

Samantha Ruth Prabhu and Naga Chaitanya had signed a prenup-tial, ending any discussion around alimony?



There have been no dearth of speculations around Naga Chaitanya and Samantha Ruth Prabhu. Even when the couple have released official statement about their separation, these speculations have shown no signs of ending. One such buzz around the couple is about the whopping alimony. There were earlier reports that Samantha has asked for Rs 250 worth of alimony. Then we heard that the Akkineni family has offered The Family Man 2 actress Rs 200 crore as alimony. This was quickly followed with news that Samantha has refused to take any alimony since she is a self-made and independent woman and doesn't need anyone's properties or money to take care of herself and her ambitions

Well, there are now reports that there was no discussion of alimony AT ALL since Samantha and Naga Chaitanya, who got married in October 2017, had signed a pre-nuptial. This ends any scope of alimony discussion now when the couple decided to break their marriage. According to a report, the couple had mutually signed the agreement before they tied the knot back then.

Well, this just ends all the speculations about the alimony that was demanded, offered or refused. But yes, what it does point out at is the fact that back then as well, Samantha knew she doesn't need a man or an influential family to take care of her.

The actress has some amazing films and OTT projects lined up and endorsements as well and she is sure to reach newer highs in the coming times. As she mentioned in her post today on Instagram, 'dreaming about the things I want to do...' we are waiting to see the amazing path the actress paves for herself.

India's biggest superstar Prabhas' 25th film is around the corner

From mythologies to action entertainers, from rom-coms to science fiction, Indian Superstar Prabhas has not shied away from testing new waters with every passing year and history is set to repeat itself again. The superstar is expected to announce his 25th film, much to the elation of his Global fan base.

A source reveals that, "Prabhas 25 is definitely materializing and the Superstar will make a special announcement soon. While details are shrouded in secrecy, what we know right now is that the Movie's story is going to be entirely different from his other movies of the past.

Grapevine says that the film is believed to feature Prabhas in a never-before-seen role where he will for the first time be associating with a blockbuster maverick director who has a cult status.

On reaching superstar status in the Indian film industry, the stars usually get typecast into a particular role, especially the kind that fans expect. But we are convinced this will be ground breakingly different.

The Indian Superstar became a new household name and now they will witness an electrifying performance on another level in his 25th film. The worldwide Prabhas fans will be more than happy to hear the announcement of his 25th film on October 7th 2021.



Hrithik Roshan and Ranbir Kapoor locked for the role of Raavan and Ram: Makers begin hunt for Sita

The theatres in Maharashtra are finally opening from October 22 and that has led many big-budget Bollywood biggies to announce their release dates. The effect is also seen on big projects which were planned and announced but didn't see any development owing to the pandemic. But now it really looks like Bollywood is back with a bang. Hrithik Roshan and Ranbir Kapoor visited Namit Malhotra's office where they had a closed-door meeting around the magnum opus 'Ramayana'. Director Nitesh Tiwari, Namit, and Madhu Mantena were present during the discussions.

It is learnt that while this was the first big meeting about taking the project further, some key decisions were taken during the same. Hrithik Roshan and Ranbir Kapoor, who will be starring together in a film for the first time ever, have been locked for the role of Raavaan and Ram respectively.

The makers are keen on presenting the epic in a different and unique manner: 'Ramayana' is going to be presented on a bigger scale by using the latest technology and tell the story in a way that it appeals to the youth and strikes a



chord with the audience at globally.

Recipes

Beetroot Aloo Cutlet



**Ingredients**  
1 cup grated beetroot  
2 tablespoon crushed peanuts  
1/2 teaspoon red chilli powder  
1/4 teaspoon garam masala powder  
sendha namak as required  
2 tablespoon ghee  
1 small boiled potato  
1/2 teaspoon cumin powder  
1/2 teaspoon dry mango powder  
1/2 teaspoon coriander powder  
2 tablespoon chopped coriander leaves

**Method:**  
Take the grated beetroot and squeeze out its juice. Collect it in a bowl.  
Add mashed potato to the bowl and mix well.  
Now add crushed peanuts along with all the spices like dry mango powder, red chilli powder, coriander powder, cumin powder, garam masala, sendha namak and coriander leaves. Now use your hands to mix well and prepare a dough.  
Keep it aside for 10 minutes.  
Now grease your hands a bit with some ghee and scoop out dough balls from the mixture.  
Flatten them out a bit to form tikkis. Pour 1-2 tbsps of ghee on a non-stick tawa and place the prepared tikkis on it. Shallow fry the tikkis from both sides until golden brown in colour.  
Serve the tikkis with some yoghurt dip or mint chutney.

