

Adivi Sesh brings Salman Khan, Mahesh Babu and Prithviraj Sukumaran TOGETHER for THIS reason!



This collaboration is special and we will tell you how! Superstars Salman Khan, Mahesh Babu, and Prithviraj Sukumaran are all set to come together for the trailer launch of Adivi Sesh's Major which will release in three languages. The movie is based on the life of Major Sandeep Unnikrishnan. Salman Khan, Mahesh Babu, and Prithviraj Sukumaran will be launching the trailer of Major in Hindi, Telugu, and Malayalam, and the fans cannot wait to watch this magical glimpse.

After much anticipation, the makers of Major are all set to unveil the trailer of the film today. The movie traces the inspirational journey of the army officer and his bravery and sacrifice in the 26/11 Mumbai terror attacks. Giving testimony to the massive scale the film is being mounted upon, the superstars from Bollywood, Tollywood, and Mollywood will come together to launch the trailer. Salman Khan and Prithviraj Sukumaran would unveil the trailer on their social media handles in Hindi and Malayalam respectively, while Mahesh Babu would launch the trailer at the grand trailer release event in Hyderabad.

The trailer promises to offer insight into the varied phases of Sandeep Unnikrishnan's life, offering the audience a deeper insight into his inspirational journey's untold chapters. Slipping into the character of Sandeep Unnikrishnan, Adivi Sesh brings to screen the heroes of the martyr, commemorating the iconic milestones of the army officer's personal as well as professional life.

The film is directed by Sashi Kiran Tikka and features Adivi Sesh, Sobhita Dhulipala, Saiee Manjrekar, Prakash Raj, Revathi, and Murali Sharma in pivotal roles and will be released on June 3, 2022.

Raja Deluxe: Prabhas and Malvika Mohanan starrer to go on the floors in THIS month



Prabhas already has many interesting projects lined up like Adipurush, Salaar, Project K, and Spirit. The shooting of Adipurush has been wrapped up and the film is all set to release in January next year. Salaar and Project K are in production, and Spirit is yet to go on the floors. Meanwhile, there have been reports of Prabhas starring in a supernatural action thriller titled Raja Deluxe. Reportedly, the film will be directed by Maruthi, and it will star Master actress Malvika Mohanan as the female lead.

Earlier, it was supposed to go on the floors in June this year, but now, the film will start rolling in August as Prabhas will be busy with Project K and Salaar. The source told the portal, "Prabhas will be busy shooting for Project K and Salaar over the next two to three months, and hence, it would have been impossible to shoot for another project in the same time frame. Maruthi also needed more time for pre-production since the horror elements require ample visual effects. The team has now decided to start work on the film from the month of August."

Aamir Khan and Ranbir Kapoor teaming up for Anurag Basu's next?

Moviegoers are always excited to watch two-hero films, especially the ones that feature two superstars. Well, there have been reports that Aamir Khan and Ranbir Kapoor will be seen together in a film. The two actors had earlier shared screen space in PK in which Ranbir had a cameo in the climax. Recently, Pinkvilla reported that Anurag Basu might be directing the film and he is working on developing the screenplay. However, the report has turned out to be false. Basu took to Twitter to inform everyone about it.

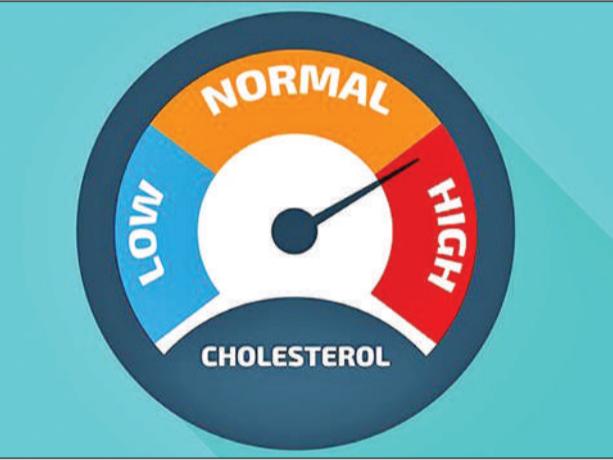
The filmmaker tweeted, "Woke up to the news of my new film with Aamir and Ranbir... Wish it was true!" Netizens have mixed reactions to it. While some are heartbroken that they won't get to see Aamir and Ranbir in the film, some are happy that the film isn't happening.

A netizen tweeted, "Dada we would love it. You and RK are amazing together, and can't wait to watch your next." Another netizen wrote, "Thank you basu saab. we all had a mini heart attack after high VFX was mentioned." One more netizen tweeted, "Even if it was true, the release would



have been sometime in 2032...the speed at which these stars do their films."

