

SS Rajamouli REVEALS exciting details about his next with Mahesh Babu and it's nowhere close to Prabhas' Baahubali



SS Rajamouli is known to give his audience the best cinematic pleasure when they come to theatres. He has never failed to impress his audience, be with Baahubali part one and two and his recent release RRR was a blockbuster. And now the ace filmmaker is all set to work with the Telugu superstar Mahesh Babu who is already damn excited to work with the filmmaker. In his recent conversation, the filmmaker revealed exciting details about the film and it will leave will restless. While there were speculations that the filmmaker will repeat the history by making the film on the genre of Baahubali along with Mahesh Babu, nothing sort of that is happening.

In a recent conversation, Rajamouli said that the genre of the film is 'Globetrotting Adventure' and it will attract every cinema lover and moviegoer in the theatres. Right now he is working on the script and he will start the workshop in two months along with Mahesh Babu. And the shooting will begin by the mid-year of 2023 that is mostly in the month of May. The cinema lovers can't wait for the dynamic duo to spell their magic onscreen.

While the reports suggest that the title of the film is SSMB29. SS Rajamouli is planning to make this project larger than every film till now and the budget is skyrocketing. The film will be set up in the thick forest as the filmmaker's love for forest is known by his fans and even they cannot imagine SS Rajamouli's films without the presence of forest. SS Rajamouli will be releasing this films across the globe as he is aware of the craze people have for his films and he will not let them down.

Shehnaaz Gill reveals Salman Khan motivates her a lot to keep moving ahead: 'He told me I can go...'



have taught her how to deal with situations and mentioned that she is strong enough to deal with situations.

Akshay Kumar-Suniel Shetty give a MAJOR hint about Hera Pheri?



Hera Pheri and Phir Hera Pheri are undoubtedly the best comedy films made in Bollywood. The movie starred Akshay Kumar, Suniel Shetty, and Paresh Rawal in the lead roles. The film's third installment was announced a few months ago with Abhishek Bachchan, John Abraham, Paresh Rawal, and Suniel Shetty. The shooting of the film had also started, but later it was shelved. Now, there have been reports that the makers are planning to make Hera Pheri 3 with the original cast, Akshay, Suniel, and Paresh. Producer Firoz Nadiadwala also confirmed a few months ago that the movie will be made. However, there's no official announcement about it.

Hera Pheri 3 has made it to the headlines in the entertainment news a lot of times. Now, yesterday (9th September), it was Akshay Kumar's birthday, and Suniel Shetty took to Twitter to wish him. In his tweet, he called Akshay 'Raju' and wished him, and while replying to Shetty, Kumar tweeted, "Shyam bhai, thank you for the wishes. Phir thodi hera pheri kar le?"

Now, this tweet of Akshay have made everyone excited that maybe Hera Pheri 3 might happen soon, and fans are going berserk on social media.

How to use sound to heal yourself



Did you know that every thought of yours can impact your overall well-being? Thoughts enter the body in the form of vibrations containing an electric charge that may interfere with your body system. What we call emotion is actually an amalgamation of energy and motion. Every energy that enters the body has either a productive or destructive response. Your thoughts and emotions, thus, have the power to hamper your physical, mental and emotional health. Sound therapy is great for healing by creating awareness about these vibrations.

There is a long process of processing a vibrational thought that enters the body. It enters through the nerves of the ear and then travels to the brain and then transmitted to the whole body. The body responds according to the vibrations it is getting. Sound healing therapy is a great way to establish a connection between the mind and body thereby initiating healing. Sound therapy works in levels. It begins with healing at the emotional level then mental level and then progresses towards the physical level.

Here are some tips on how you can use sound to heal yourself.

- Do Bhramari Pranayama (Humming Bee Breath Exercise)**
This breathing exercise is great for aligning the mind and body. You can practice this at any time.
Sit straight with your spine erect.
Close your eyes and use your middle fingers to close your ears.
Breathe in through your nose
Exhale while making a humming sound like a bee
Feel the vibrations in the body
Do this for 3-5 minutes.
- Do Chanting**
Chanting is more than just spiritual practice. One of the reasons behind chanting is to send positive vibrations to the entire body. This activates certain energies that make you feel a sense of positivity and calmness as you chant.
You can chant OM or AUM. Whatever suits your belief, you can chant. Try to chant for as long as possible to allow vibrations to flow in the body and reach all the parts. Chant with an open heart, free mind and open throat. The more open and loud your chant, the better healing benefits you reap.
- Mantra Meditation**
In Vedic tradition, mantras are associated with religious offerings to a deity and chanting those mantras activate the energies associated with them. However, all mantras hold the power to channel inner energies. Whichever mantra you resonate with or like, chant it. Doing so in a meditating position helps in soul awakening. All the energy blockages would get cleared and you can restore your physical, mental and emotional well-being.
- Toning Sounds**
There are specific sounds for specific body parts. When you wish to heal a particular part, you can chant the toning sound related to that part. Here are some examples of toning sounds:
Ears- Nnn, Eyes- Eemm, Sinuses- Mmm, Nose- Lmmm, Lungs- Ssss
Bowls and Bells.