Signs of dangerously high cholesterol levels present in your legs



Unhealthy lifestyle habits open a wide door to multiple health concerns. One of them is high cholesterol. Cholesterol is a waxy, fatlike substance that is produced by the liver for the formation of cell membranes, vitamin D and balancing hormones. Being insoluble in water, cholesterol is transported to different parts of the body through a particle called lipoprotein, which has a specific protein on its surface. Only when cholesterol combines with the high fat and low protein content lipoprotein to form Low-density lipoproteins (LDL) then it be harmful to the body. This problem arises when your diet is rich in unhealthy fatty foods and on top of that, you live a sedentary life. The LDL starts building in the arteries, blocking and narrowing them, which over time can lead to heart attack and stroke.

The most dangerous thing about cholesterol build-up is that the condition shows no symptoms until it reaches a dangerous level and starts affecting your daily life. The only way to diag-

nose and prevent it is by getting a regular blood check-up. When the cholesterol level rises in the blood to an extreme level, it starts affecting the Achilles tendon of your legs. This, in turn, can lead to visible symptoms in your legs. Here are some that you need to look out for:

**Pain in the legs**  
When the arteries of your legs are clogged, a sufficient amount of oxygen-rich blood does not reach your lower part. It can make your leg feel heavy and tired. Most people with high cholesterol levels complain about burning pain in the lower limbs. One may feel pain in any part of the leg like thighs or calves. The pain is mainly felt when the person's walks, even for a small distance.

**Leg cramps**  
Intense leg cramps when sleeping is another common symptom of high cholesterol levels damaging the arteries of the lower limbs. The cramps or spasms are mostly felt in the heel, forefoot, or toes. The condition gets worse at night while sleeping. Dangling the foot off the bed or sitting can be the option to get relief from it. Doing the help the blood to flow downwards due to gravitational force.

**Change in skin and nail colour**  
A decrease in the flow of the blood can also change the colour of toenails and skin. That's mainly because the cells are not getting proper nourishment due to decreased flow of blood carrying nutrients and oxygen. The skin will get shiny and the toenail may thicken and grow slowly.

**Cold feet**  
Remember how your feet feel cold during chilly winter days. High cholesterol levels can make your feet the same way all around the year. Even in summer, your feet will feel cold when you will touch them. It is an indicator of PAD. Do not ignore it and talk to your doctor.

Hair Care: DIY remedies for oily scalp



Keeping your hair in good condition just like your skin is extremely important. Taking good care of your hair needs is a combination of caring it from outside and nurturing it from within with a well-balanced diet and use of the right products that suit your hair type.

Oily hair in monsoon can be very difficult to maintain, you are always busy scheduling your hair wash and thinking if you are over-shampooing your hair. Oiling becomes impossible, hair masks make hair oilier and you just wish you had dry hair. But worry not, where there is oily hair there is a silky solution. Let's try these natural remedies to combat oily hair and let their locks shine, courtesy beauty guru and popular aromatherapist Dr. Blossom Kochhar.

Coconut milk is the healthiest natural ingredient for healthy hair: The remedy you should try, mix freshly extracted coconut milk with a squeezed lemon and 4-5 drops of lavender essen-

tial oils. Leave it on for 4-5 hours and then rinse it off.

A big myth that I would like to rule out is, people with oily hair don't need conditioner. They need a conditioner as much as those with dry scalp; they just have to apply it on the tresses and not take it to the scalp. Use a light conditioner; avoid using hair masks. A Conditioner that you can make at home for shine and sheen. Grate a few onions and some cabbage together and leave in a copper utensil overnight. In the morning, add a few drops of ylang ylang essential oil to remove the onion smell. Add a few drops of herbal oil and then apply. Shampoo after 30 minutes. Your hair will gain a superb gloss and colour. You may follow this routine once a week.