Warning signs in your body pointing to high cholesterol



obese. A healthy diet, regular exercise and sometimes medication can help reduce high cholesterol.

This health condition has a lack of symptoms, due to which it is often dubbed as silent. A blood test is required to identify high cholesterol levels. However, there are some warning signs that might crop up in your body. These may help you spot high cholesterol early on.

Numbness in legs and feet

One tell-tale sign of high cholesterol could be the feeling of numbness in your legs and feet. This signals that plaque formation has developed in your arteries and other blood vessels. Interruptions in the blood flow can prevent the oxygen-rich blood from reaching the arms and feet, leading to pain and an uncomfortable, tingling sensation. Other signs and symptoms of the disease on legs and feet include cramping, sores that won't heal, and cold legs or feet.

Pale nails

It is this plaque deposited in your arteries that makes the arteries narrow, with large deposits blocking them completely. When the extra cholesterol narrows or blocks your arteries, it limits the blood flow to various parts of your body, including your nails. This can leave your nails with dark lines underneath them. These are thin, red or reddish-brown lines under your nails, as per MedlinePlus. These lines usually run in the direction of nail growth.

Stroke and heart attacks

Other major problems signalling the plaque formation can be cases of stroke and heart attacks. A blocked artery to your heart can cause a heart attack. A blocked artery to your brain can cause a stroke. Many people don't discover that they have high cholesterol until they suffer one of these life-threatening events. According to a new Yale-led study, high cholesterol is associated with a greater risk of acute myocardial infarction (AMI) in women.

Your body needs cholesterol, a waxy substance found in the blood, to build healthy cells. However, with high cholesterol, you can develop fatty deposits in your blood vessels. Sometimes, these deposits can break suddenly and form a clot that causes a heart attack or stroke. It's crucial to get your cholesterol levels out of the red zone to avoid problems.

While not all cholesterol is bad for your body, the type known as low-density lipoprotein (LDL) is bad cholesterol and can put you at a greater risk of health problems. Therefore, it's important to keep your levels in check through regular blood tests.

What causes high cholesterol

High cholesterol can be inherited or result from unhealthy lifestyle choices such as cigarette smoking, inactivity or being overweight or

obese. A healthy diet, regular exercise and sometimes medication can help reduce high cholesterol.

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General Knowledge Question

1. Georgia, Uzbekistan and Turkmenistan became the members of UNO in

- A. 1940
- B. 1941
- C. 1942
- D. 1943

2. Guru Gobind Singh was

A. the 10th Guru of the Sikhs
B. founder of Khalsa, the inner council of the Sikhs in 1699
C. author of Dasam Granth
D. All the above

3. Hermann Scheer (Germany) received right Livelihood Award in 1999 for

A. his indefatigable work for the promotion of solar energy worldwide
B. his long standing efforts to end the impunity of dictators
C. showing that organic agriculture is a key to both environmental sustainability and food security
D. None of the above

4. Germany signed the Armistice Treaty on _____ and World War I ended

- A. January 19, 1918
- B. May 30, 1918
- C. November 11, 1918
- D. February 15, 1918

5. During World War II, when did Germany attack France?

6. Frederick Sanger is a twice recipient of the Nobel Prize for

- A. Chemistry in 1958 and 1980
- B. Physics in 1956 and 1972
- C. Chemistry in 1954 and Peace in 1962
- D. Physics in 1903 and Chemistry in 1911

7. The ozone layer restricts

- A. Visible light
- B. Infrared radiation
- C. X-rays and gamma rays
- D. Ultraviolet radiation

8. Eugenics is the study of

- A. altering human beings by changing their genetic components
- B. people of European origin
- C. different races of mankind
- D. genetic of plants

9. Euclid was

- A. Greek mathematician
- B. Contributor to the use of deductive principles of logic as the basis of geometry
- C. Propounded the geometrical theorems
- D. All of the above

10. Ecology deals with

- A. Birds
- B. Relation between organisms and their environment
- C. Relation between organisms and their environment
- D. Cell formation

11. Filaria is caused by

- A. Bacteria
- B. Mosquito
- C. Protozoa
- D. Virus

12. Goa Shipyard Limited (GSL) was established in

- A. 1958
- B. 1957
- C. 1956
- D. 1955

13. DRDL stands for

- A. Defence Research and Development Laboratory
- B. Department of Research and Development Laboratory
- C. Differential Research and Documentation Laboratory
- D. None of the above

14. Who was the first Indian Chief of Army Staff of the Indian Army?

- A. Gen. K.M. Cariappa
- B. Vice-Admiral R.D. Katari
- C. Gen. Maharaja Rajendra Singhji
- D. None of the above

ASTRO SPEAK



ARIES
MAR 21 - APR 20

The day will unfold with business as usual while the moon continues its journey through efficient Virgo in the sector of your chart that governs routine. Sticking to a normal schedule will bring you a strange sense of comfort and satisfaction. Just make sure you're cutting out some time to nurture yourself when Luna enters an unbalanced aspect to harmonizing Venus.



