

Karishma Tanna shares the delicious yet healthy recipe for her protein fibre rich ladoos



Actress Karishma Tanna loves to sweat it out in the gym to maintain that toned physique.

In order to complete her protein requirement, Karishma loves to relish protein fibre-rich ladoos as her morning pre-workout snack, the recipe of which has been provided by her mother-in-law.

"Protein fibre rich ladoos Wch are perfect for morn pre work out snack or evening hunger pangs. Who wants recipe ???? Recipe by my MIL...Dm me (sic)," she wrote on her Instagram handle.

Taking to her official Instagram handle, the "Sanju" actress dropped a video of making the healthy yet delicious ladoos with a huge smile on her face.

Karishma shared that these ladoos include the ingredients: Oats, makhana, ghee, jaggery, roasted cashew, along with almonds, raisins, and cardamom powder. The "Scoop" actress also gave the recipe for these ladoos to her Insta Fam. To make these sweet treats, one needs to first dry roast makhana and oats on low flames and later semi-grind them in a mixi.

Next, semi-grind roasted cashews and almonds as well. We can also put flaxseed if we please.

After that, add one tea-spoon of ghee and add the roasted, crushed nuts to it.

Put melted jaggery in a pan and add makhanas, oats, nuts, and cardamom powder to it. Mix it all fast and make appetizing ladoos.

Karishma has proved time and again that she is a true foodie at heart. On Saturday, Karishma indulged in her burger cravings.

She took to her Instagram account and shared a sneak peek into her vacation diaries. Reminiscing about the good old cheat days during her time away, Karishma dropped a string of photos and videos from her fun getaway to Italy with her husband Varun Bhangra. One of the videos featured her biting into a mouth-watering burger, and her expressions said it all.

"Take me back where I can have burgers," she wrote in the caption.

Paralysis symptoms

What is paralysis? Paralysis is a medical condition in which the affected person is unable to move a part or the whole of his or her body. It can be as minimal as being unable to move one part of the body (local paralysis) or as severe as the whole body being affected (quadriplegia). A paralytic stroke can often lead to lifelong physical incapacitation or immobility. It can be caused by a number of reasons; however, accidents like collision, brain tumour and brain stroke are some commonplace causes. The paralysis stroke symptoms can help someone realise the early onset of the problem. We shall discuss the symptoms in the next paragraph.

Symptoms: The paralysis attack symptoms vary from person to person. In some people, the occurrence may be spontaneous; whereas, in others, it may be progressive. For those who have early signs of the onset of the condition, medical help can help them arrest the progress and even reverse it. For the progressive type the symptoms are: (1) Numbness in the face, one or all limbs, one side of body or all over the body, particularly in the affected region; (2) Muscle spasm or flaccidity in the affected area; (3) Loss of balance while walking or standing; (4) Sensory disorientation; and (5) Fainting.

Causes: Paralysis can be caused by a number of problems. Some of the commonest problems leading to the paralysis are injury to the central



nervous system, i.e., the brain and spinal cord. Problems like stroke and infection that lead to the necrosis of the nerve cells in the brain or spinal cord, too, can lead to partial or complete paralysis. Other known problems are poliomyelitis, Parkinson's diseases, peripheral neuropathy, cerebral palsy, spina bifida, botulism, ALS, multiple sclerosis and Guillain-Barré. Basically, any disease, degenerative disorder, genetic condition etc. of the central nervous system can lead to a paralytic stroke resulting in partial or complete, temporary or permanent immobility of the affected person. Besides, some medicines like powerful muscle relaxants and toxins present in nature in the form of venom or poison like tetrodotoxin present in fugu fish and some types of venoms in jellyfish can also lead to paralysis; depending on the level of dosage it can be a temporary or permanent condition.

Types of Paralysis: A partial or complete inability to move the appendages and muscles are the characteristics of paralysis. Sometimes the problem may be temporary.

Depending on these characteristics, paralysis is divided into the following:

- (1) **Partial** - Only some muscle groups do not work;
- (2) **Complete** - the whole body is immobile;
- (3) **Temporary** - The condition is medically induced, or affected by neurotoxins by biting of venomous snakes or the sting of jellyfish;
- (4) **Permanent** - Paralysis as an irreversible condition is usually caused by the damage of the nerve cells in the brain or spinal cord;
- (5) **Flaccid** - In this condition, the muscles become flaccid and shrink; and
- (6) **Spastic** - In this condition, the muscles show erratic movements like jerking. These conditions are not totally inter-related; but, they can be used for understanding the severity of the condition.

