

After KGF 2, Sanjay Dutt now wants to work more in South films; is THIS the reason?



After battling cancer, Sanjay Dutt made an amazing comeback into films with KGF 2 starring Yash. He played the role of the antagonist and his performance was loved by all. The movie also went on to become one of the biggest blockbusters of 2022. He will now be seen in director Prem's upcoming pan-Indian film KD - The Devil, featuring Kannada star Dhruva Sarja in the lead. In a new interview, Sanjay Dutt expressed his wish to work more in south films. The actor launched the Hindi teaser of KD - The Devil in Bengaluru and said that he is really looking forward to play an important role in the film. He also said he feels like he is going work more in south Indian films. The actor was last seen Shamshera also starring Ranbir Kapoor and Vaani Kapoor. However, the film turned out to be one of the biggest disasters. "KD has an amazing teaser. I know one thing that I have done KGF and SS Rajamouli sir is a dear friend. I see so much passion, love, energy, and heroism in the films made in the South. I think we need to learn that back in Mumbai. Bollywood must not forget its roots," Sanjay said at the event. His words have made us wonder whether he has lost faith in Bollywood movies after its back-to-back failures. The event was attended by a host of celebrities including Bollywood actor Sanjay Dutt, Sandalwood actor Dhruva Sarja, director Prem, Producer Suprith, Kannada film actress Rakshitha and music director Arjun Janya. While director Prem has lent his voice for the Kannada teaser, Sanjay Dutt, Vijay Sethupathi and Mohanlal have lent their voices for the Hindi, Tamil and Malayalam versions respectively.

Adipurush update: Prabhas, Kriti Sanon, Saif Ali Khan starrer to change release date?

Ever since the Adipurush teaser dropped, it has been met with criticism across all quarters, with some of it warranted against what looks like pretty shoddily done VFX and CGI, while some of it pretty misguided against the looks of Prabhas, Kriti Sanon and Saif Ali Khan as Ram, Sita and Raavan. Now, the Om Raut directorial is slated to release next year on 12th January. However, after all that's gone down, new reports have been surfacing that suggest the Adipurush release date could be shifted, and the reasons expand further than the current criticism meeting the movie. So, what are these reasons that could get Adipurush postponed? As mentioned before, the Adipurush teaser has been met with ubiquitous criticism. However, as we also said, this doesn't seem to be the only reason why the makers are contemplating a postponement of the release date. As per a report in entertainment news websites Telugu cinema and Filmy Focus, what has also got the makers of the Prabhas, Kriti Sanon and Saif Ali Khan starrer worried is that three big South movies, including Veera Simha Reddy, Waltair Veerayya and Varisu, starring big names, have been locked for a Sankranti release next year – the same holiday week-



end that the Om Raut film has been looking to cash in on.

Sonam Kapoor getting back in shape, gearing up for work 60 days after delivering baby Vayu

Pregnancy is hard and dealing with postpartum is even harder. But you have to get back and Sonam Kapoor is your inspiration here. The Bollywood actress who delivered her baby boy Vayu 60 days ago is back to the grind. The actress is back to the grind as she needs to get back to work and start the disciplinary routine. Sonam took to her Instagram and shared a video post that shows her working hard to get back in shape and thanked her fellow trainer for helping her throughout pregnancy and even after. Sonam Kapoor looks happy that she has taken one step towards her getting back to work and her army right from Karan Boolani to Rhea Kapoor has shown all the love and motivational comment on her post. It was BollywoodLife that told you Sonam Kapoor is gearing up for work and look at the diva right here. She is leaving no stone unturned to get back in her shape and once again we have become her admirer and how. Sonam will be making her comeback with sister Rhea Kapoor's film and it



will be one of the kickass projects something that Ms Kapoor has never done her fans are eagerly waiting for her comeback and how.

25-minute yoga to increase bone density and defy Osteoporosis



Do you know someone who is affected by Osteoporosis? Use this chance to educate yourself on the value of bone health and your options for enhancing it. The fundamental structural component of the body, bones provide protection for several of our critical organs, including the heart and brain. Bones are living tissue that contain numerous vital elements, including calcium and phosphorus, which we all require. **Yoga for Osteoporosis** "Despite the fact that this illness can cause mobility loss and impair fundamental motions, there is good news in the form of yoga. Your bone density can be improved with the aid of yogic activities such as asanas, pranayama, and meditation. Including yoga poses like Paschimottanasana, Vajrasana, and Trikonasana in your practise can help improve bone density," says, Himalayan Siddha Akshar, yoga guru, Founder, Akshar Yoga Institutions