A Dandruff Cleanser for oily hair: Soak two spoonfuls of fenugreek (methi) seeds in water overnight. In the morning, make a paste of the seeds and add a squeeze of lemon juice and apply on the head. Leave it on for half an hour. Then wash the hair with soapnut ( Reetha) or Shikakai and water. You may use an herbal shampoo instead to wash your hair: Do this routine twice a week.

Before you shampoo your hair, take 1 tablespoon of water, and 10 drops of patchouli essential oil. With your fingers apply this all over your scalp and hair. Shampoo your hair as you normally do.

To cut down oil from your hair, yet keeping it shiny, use apple cider vinegar as your last rinse. Take 1 teaspoon for 1 mug of water. In case you get hair fall after regular use, do not worry, just reduce the quantity of apple cider vinegar in your last rinse.

Stop running your hand or hairbrush through your hair frequently. This increases the sebum of your hair and causes oiliness. I am not saying to let them get tangled, just try brushing a lot and just run your fingers through your tresses and enjoy the natural flow of your hair.

General Knowledge Question

1. In which year of First World War Germany declared war on Russia and France?

A. 1914  
B. 1915  
C. 1916  
D. 1917
2. ICAO stands for

A. International Civil Aviation Organization  
B. Indian Corporation of Agriculture Organization  
C. Institute of Company of Accounts Organization  
D. None of the above
3. India's first Technicolor film \_\_\_\_ in the early 1950s was produced by \_\_\_\_

A. 'Jhansi Ki Rani', Sohrab Modi  
B. 'Jhansi Ki Rani', Sir Syed Ahmed  
C. 'Mirza Ghalib', Sohrab Modi  
D. 'Mirza Ghalib', Munshi Premchand
4. India has largest deposits of \_\_\_\_ in the world.

A. gold  
B. copper  
C. mica  
D. None of the above
5. How many Lok Sabha seats belong to Rajasthan?

A. 32  
B. 25
6. India's first satellite is named after

A. Aryabhatta  
B. Bhaskara II  
C. Bhaskara I  
D. Albert Einstein
7. India's first atomic reactor was

A. Zerlina  
B. Dhruva  
C. Apsara  
D. Kamini
8. In which year, terrorists crash two planes into New York's World Trade Centre on September 11 in a sequence of destruction?

A. 2000  
B. 2001  
C. 2002  
D. 2003
9. India's first ocean wave's energy project was launched in

A. 1981  
B. 1991  
C. 1995  
D. 2000
10. In which of the following years, the membership of the Security Council was increased from 11 to 15 (under Article 23)?

A. 1965  
B. 1991  
C. 2001  
D. 2003
11. Sravanabelagola, Karnataka

A. 1914  
B. 1915  
C. 1916  
D. 1917
12. London

A. 1914  
B. 1915  
C. 1916  
D. 1917
13. 80 trillion

A. 1914  
B. 1915  
C. 1916  
D. 1917
14. INS Venduruthy is located at

A. Kochi  
B. Lonavla  
C. Jamnagar  
D. Mumbai
15. India's tallest stone statue of the Jain sage Gomateswara is at

A. Mysore, Karnataka  
B. New Delhi  
C. Sravanabelagola, Karnataka  
D. Mandu, Madhya Pradesh
16. In 1945, fifty nations met to phrase the basic charter for a world organization which would "save succeeding generations from the scourge of war". This conference took place at

A. Dumbarton Oaks  
B. London  
C. San Francisco  
D. Yalta
17. In a normal human body, the total number of red blood cells is

A. 15 trillion  
B. 20 trillion  
C. 25 trillion  
D. 30 trillion
18. How many Lok Sabha seats belong to Rajasthan?

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C. 1916  
D. 1917
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D. Mumbai

## ASTRO SPEAK

**ARIES**

MAR 21 - APR 20

The moon tiredly roams through her waning phase, transitioning from busybody Virgo into romance-craving Libra. Aim to wrap up any existing projects and put the finishing touches on recent endeavors, as the dark moon calls for closure. Luna's strong alignment with grounded Saturn makes it easy to stay on task while also adding a dose of seriousness to the day.