Depending on the affected regions in the body, the condition can be categorised as follows:

- (1) **Monoplegia** - Affecting only one limb;
- (2) **Hemiplegia** - Affecting only one side of the body;

(3) **Diplegia** - Affecting the same area of both sides of the body like only both arms or both legs;

(4) **Paraplegia** - Affecting both legs;

(5) **Quadriplegia** - Sometimes also called tetraplegia, it affects both arms and legs, and, in some cases, the whole torso is affected, while the inner organs are unaffected.

Secondary Condition: Paralysis may lead to other medical conditions; if there is no proper assistance provided, then a bed-ridden patient may develop bedsores which can even lead to severe infection in the body. Besides, due to complete loss of tactile sensation (sensation of the touch), the patient may not realise any skin or muscle-related problem like infection, itching, burning, etc. until it is too late. Some patients who are completely immobile for years also show signs like fragility and fracturing of the bones. Therefore, the secondary conditions are more life-threatening to the affected persons than paralysis itself.

Treatment: The temporary condition is reversible. However, permanent paralysis is usually an irreversible medical condition. Currently, there is no cure for permanent paralysis. Some therapies and treatments may offer good progress, though. The physical therapy consists of applying massage and heat to and exercising the affected part may provide some help by stimulating muscles and nerve cells.

Verification of Truth

1. A train always has
a. Rails b. Driver
c. Guard d. Engine

2. Which one of the following is always found in 'Bravery'?

- a. Experience
- b. Power
- c. Courage
- d. Knowledge

3. A song always has
a. Word b. Chorus
c. Musician d. Tymbal

4. Yesterday I saw an ice cube which had already melted due to heat of a nearby furnace.

- a. Always
- b. Never
- c. Often
- d. Sometimes

5. What is found necessarily in milk?

- a. Cream
- b. Curd
- c. Water
- d. Whiteness

6. Which one of the following is always with 'Bargain'?

- a. Exchange
- b. Sumptuousness
- c. Triviality
- d. Eloquence

7. Which one of the following is 'Drama' must have?

- a. Actors
- b. Story
- c. Sets
- d. Director

8. A boy is sitting at the back seat of a car. When the driver suddenly starts moving

the car (in forward direction), the boy experiences a backward force?