- Vajrasana in Prana Mudra (Thunderbolt Pose)**
Formation of the posture
Gently drop your knees down. Rest your pelvis on your heels. Keep your heels close to each other. Hold Prana Mudra
Prana Mudra
Prana mudra is done with the use of both the hands. Tips of the ring plus the little finger have to be joined by the tip of the thumb. All of the other fingers must be kept straight.
Paschimottanasana
Formation of the posture
Start by extending your legs forward. Keep your spine erect while lifting your arms upward. On an exhalation, bend your hips forward and rest your upper body on your lower body. Drop your arms and place your palms where you can reach. Try to put your nose on your knees.
Vrikshasana (Tree Pose)
Formation of the posture
Begin in Samasthiti. Lift up any one leg off the floor and balance your weight on your other leg. Join your palms in Pranam Mudra. Hold this pose for as long as you can.
Veera Bhadrasana (Warrior Pose)
Formation of the posture
Put your right leg in Ashwasanchalanasana by placing it between your palms. Raise your arms with your palms facing one another. Adjust your back. arms in close proximity to the ears. Look directly forward. On the opposite side, repeat.
Trikonasana (Triangle Pose)
Formation of the posture
Put your right leg in Ashwasanchalanasana by placing it between your palms. Straighten both of your knees while lowering your left heel. Right arm up, align both arms in a straight line. Look straight ahead or up at your right palm. On the opposite side, repeat.

Ways to prepare your skin for winters



As we approach the winter months, gradually transitioning from the monsoons, it is imperative that we adjust and modify our skin care routine to meet the demands of the changing weather. To help simplify the process for you, we've put together a list of some effective and efficient ways to avoid skin problems this winter:
Avoid extremely hot showers and baths
Enjoying a hot water bath is a comforting and popular practice during the freezing winter months. However, this practice is detrimental to your skin health. It destroys the skin's natural lipid barrier, and further dries out the skin. A short warm water bath can be equally as soothing without the negative effects of hot water. A helpful tip to keep in mind: apply some body oil before your bath, as this helps retain moisture in the skin that would otherwise be lost due to hot water.
Don't skip the sunscreen
Although the winter months are dark and without a view of the scorching sun, it doesn't mean you

should avoid sunscreen. The harmful UV-rays of the sun are able to penetrate through the clouds on the darkest of days, and easily manage to penetrate through your skin. A natural sunscreen such as a Red Raspberry Cream that contains sufficient SPF properties and doubles as a moisturiser can help get your skin prepared for the harsh winters.
Stay hydrated
Staying hydrated is perhaps one of the best skincare tips for any season or environmental condition. Drinking excessive amounts of alcohol, coffee, tea, or sugary drinks deplete vital nutrients in the body. Staying adequately hydrated with plain old water is the best way to keep your skin healthy. Additionally, staying hydrated promotes blood circulation within the skin, enhancing the skin's ability to repair itself.
Moisturise your skin
The winters are dry and detrimental to skin. Sufficiently moisturising your skin can help prevent chronic dryness and skin damage; a common occurrence during the winter months. Depending on your skin type, make sure to pick a moisturiser that works with your skin not against it. Hemp Seed Oil is a popular ingredient to look for in moisturiser due to its hydrating and moisture locking properties. What makes it popular is that it works equally well on all skin types.
Employ a well-balanced diet
A healthy diet is one of the most underrated aspects of an effective skincare routine. Fruits and vegetables help deliver paramount nutrients into the body, and ensure your skin looks youthful and radiant.

General Knowledge Question

- 1. Socrates was the wisest man of the ancient world and developed the method of enquiry and instruction, belonged to
 - A. France
 - B. Athens
 - C. Greece
 - D. China
- 2. Richter scale is used for measuring
 - A. density of liquid
 - B. intensity of earthquakes
 - C. velocity of wind
 - D. humidity of air
- 3. Prince Charles and Princess Diana of Britain announce their separation in
 - A. 1990
 - B. 1991
 - C. 1996
 - D. 1997
- 4. Paleontology is a branch of science that deals with the
 - A. behavior of animals
 - B. origin and growth of plants
 - C. the forms of life as revealed by fossils of animals or plants
 - D. formation of new stars
- 5. Sir Humphry Davy was a British chemist who
 - A. invented the safety lamp for miners
 - B. discovered the anesthetic properties of nitrous oxide
- 6. Both (a) and (b)
- 7. None of the above
- 8. Sonia Nazario of "Los Angeles Times" was awarded Pulitzer Prize in 2003 for
 - A. commentary
 - B. editorial writing
 - C. music
 - D. feature writing
- 9. The air we inhale is mixture of gases. Which of the following gases in the mixture is highest in percentage?
 - A. Carbon dioxide
 - B. Nitrogen
 - C. Oxygen
 - D. Ozone
- 10. Oxford university was founded in
 - A. 1139 AD
 - B. 1163 AD
 - C. 215 BC
 - D. 55 BC
- 11. Radioactive substances can be produced readily in
 - A. an electron gun
 - B. an atomic pile
 - C. a transistor
 - D. a Wilson cloud chamber
- 12. The 2002 Commonwealth Games were held in
 - A. Canada
 - B. UK
 - C. Australia
 - D. Malaysia
- 13. Profit made when an asset is sold more than the price at which it was bought is called
 - A. capital
 - B. capital-gain
 - C. capitalism
 - D. None of the above
- 14. Plorence(Chadwick) is the associated place for which of the following sport?
 - A. Snooker
 - B. Racking Horse
 - C. Skiing
 - D. Tennis

