (Male) for Balika Vadhu  
5- Stardust Awards in 2015- Breakthrough Supporting Performance (Male) for Humpty Sharma Ki Dulhania  
6- Gold Awards in 2020-- Style Icon of Television Industry (Male) & Style Icon of Social Media (Male)