- a. Always
- b. Never
- c. Often
- d. Sometimes

9. Which one of the following is always found in 'Wonder'?

- a. Crowd
- b. Lumber
- c. Astonishment
- d. Rustic

10. Disclosure always involves

- a. Agents
- b. Display
- c. Exposition
- d. Secrets

11. A bulb always has

- a. Glass
- b. Current
- c. Filament
- d. Light

12. A mirror always

- a. Retracts
- b. Distorts
- c. Refracts
- d. Reflects

13. A lotus flower always has

- a. Mud
- b. Petals
- c. Root
- d. Water

14. In India a widow can marry her brother-in-law although a man cannot marry the sister of his dead wife:

- a. Always
- b. Never
- c. Often
- d. Sometimes

15. Which one of the following is always found in 'Remedy of fault'?

- a. Punishment
- b. Remedy
- c. Fault
- d. Scolding

16. A car always has

- a. Driver
- b. Wheels
- c. Bonnet
- d. Bumper

17. Danger always involves

- a. Enemy
- b. Attack
- c. Fear
- d. Help

18. A disease always has

- a. Cure
- b. Germs
- c. Cause
- d. Patient

19. Management always involves

- a. Regulation
- b. Counsel
- c. Exhortation
- d. Coercion

20. Which one of the following is always found in 'Phrase'?

- a. Nomenclature
- b. Manifestation
- c. Pictorial effect
- d. Glossary

21. If we are going early in the morning towards the south the sun will be visible at our left:

- a. Always
- b. Never
- c. Often
- d. Sometimes

22. Which one of the following is always found in 'Answer'?

- a. Question
- b. Reply
- c. Statement
- d. Response

23. Which one of the following is always found in 'Solution'?

- a. Problem
- b. Answer
- c. Method
- d. Process

24. Which one of the following is always found in 'Conclusion'?

- a. Premise
- b. Inference
- c. Assumption
- d. Deduction

25. Which one of the following is always found in 'Conclusion'?

- a. Premise
- b. Inference
- c. Assumption
- d. Deduction

26. Which one of the following is always found in 'Conclusion'?

- a. Premise
- b. Inference
- c. Assumption
- d. Deduction

27. Which one of the following is always found in 'Conclusion'?

- a. Premise
- b. Inference
- c. Assumption
- d. Deduction

28. Which one of the following is always found in 'Conclusion'?

- a. Premise
- b. Inference
- c. Assumption
- d. Deduction

29. Which one of the following is always found in 'Conclusion'?

- a. Premise
- b. Inference
- c. Assumption
- d. Deduction

30. Which one of the following is always found in 'Conclusion'?

- a. Premise
- b. Inference
- c. Assumption
- d. Deduction

31. Which one of the following is always found in 'Conclusion'?

- a. Premise
- b. Inference
- c. Assumption
- d. Deduction

32. Which one of the following is always found in 'Conclusion'?

- a. Premise
- b. Inference
- c. Assumption
- d. Deduction

33. Which one of the following is always found in 'Conclusion'?

- a. Premise
- b. Inference
- c. Assumption
- d. Deduction

34. Which one of the following is always found in 'Conclusion'?

- a. Premise
- b. Inference
- c. Assumption
- d. Deduction

35. Which one of the following is always found in 'Conclusion'?

- a. Premise
- b. Inference
- c. Assumption
- d. Deduction

Series Completion

1. 120, 99, 80, 63, 48, ?
a. 35 b. 38
c. 39 d. 40

2. 589654237, 89654237, 8965423, 965423, ?
a. 58965 b. 65423
c. 89654 d. 96542

3. 3, 10, 101, ?
a. 10101 b. 10201
c. 10202 d. 11012

4. In the series 2, 6, 18, 54, what will be the 8th term ?
a. 4370 b. 4374
c. 7443 d. 7434

5. 125, 80, 45, 20, ?
a. 5 b. 8
c. 10 d. 12

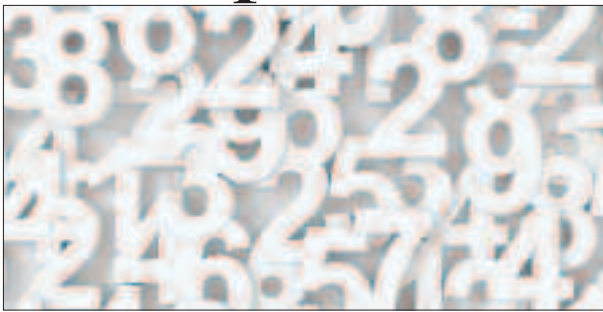
6. 1, 1, 4, 8, 9, 27, 16, ?
a. 32 b. 64
c. 81 d. 256