All you need to know about thinning hair



Hair loss is a huge problem amongst men as well as women. But the deeper issue is that the information regarding hair loss that is available freely is not only inaccurate but also misleading. There is a lot that needs to be known about hair fall. Firstly, you need to locate the exact cause of hair loss because it can happen because of multiple reasons. Let us look at the major reasons that cause hair thinning

Stress – Stress puts the whole body's functioning into distress and that leads to an imbalance of nutrients in the body which is basically the biggest reason for hair loss – inadequate nourishment.

Diet – The hair follicle derives nutrition from inside the body and what we give to it matters a great deal in giving us healthy or unhealthy hair. A diet deficient in biotin, zinc, and vitamin D leads to hair thinning.

Weight loss – When we lose a lot of weight suddenly, we may also end up losing some important nutrients and develop deficiencies that will lead to hair loss.

Age – As we age the hair fiber starts getting thin due to natural wear and tear. This is regardless of gender and affects almost everyone.

With any of the above causes, the hair follicle starts getting constricted and hair fiber starts getting thin. This also results in the miniaturization of hair health. When the hair fiber starts getting constricted, eventually it falls off. Once the hair falls off and the follicle is empty, it dies. Once the follicle dies there is no other option but to go for a hair transplant where hair is taken from the back and planted in the place where the follicle has died. But if you catch it well within time the process is reversible and it will revive the hair follicle and save it. With adequate nutrition, proper hair care, and treatments you can convert this hair degradation into a healthy hair.

What can you do?
There is a multitude of steps that you can take to handle hair loss. Firstly, one needs to manage stress since that is the biggest contributor to all hair and skin problems. Apart from that, please ensure a healthy and balanced diet. Proper nutrition is non-negotiable if you want healthy tresses. Apart from these, here are some other ways to tackle the hair loss problem -

Hair products: There are various hair serums easily available that can be helpful if chosen with due diligence. Medicated serums help in microcirculation and give the hair its health back. Ingredients like Mintop and propexil have proven results. The serums should be applied in the morning and evening. Serums are a great way to increase the follicle's health.

General Knowledge Question

1. The largest party of Ireland, the Ulster Unionist Party, endorses the Northern Ireland peace deal between British and Irish governments in
- A. 1997
B. 1988
C. 1998
D. 1990
2. The last ruler of the Mughal dynasty was
- A. Babur
B. Bahadurshah Zafar
C. Akbar
D. None of the above
3. The headquarter of the Warsaw Treaty Organization were at
- A. Berlin
B. Prague
C. Moscow
D. Warsaw
4. The main objective of the Department of Atomic Energy is
- A. to generate safe, economic electrical power from nuclear energy
B. to built research reactors and to utilize the radioisotopes
C. to encourage technology transfer and interaction with industry for industrial & social development
D. None of the above

5. The last Asian Games took Place in 2002 at
- A. Bangkok, Thailand
B. Busan, South Korea
C. Hiroshima, Japan
D. Beijing, China
6. The important minerals of Assam are
- A. coal and limestone
B. petroleum
C. copper and mica
D. manganese, gold and quartzite
7. The headquarter of BSF are at
- A. Chennai
B. Kolkata
C. New Delhi
D. Mumbai
8. The main function of General Assembly of UNO is:
- A. It discusses & makes recommendations on any subject mentioned in the UN charter except those with which the Security Council may be dealing with
B. It is responsible for international peace and security
C. It is responsible for admission of new member, suspension and for expulsion of old member
D. All of the above
9. The headquarter of Lalit Kala Academy are at
- A. New Delhi
B. Chandigarh
C. Pune

- D. Kolkata
10. The headquarter of Army are situated at
- A. New Delhi
B. Mumbai
C. Kolkata
D. Chennai
11. The headquarter of the International Court of Justice are at
- A. Geneva
B. The Hague
C. Rome
D. Vienna
12. The highest rank in Army is that of
- A. Brigadier
B. General
C. Lieutenant General
D. Major General
13. The headquarter of Asian Development Bank is located in which of the following cities
- A. Jakarta
B. Singapore
C. Bangkok
D. Manila
14. The Melghat Tiger reserve is in
- A. Assam
B. Maharashtra
C. Karnataka
D. Orissa

ASTRO SPEAK

ARIES

MAR 21 - APR 20

The Taurus moon connects with Venus before cozing up to the North Node this morning, giving you permission to indulge in a bit of luxury as long as it doesn't sabotage your long-term plans. These vibes are also perfect for considering what you'd like your financial future to look like, as the stars align to help you achieve success. The universe may throw some randomness into your path later.