**LIBRA**

SEP 24 - OCT 22

The waning moon departs from introverted Virgo and slides forward into your sign, heightening your emotional responsiveness and increasing your awareness of individual needs. Energy levels run low as the waning moon calls for finishing touches and finality. Luna's sweet link with realistic Saturn helps you see romantic connections in a sharply clear and realistic fashion.

**TAURUS**

APR 21 - MAY 20

The waning moon calls for closure around creative projects and romantic affairs, asking you to re-evaluate what's worth taking forward and what's worth ending in those areas. Luna transitions from sensual Virgo into logical Libra, turning your focus towards any pressing work matters. The moon's link with capable Saturn makes it easy to steadily apply yourself.

**GEMINI**

MAY 21 - JUN 20

Aim to bring things towards their conclusion today, Gemini. The waning moon running low on energy and potency, making it unwise to launch into any new endeavors. Luna departs from introverted Virgo and meanders into social-butterfly Libra, directing your focus toward creative self-expression and playful romantic flirtations. Luna's steady connection with capable Saturn offers a grounding air.

**CANCER**

JUN 22 - JUL 23

As a Cancer, you receive cosmic cues from the shape-shifting moon. Luna finds herself tiredly marching through her waning phase today, making energy levels run low and encouraging the need for closure and completion in recent endeavors. Luna transitions from busybody Virgo into peace-seeking Libra, and her smooth trine with grounded Saturn helps you smooth over any ruffled feathers in relationships.

**LEO**

JUL 24 - AUG 23

You've been constantly on the go, Leo. Let yourself take the hint to slow your pace and recharge your energy, as today's waning moon calls for rest and closure. Luna transitions from go-getter Virgo into beauty-seeking Libra, encouraging you to indulge your senses in pleasure and regain your sense of peace quietly. Luna's strong link with disciplined Saturn offers room to ground down relationship issues.

**VIRGO**

AUG 24 - SEP 23

The cosmic fuel tank runs low on energy as the moon moves deeply through her waning phase. This period is ideal for putting the finishing touches on recent endeavors that require closure or release. Luna departs from your sign and moves forward into Libra, loosening up emotional responsiveness. Luna's link with Saturn offers follow-through on work projects.

**SCORPIO**

OCT 23 - NOV 22

Cancel your plans and turn off your phone, Scorpio. You're in serious need of hermit time spent away from the world as the waning moon increases your need for introspection and isolation. Luna transitions from Virgo into peace-seeking Libra, helping you focus on recharging and resting. Later, the moon's supportive connection with Saturn facilitates healing and forward movement on the home and family front.

**SAGITTARIUS**

NOV 23 - DEC 22

The moon departs from analytical Virgo and marches into balance-seeking Libra, encouraging you to wrap up any looming projects and put the finishing touches on any recent career-related endeavors. Luna's deep waning phase lowers energy levels and encourages quiet time, while her smooth link with steady Saturn offers room for grounded, future-oriented conversations.

**CAPRICORN**

DEC 23 - JAN 20

As a Capricorn, it can be difficult for you to slow your pace when you know there are things to accomplish. Tuesday's skies encourage you to gently bring closure to recent endeavors or plans as the moon tiredly meanders through her waning phase. The dark moon transitions from heady Virgo into equilibrium-craving Libra, while her smooth link with disciplined Saturn offers you space to share feelings and rebuild an inner sense of security.

**AQUARIUS**

JAN 21 - FEB 23

The moon departs from overly-reflective Virgo and catapults into logic-first Libra, helping you shake off any upsetting feelings lingering around intimacy and partnership. Luna finds herself deep in her waning phase, calling for rest, closure, and finishing touches on recent endeavors. Later, the moon's sweet link with steady Saturn offers you grounded self-expression and strengthened confidence.

**PISCES**

FEB 20 - MAR 20

The moon finds herself deep in her dark waning phase, lowering energy levels and encouraging completion on recent projects. Luna departs from sharp Virgo and roams into other-oriented Libra, turning your focus towards any intimacy issues brewing beneath the surface. Fortunately, the moon's supportive connection with capable Saturn facilitates easy healing and emotional steadiness.