- 1. Athens
- 2. intensity of earthquakes
- 3. 1996
- 4. the forms of life as revealed by fossils of animals or plants
- 5. both (a) and (b)
- 6. feature writing
- 7. Nitrogen
- 8. 1163 AD
- 9. George Washington
- 10. twice a year
- 11. an atomic pile
- 12. UK
- 13. capital-gain
- 14. Skiing

ASTRO SPEAK

MAR 21 - APR 20

The wheel of fortune will turn in your favor early as the moon enters Sagittarius while forming an auspicious aspect with Jupiter. Use this energy to your advantage by meditating on your goals, as the power of visualization can help you manifest some truly wonderful scenarios. Unfortunately, disharmony within your love life or professional ambitions could act as an unpleasant distraction.

SEP 24 - OCT 22

Your heart and mind will crave adventure today, sweet Libra, as the moon enters Sagittarius while forming a sweet alliance with expansive Jupiter. These vibes are perfect for exploring new concepts, locations, or relationships, making it important that you stay open and flexible with your focus. Your words are also liable to spread quickly under this luminary placement, so be sure to keep the message positive and avoid petty gossip.

APR 21 - MAY 20

Intense interactions will bring forth an emotional rush as the moon enters Sagittarius and aspects Jupiter. Hidden desires may suddenly rush to the surface, helping you make headway within the plans you've been concealing. Unfortunately, a pragmatic disposition could cause you to disconnect from the dreamy energy at play, as Mercury squares off with Pluto, especially if you pander to the belief that something is too good to be true.

OCT 23 - NOV 22

You'll feel in sync with the world around you this morning, dear Scorpio, as the moon enters Sagittarius and your solar second house. A sweet connection between Luna and Jupiter will help you see the order of our universe, helping you find ways to move amongst it. These vibes will also ask you to focus on the path ahead, and the small tasks and details that will bring you toward the bigger picture.

MAY 21 - JUN 20

Love will come from every direction this morning, dear Gemini, as the Sagittarius moon shares a sweet connection with expansive Jupiter. This cosmic climate will multiply any good vibes you send out, so be sure to approach the day with an open and gracious heart. Unfortunately, trouble could brew as Mercury squares off with brooding Pluto, and power struggles could emerge.

NOV 23 - DEC 22

Your world may expand in unimaginable ways today, darling Sagittarius, as the moon enters your sign and forms a supportive connection with Jupiter. This cosmic climate will go above and beyond when it comes to supporting your dreams, making it important that you seize the opportunities that lie before you. These vibes can also help you gain notoriety, so be sure to put your best foot forward as you go about the day.

JUN 22 - JUL 23

Take a moment to find connectivity between your body and soul this morning, dear Cancer, as the moon enters Sagittarius while forming a sweet connection with Jupiter. Nurturing your health can help elevate your intuitive abilities right now, so be sure to drink plenty of water, eat well, and tend to your physical needs. Watch out for emotional triggers as Mercury squares off with Pluto, which could be particularly stressful on your romantic life.

DEC 23 - JUL 20

You'll feel most at peace in private as the moon enters Sagittarius this morning, activating the sector of your chart that governs introspection. A helping hand from Jupiter can help you feel grateful for your many blessings, helping you express your love in ways that are organic and genuine. Unfortunately, issues could arise within your professional life as Mercury squares off with Pluto, threatening to shake you out.

JUL 24 - AUG 23

You'll be brimming with creativity, exuberance, and passion as the moon enters Sagittarius while connecting with auspicious Jupiter. This cosmic climate will reward those who are true to themselves, making it a great time to dress with flair, speak your truth, and work on a creative project. Unfortunately, your daily responsibilities could interfere with your ability to completely out loose, though handling your to-do list quickly.

JAN 21 - FEB 23

You may have a hard time keeping up with your correspondences this morning, as the moon enters Sagittarius while forming a sweet alliance with Jupiter. This cosmic climate will dramatically upgrade your popularity, and people will be eager for your attention. Though you're one of the more social members of the zodiac, you should be mindful of where you direct your focus, understanding that your energy is finite.

AUG 24 - SEP 23

Your home will feel warm and inspiring this morning, dear Virgo, as the moon enters Sagittarius while forming an auspicious aspect with glimmering Jupiter. These vibes are perfect for reconnecting with your optimism, so be sure to cultivate a sense of gratitude. Meanwhile, Mercury and Pluto square off in the sky, which could cause you to overspend.

FEB 20 - MAR 20

Don't be afraid to step into the limelight within your professional sphere as the moon enters Sagittarius while forming a sweet alliance with Jupiter. This cosmic climate could lead to major payouts within your occupational and financial standing, though you'll need to trust in your abilities while showcasing these skills. You'll notice a shift when Jupiter re-enters your sign later tonight, elevating your luck.

