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 preworkout snack, recipe of which has been provided by her motherin-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 Instagram handle.

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

Karishma shared that these ladoos include the ingredients: 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 teaspoon of ghee and add the roasted, crushed nuts

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

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 Bangera. 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

ical 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 paralvsis 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

(1) Monoplegia - Affecting only one limb;

(2) Hemiplegia - Affecting

b. 38

d. 40

b. 1135

d. 2254

b. 10

d. 1000

18. 9, 27, 31, 155, 161,

19. 2, 1, 2, 4, 4, 5, 6, 7, 8, 8,

20. Which of the following

21. 13, 32, 24, 43, 35, ?, 46,

will not be a number of the

series 1, 8, 27, 64, 125,.....?

same area of both sides of the body like only both arms or

(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 ing the car (in forward direc-

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 b. Chorus a. Word 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 a 'Drama' must have?

a. Actors b. Story

d. Director

8. A boy is sitting at the back seat of a car. When the driver suddenly starts movtion), the boy experiences a

backward force? a. Always b. Never

c. Often d. Sometimes 9. Which one of the fol-

lowing is always found in 'Wonder'?

c. Astonishment

a. Crowd b. Lumber

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

c. Refracts d. Reflects 13. A lotus flower always

b.Distorts

a. Mud b. Petals

14. In India a widow can marry her brother-in-law

although a man cannot marry the sister of his dead

a. Always b. Never c. Often

d. Sometimes

lowing is always found in 'Remedy of fault'?

a. Punishment b. Remedy

c. Fault

d. Scolding 16. A car always has b. Wheels a. Driver

d.Bumper c. Bonnet

17. Danger always involves b. Attack a. Enemy

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

e. Salamander

a. Calendar

the rest.

c. Date

e. Dav

the rest.

a. Mumbai

c. Kandla

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

19. Choose the word

20. Choose the word

which is different from

e. Vishakhapatnam

b. Year

b. Cochin

d.Mysore

which is different from

Series Completion

1. 120, 99, 80, 63, 48, ? a. 35

2. 589654237, 89654237, 8965423, 965423, ? b. 65423 a. 58965

c. 89654

3. 3, 10, 101,? b. 10201 a. 10101 d. 11012 c. 10202 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,? b. 8 c. 10 6. 1, 1, 4, 8, 9, 27, 16, ?

c. 81 d. 256 7. 1, 2, 3, 6, 9, 18, ?, 54 b. 27

8. 6, 13, 25, 51, 101, ?

9. 5, 6, 9, 15, ?, 40

One Word Substitution A storehouse for threshed grain - Granary A large building with an

extensive floor area, typically for housing aircraft - Hangar Abox or cage, typically with a wire mesh front, for keeping rabbits or other small domesti-

cated animals - Hutch A place in a large institution for the care of those who are ill - Infirmary

A small shelter for a dog Kennel A place where wild animal

live - Lair A place where coins, medals, or tokens are made - **Mint** A collection of wild animals kept in captivity for exhibition

Menagerie A building or buildings occupied by a community of monks living under religious vows - Monasterv

A place where bodies are kept for identification - **Morgue** A piece of enclosed land planted with fruit trees

Orchard A large natural or artificial lake used as a source of water supply - **Reservoir**

A small kitchen or room at the back of a house used for washing dishes and another dirty household work - Scullery A close-fitting cover for the blade of a knife or sword

Sheath A room or building for sick children in a boarding school -Sanatorium

A place where animal hides are tanned - **Tannery** A large, tall cupboard in which clothes may be hung or

A small growth of trees withstored - Wardrobe A group of guns or missile out underbrush - **Grove** A community of people smalllaunchers operated together at one place - Battery er than a village - **Hamlet**



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

c. 136 d. 144 13. 2, 3, 5,7,11,?, 17

14. 6, 12, 21, ?, 48 b. 38

b. 9th a. 10th

16. 2, 5, 9, ?, 20, 27

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

A large bundle bound for

A large gathering of people of

An arrangement of flowers

A family of young animals

A group of things that have

A group of people, typically

with vehicles or animals travel-

A closed political meeting

An exclusive circle of peo-

A group of followers hired

nle with a common purpose

to applaud at a performance -

A series of stars

A funeral procession

A group of worshippers

A herd or flock of animals

A small fleet of ships or boats

being driven in a body - **Drove**

ling together - Caravan

been hidden in a secret place

that is usually given as a pres-

storage or transport - Bale

a particular type - Bevy

ent - Bouquet

Brood

Cache

- Clique

Claque

Cortege

Flotilla

Constellation

Congregation

172, 177

b. 112

a. 12 c. 14

d. 45 15. Which term of the

d. None of these

c. 39

1127,?

a. 316

c. 1288

10, 11, ?

c. 729

12. 198, 194, 185, 169, ?

b. 13 d. 15

series 5, 10, 20, 40, is

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.

1. Choose the word which

is different from the rest.

a. Chicken

b. Snake c. Swan

a. Cap

d. Crocodile e. Frog 2. Choose the word which is different from the rest.

c. Helmet d. Veil e. Hat 3. Choose the word which

is different from the rest. a. Kiwi b. Eagle c. Emu d.Ostrich

b.Turban

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

b. Yajurveda c. Atharvaveda d. Avurveda

d. Samveda 5. Choose the word which is different from the rest. a. Curd b. Butter

d. Cheese e. Cream

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

e. Germanium

b. Silicon c. Zirconium d. Gallium

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. Sparrow b. Swan c. Parrot 10. Choose the word

which is different from

the rest. a. Tall b. Huge c. Thin d. Sharp e. Small

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

a. Pear b. Apple c. Litchi d. Guava

c. Knife

e. Blade

a. Dagger b. Hammer

which is different from

12. Choose the word

d. Sword

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

c. Investor d. Financier e. Entrepreneur

b. Director

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

c. Trifle d. Tricolour e. Trilogy

18. Choose the word which is different from a. Chameleon

c. Maharashtra

d. Madhya Pradesh

which is different from the rest.