TAURUS

APR 21 - MAY 20

You'll awaken with an optimistic feeling about what the future holds, as the moon continues its journey through your sign while forming a sweet connection with the North Node. However, this cosmic climate will require that you work for any goals you may have set recently, though it's okay to move at a steady pace. Unfortunately, you may begin to feel as though you've hit a professional wall.

GEMINI

MAY 21 - JUN 20

Mistakes from the past could bring disruption to your psyche this morning, dear Gemini, as the Taurus connects with the Nodes of Fate. Luckily, you'll also have an opportunity to find closure within these circumstances, as long as you forgive yourself and make the decision to let go. Unfortunately, intrusive thoughts may begin to throw you off track later this afternoon.

CANCER

JUN 22 - JUL 23

Look for opportunities to grow your network of contacts today, dear Cancer, as the moon continues its journey through Taurus and the sector of your chart that governs community. The relationships you invest in now will remain a constant in your future, thanks to a helping hand from the North Node. Luckily, these vibes will begin to break up as the day continues to unfold, and a sweet alliance between the sun and moon will usher in positive interactions.

LEO

JUL 24 - AUG 23

Doors could begin to open within your professional life, thanks to a celestial marriage between the Taurus moon and the North Node. Don't be afraid to step into your power and assert your authority, especially if it can help you move forward within your occupational agenda. However, you'll need to make sure that you're not taking on more than you can chew, especially later in the afternoon when Luna squares off with Saturn.

VIRGO

AUG 24 - SEP 23

Take a moment to work with your favorite meditation or divination practices this morning, dear Virgo, as the Taurus moon connects with the Nodes of Fate. This cosmic climate can provide guidance for the future from beyond the veil, though you'll need to open yourself up to such messages. Blessings may strike, thanks to a celestial marriage between Luna and Uranus.

LIBRA

SEP 24 - OCT 23

You'll feel ready to step into the responsibilities that are required of you in order to move towards the future this morning, dear Libra, as the Taurus moon connects with the Nodes of Fate. This cosmic climate will encourage you to take destiny into your own hands, though you shouldn't feel rushed to produce results, as these grand transformations will take time.

SCORPIO

OCT 23 - NOV 22

Your thoughts will be filled with romance and fantasies of what the future may have in store this morning, dear Scorpio, as the Taurus moon cozies up to the North Node. While this cosmic climate can help you make headway within your love life, try to keep your eyes peeled for red flags, or you could end up repeating dating mistakes from the past. You may find it difficult to keep control of your emotions.

SAGITTARIUS

NOV 23 - DEC 22

The universe will ask you to take an organized approach to the future, as the Taurus moon cozies up to the North Node. Use this energy as an opportunity to think your plans through, outlining the steps you need to take in order to actualize these goals. Unfortunately, rocky vibes will manifest later in the afternoon when Luna cozies up to Uranus while squaring off with Saturn, threatening to stir up conflict with your colleagues or friends.

CAPRICORN

DEC 23 - JAN 20

The moon continues its journey through Taurus, forming a sweet connection with the North Node in the sector of your chart that governs ego. This cosmic climate will allow you to feel supported within your personal ambitions, making it a good time to advocate for your dreams. Unfortunately, rocky waters could find you later in the afternoon, threatening to shake the foundations you've worked so hard to build.

AQUARIUS

JAN 21 - FEB 23

Take a moment to invest in your emotional health, as the Taurus moon cozies up to the North Node. This cosmic climate will accentuate the value of self-care, making it a good time to support your heart through soft stretches, sunrise meditations, or positive mantras. Unfortunately, the vibe may get a little rocky when Luna and Uranus square off with Saturn, threatening to poke at any soft spots in your psyche.

PISCES

FEB 20 - MAR 20

You'll have an opportunity to open doors for yourself, thanks to a celestial marriage between the Taurus moon and North Node. However, this cosmic climate will require you to use your voice, making it important that you speak up for your dreams. Luna and Uranus square off with Saturn, threatening to curse you with mental blocks or stir up insecurities and fear.