TAURUS
APR 21 - MAY 20

You'll feel fierce and energized this morning, dear Taurus, as the moon continues its journey through Virgo and the sector of your chart that governs ego. Use this energy as an excuse to share your ideas, as doing so can help you get ahead within your goals. Unfortunately, an unbalanced aspect to Venus could threaten to stir up feelings of unworthiness, but try not to let your confidence waver too much.



GEMINI
MAY 21 - JUN 20

The temptation to stay at home today will be real, dear Gemini, as the Virgo moon activates the sector of your chart that governs domestic bliss. If you can convince your boss to let you work remotely right now, you should do so since being surrounded by your own things will bring a sense of peace while elevating your productivity.



CANCER
JUN 22 - JUL 23

Your vibe could come off as a little uptight or intense this morning, dear Cancer, as the Virgo moon forms an unbalanced aspect to sweet Venus. Though you'll feel motivated to approach the day with maximum productivity, try not to expect the same level of dedication from your colleagues, giving everyone an opportunity to move at their own pace.



LEO
JUL 24 - AUG 23

You may feel as though everyone and everything are challenging you today, sweet Lion, as the moon continues to journey through your sign, forming a series of harsh and unbalanced aspects in the sky. If you can manage to fly under the radar, for now, you may want to do so to avoid potential conflict with your loved ones and colleagues.



VIRGO
AUG 24 - SEP 23

Rocky vibes could find you this morning, your ruling planet begins its retrograde journey. Don't feel bad about prioritizing your own needs right now, as the moon continues to move through your sign, giving you the cosmic green light to put yourself first. An unbalanced aspect to Venus could deviate you from this path.



SAGITTARIUS
NOV 23 - DEC 22

You may be in charge of keeping everyone together at work today, as the Virgo moon continues to move through the sector of your chart that governs professional matters. Your task could feel like trying one, as Mercury begins its retrograde motion through Gemini. This planetary backspin is likely to affect your love life the most, making it a good idea to show your sweetie some extra TLC over the next several weeks.



CAPRICORN
DEC 23 - JUN 22

Don't be surprised if you sleep through the alarm today, dear Capricorn, as Mercury begins its retrograde journey through Gemini and the sector of your chart that governs routine. This planetary backspin could create all kinds of issues with your time management, making it important that you give yourself a few extra minutes between each task.

AQUARIUS
JAN 21 - FEB 19

You could wake up feeling a bit unlike yourself this morning, darling Aquarius, as Mercury begins its backward journey through the sector of your chart that governs self-expression and ego. This cosmic climate could have you reevaluating everything from your voice to your artwork and what is considered fun. You'll notice a shift as evening rolls in and expansive Jupiter moves into fiery Aries, activating your solar third house.

PISCES
FEB 20 - MAR 20

Your house may feel chaotic and messy this morning, as Mercury begins its retrograde journey through the sector of your chart that governs domestic matters. Try to schedule some time to reorganize your space over the next several weeks to make the most of this astrological period. You'll feel a shift when evening rolls in, as Jupiter makes its way into fiery Aries and your solar second house.



Mushroom Cutlet



Ingredients

- 400 gm mushroom, salt as required
- 1 1/3 cup bread crumbs, 1/2 teaspoon turmeric
- 1 teaspoon chilli powder, 1 clove garlic
- 4 potato, 1 cup vegetable oil
- 1 handful coriander leaves, 2 egg whites
- 1/2 teaspoon garam masala powder
- 2 green chilli, 1/2 onion

Method:

Wash and finely chop coriander leaves, green chilies, onion and garlic cloves. Keep them aside in separate bowls. Add potatoes and water in a pressure cooker. Boil the potatoes for 10-12 minutes till they turn soft. Turn off the heat and let them cool. In a deep pan boil mushrooms for 10 minutes till they turn soft. Now place a pan over medium-low flame and pour two tablespoons oil in it. Once the oil is heated, add onion and saute till it turns translucent. Then add the chopped mushrooms and saute till the water evaporates. Now, peel and mash the potatoes in a deep bowl. Add mushroom, coriander leaves, green chilies, garlic cloves, garam masala, chili powder, turmeric and salt and mix all the ingredients well. Keep the egg whites and bread crumbs