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

14. Choose the word which is different from

the rest. b. Clam a. Ovster d. Mussel c. Scallop

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

b. Quay a. Deck 21. Choose the word which c. Stern d. Bow is different from the rest. e. Mast

a. Cumin b. Groundnut c Cinnamon

d. Pepper e. Clove 22. Choose the word which

is different from the rest.

a. Biscuits b. Chocolate d. Bread e. Pastrv

23. Choose the word which b. Wipe a. Sweep

d. Wash c. Scrub Answer 1. a, 2. d, 3. b, 4. d, 5. c, 6. a, 7.

e, 8. d, 9. b, 10. d, 11. e, 12. b, 13.

b, 14. a, 15. b, 16. a, 17. c, 18. b, 19. b. Crocodile d, 14. c, 15. b, 16. b, 17. c, 18. d, 19. 7. Choose the word which 13. Choose the word c. Alligator a, 20. d, 21. b, 22. b, 23. e. questions and Current affairs -

1. Which country has officially declared Russia's Wagner Group as a terrorist

b. USA d. Australia c. Canada 2. Which Indian airline has

become the official airline

for the Indian football

organization?

team?

a. Zomato

c. Amazon

b. Air India a. Vistara d. SpiceJet c. IndiGo 3. Which company has part-

nered with the Goa government to launch the 'Chavath e-Bazaar-2023'? b. Swiggy

d.Flipkart

4. Who was presented with the Gadicherla Award 2023 by the AP Governor? a. Mandali Buddha Prasad

b. Harisarvottama Rao

social protection?

a. World Bank

c. S. Abdul Nazeer d. K. Chandrasekhar Kalkura 5. Which international organization has agreed to fund Odisha to increase

Programme (UNDP) c. Asian Development Bank d. International Monetary Fund (IMF) 6. Where will the Divya

Kala Mela be held from

b. United Nations Development

September 15-24, 2023? b. Mumbai 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?

b. JSW Steel

near future?

b. Rajasthan

a. Manpreet Vohra

c. Madan Lal Raigar

b. Gopal Baglay

a. Puniab

a. ArcelorMittal

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

c. Uttar Pradesh d. Haryana 9. Who has been appointed as the next Indian envoy to the Republic of Congo?

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

cities has imposed a complete ban on all kinds of crackers, including green crackers, on Diwali and

other festivals from October

28 to November 30, 2023?

a. Delhi

c. Kolkata d. Chennai 12. Who has been appointed as India's next high commissioner to Australia? a. Manpreet Vohra

c. Navdeep Singh Suri

d. Vikram Doraiswami

b. Gopal Baglay

13. Which Indian state will kick off the Ayushman Bhava campaign to raise awareness about the Avushman Bharat Pradhan Mantri Jan Arogya Yojana (AB-PMJAY)? a. Rajasthan

d. Uttar Pradesh 14. Which Indian state has signed an MOU with Spain's La Liga to develop football? a. Maharashtra b. Kerala

c. West Bengal

c. Madhya Pradesh

b. Bihar

15. Which Indian state has passed a bill reserving 27% of local body seats for OBCs? a. Rajasthan b. Gujarat

16. Which ministry is the top procurer on the Government e-Marketplace (GeM) Portal in the current financial year? a. The Ministry of Coal b. The Ministry of Power c. The Ministry of Railways

d. The Ministry of Road

17. Which hospital in New Delhi recently opened India's first dedicated OPD (Outpatient Department) for transgenders? a. AIIMS Hospital

b. Safdarjung Hospital

c. Dr. RML Hospital

Transport and Highways

d. Apollo Hospital 18. Who won the 2023 **Singapore Grand Prix?** a. Charles Leclerc b. Max Verstappen c. Carlos Sainz d. Lando Norris

International Equal Pay Day celebrated annually? a. September 17th b. September 19th c. September 18th d. September 20th

20. Which country hosted the inaugural UNCITRAL South Asia Conference? b. Nepal a. Bangladesh c. Sri Lanka

Answer

designer has been awarded the "Chevalier de l'Ordre des Arts et des Lettres' award by the French gov-

ernment recently?

b. Wendell Rodricks

a. Ritu Kumar

c. Rahul Mishra

d. Manish Arora 22. Where was the first-ever 'Maha Kumbh of

23. Which of the following organizations conducted International Coastal Clean-up Day 2023 in

Environment Programme (UNEP) b. The Indian Navy c. The Ministry of Environment, Forest and

Tagore and located in Bengal's Birbhum district?

d, 8. d, 9. c, 10. b, 11. a, 12. b, 13. d, 14. c, 15. b, 16. a, 17. c, 18. c, 19. c, 20. d, 21. c, 22. d, 23. d, 24. d.

19. On which date is

d. India

21. Which Indian fashion

Divyangjan' held? a. Ayodhya b. Mathura

c. Prayagraj

d. Varanasi

India? a. The United Nations

Climate Change d. The Indian Coast Guard 24. Which of the following is a cultural and educational hub founded by Nobel laureate Rabindranath

a. Santiniketan b. Bolpur c. Visva-Bharati University d. None of the above

1. a, 2. c, 3. b, 4. a, 5. a, 6. c, 7