7. 1, 2, 3, 6, 9, 18, 7, 54
a. 18 b. 27
c. 36 d. 81

8. 6, 13, 25, 51, 101, ?
a. 201 b. 202
c. 203 d. 205

9. 5, 6, 9, 15, 2, 40
a. 21 b. 25
c. 27 d. 33

10. 1, 3, 4, 8, 15, 27, ?
a. 37 b. 44
c. 50 d. 55



11. 3, 4, 7, 7, 13, 13, 21, 22, 31, 34, ?
a. 42 b. 43
c. 51 d. 52

12. 198, 194, 185, 169, ?
a. 92 b. 112
c. 136 d. 144

13. 2, 3, 5, 7, 11, 2, 17
a. 12 b. 13
c. 14 d. 15

14. 6, 12, 21, ?, 48
a. 33 b. 38
c. 40 d. 45

15. Which term of the series 5, 10, 20, 40, is 1280?
a. 10th b. 9th
c. 8th d. None of these

16. 2, 5, 9, 2, 20, 27
a. 14 b. 16
c. 18 d. 24

17. 2, 3, 3, 5, 10, 13, 7, 43,

172, 177
a. 23 b. 38
c. 39 d. 40

18. 9, 27, 31, 155, 161, 1127, ?
a. 316 b. 1135
c. 1288 d. 2254

19. 2, 1, 2, 4, 4, 5, 6, 7, 8, 10, 11, ?
a. 9 b. 10
c. 11 d. 12

20. Which of the following will not be a number of the series 1, 8, 27, 64, 125,?
a. 256 b. 512
c. 729 d. 1000

21. 13, 32, 24, 43, 35, ?, 46, 65, 57, 76
a. 45 b. 52
c. 54 d. 55

Answer
1. a, 2, d, 3, c, 4, b, 5, a, 6, b, 7, b, 8, c, 9, b, 10, c, 11, b, 12, d, 13, b, 14, a, 15, b, 16, a, 17, c, 18, b, 19, b, 20, a, 21, c.

1. Which country has officially declared Russia's Wagner Group as a terrorist organization?
a. UK b. USA
c. Canada d. Australia

2. Which Indian airline has become the official airline for the Indian football team?
a. Vistara b. Air India
c. IndiGo d. SpiceJet

3. Which company has partnered with the Goa government to launch the 'Chavath e-Bazaar-2023'?
a. Zomato b. Swiggy
c. Amazon d. Flipkart

4. Who was presented with the Gadicherla Award 2023 by the AP Governor?
a. Mandali Buddha Prasad b. Harisarvottama Rao
c. S. Abdul Nazeer d. K. Chandrasekhar Kalkura

5. Which international organization has agreed to fund Odisha to increase social protection?
a. World Bank b. United Nations Development Programme (UNDP)
c. Asian Development Bank (ADB) d. International Monetary Fund (IMF)

6. Where will the Divya Kala Mela be held from September 15-24, 2023?
a. Delhi b. Mumbai
c. Varanasi d. Kolkata

7. Which company has signed a 500 million pound deal with the UK govern-



ment to invest in electric arc furnace steelmaking at the Port Talbot steelworks in Wales?
a. ArcelorMittal b. JSW Steel
c. Nippon Steel d. Tata Steel

8. Which of the following states is set to introduce the National Common Mobility Card (NCMC) service in the near future?
a. Punjab b. Rajasthan
c. Uttar Pradesh d. Haryana

9. Who has been appointed as the next Indian envoy to the Republic of Congo?
a. Manpreet Vohra b. Gopal Baglay
c. Madan Lal Raigar d. Navdeep Singh Suri

10. What is the percentage decline in India's solar imports from China in the first half of 2023, according to a report by global energy think tank Ember?
a. 50 percent b. 76 percent
c. 80 percent d. 90 percent

11. Which of the following

is different from the rest.

- a. Tea
- b. Cinchona
- c. Rubber
- d. Cardamom
- e. Chalk

8. Choose the word which is different from the rest.

- a. Hangar
- b. Platform
- c. Dock
- d. Park
- e. Bus stand

9. Choose the word which is different from the rest.

- a. Kiwi
- b. Eagle
- c. Emu
- d. Ostrich

4. Choose the word which is different from the rest.

- a. Rigveda
- b. Yajurveda
- c. Atharvaveda
- d. Ayurveda
- e. Samveda

5. Choose the word which is different from the rest.

- a. Curd
- b. Butter
- c. Oil
- d. Cheese
- e. Cream

6. Choose the word which is different from the rest.

- a. Potassium
- b. Silicon
- c. Zirconium
- d. Gallium
- e. Germanium

7. Choose the word which

- a. Tea
- b. Cinchona
- c. Rubber
- d. Cardamom
- e. Chalk

11. Choose the word which is different from the rest.

- a. Pear
- b. Apple
- c. Litchi
- d. Guava
- e. Orange

12. Choose the word which is different from the rest.

- a. Dagger
- b. Hammer
- c. Knife
- d. Sword
- e. Blade

13. Choose the word

- a. Tea
- b. Cinchona
- c. Rubber
- d. Cardamom
- e. Chalk

14. Choose the word which is different from the rest.

- a. Kanpur
- b. Allahabad
- c. Varanasi
- d. Mathura

15. Choose the word which is different from the rest.

- a. Deck
- b. Quay
- c. Stern
- d. Bow
- e. Mast

16. Choose the word which is different from the rest.