

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 you 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 film 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...'

There's no secret that Shehnaaz Gill shares a special bond with Salman Khan ever since she appeared on Bigg Boss 13. She became Salman's favourite and the Dabangg Khan had even declared as the most unique contestant ever on the controversial reality show. As Shehnaaz is all set to make her big Bollywood debut with Salman's upcoming film Kisi Ka Bhai Kisi Ki Jaan, she revealed that Salman motivates her a lot to keep moving ahead in life.

During her interview with Connect FM Canada, Shehnaaz said that one thing that she has learnt from Salman is to keep moving ahead in life no matter what happens. He told her that she can go really far in life if she works hard and motivates her a lot.

She said that when you live alone and come from a small town, you tend to grow as a person. She added that one must never stop growing and she keeps growing and learning from people around her. She said that everyone teaches you something. She feels that whoever she has crossed paths with, be it good or bad, has taught her something. They

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 years 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.



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

Recipes

Poha Nuggets



Ingredients

1 cup pressed rice, 1/2 onion
1/4 cup boiled peas, 1/2 tablespoon cumin powder
1/4 tablespoon red chilli powder; salt as required
2 tablespoon corn flour, 2 tablespoon virgin olive oil
2 large boiled potato, 1/2 capsicum (green pepper)
2 tablespoon chopped coriander leaves
1/2 tablespoon dry mango powder
1/4 tablespoon garam masala powder
2 tablespoon rice flour, 4 tablespoon bread crumbs

Method:

Wash the poha and soak it for a minute. Now drain the excess water and collect the poha in a bowl.

Add boiled potatoes to a bowl and mash them. Add soaked poha to it and mix well using your hands.

Now add finely chopped onion, capsicum, peas and coriander leaves to it. Again give a good mix. Now add cumin powder, dry mango powder, red chilli powder, garam masala and salt. Also add rice flour. Use your hands to mix and make a dough.

Take small portions from the dough and roll them between your hands to make cylindrical nuggets.

In a bowl, add cornflour slurry along with 1/4 cup of water. Mix to make a slurry. Toss the nuggets in the slurry to coat well and then roll them in the breadcrumbs to coat from all sides. Heat 2 tbsp oil in a pan. Place the nuggets in the pan and shallow fry until golden brown in colour.

Your Poha Nuggets are now ready to be served. Pair up with ketchup and mint chutney. Enjoy!

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.

Do 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.

Do 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- Eemn, Sinuses- Mmm, Nose- Llmm, 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 propoxil 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



TAURUS
APR 21 - MAY 20



GEMINI
MAY 21 - JUN 20



CANCER
JUN 22 - JUL 23



LEO
JUL 24 - AUG 23



VIRGO
AUG 24 - SEP 23



LIBRA
SEP 24 - OCT 22



SCORPIO
OCT 23 - NOV 22



SAGITTARIUS
NOV 23 - DEC 22



CAPRICORN
DEC 23 - JUL 20

AQUARIUS
JAN 21 - FEB 23

PISCES
FEB 20 - MAR 20

The Taurus moon connects with Venus before cozying 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.

You'll awaken with an optimistic feeling about what the future holds, as the moon continues its journey through Taurus and the sector of your chart that governs your health. First, 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.

Mistakes from the past could bring disruption to your psyche this morning, dear Gemini, as the Taurus moon 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.

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 your health. The relationships you invest in now will remain a constant in your future, thanks to a helping hand from the North Node